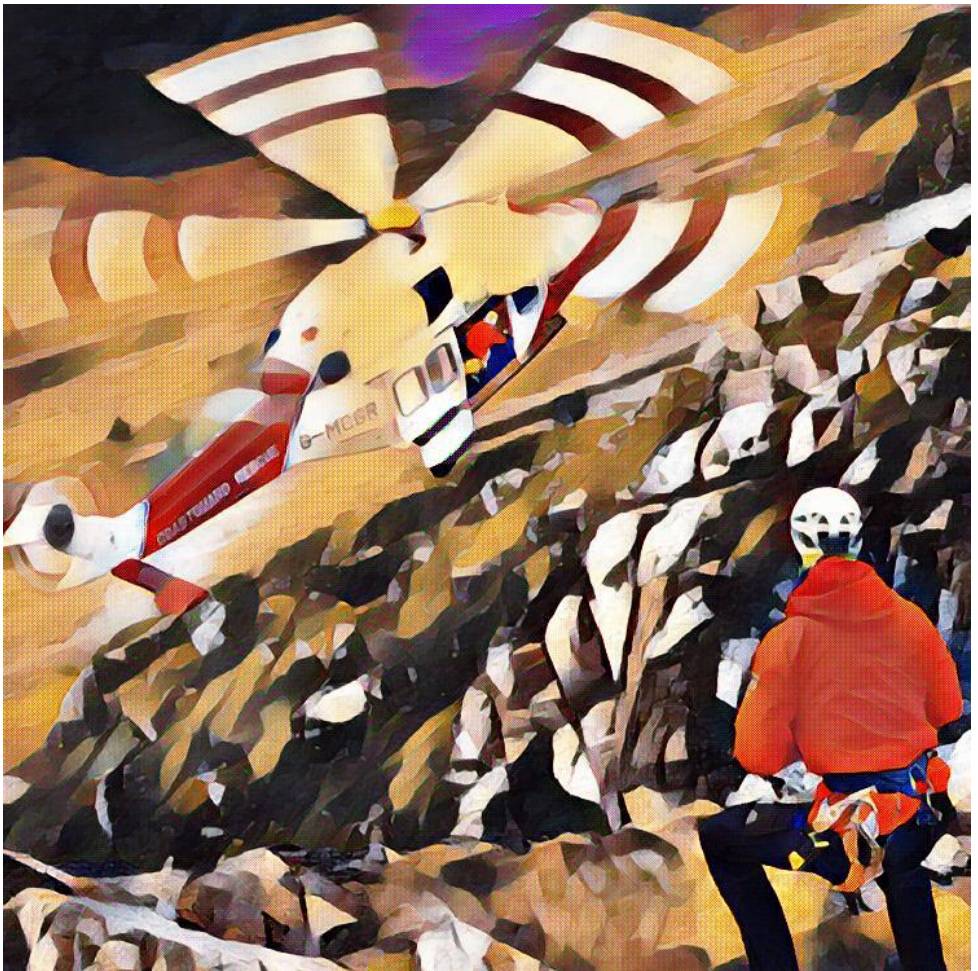


# LAKE DISTRICT SEARCH & MOUNTAIN RESCUE ASSOCIATION

## MOUNTAIN ACCIDENTS 2019



Picture; incident 229, total 35996, 10/06/19, Juniper Gully on Gimmer Crag, LAMRT



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.



Legal Deposit Information  
ISSN 2046-6277 (Print) ISSN 2046-6285 (Online)

<b>Chairman's Report 2019</b>	<b>5</b>
<b>Incident Details 2019</b>	<b>6</b>
January	6
February	10
March	14
April	18
May	23
June	28
July	34
August	40
September	47
October	53
November	59
December	64
<b>Accident Summary Tables</b>	<b>68</b>
<b>Lake District Search &amp; Mountain Rescue Teams</b>	<b>73</b>
<b>Advice to Mountain Users</b>	<b>74</b>
<b>Distinguished Service List</b>	<b>77</b>
<b>Donating to Mountain Rescue</b>	<b>78</b>
<b>Adventure Smart</b>	<b>79</b>

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

Lake District Search and Mountain Rescue Association

President	John Dempster MBE
Chair	<a href="mailto:chair@ldsamra.org.uk">chair@ldsamra.org.uk</a>
Secretary	<a href="mailto:secretary@ldsamra.org.uk">secretary@ldsamra.org.uk</a>
Treasurer	<a href="mailto:treasurer@ldsamra.org.uk">treasurer@ldsamra.org.uk</a>
Statistics Officer	<a href="mailto:stats@ldsamra.org.uk">stats@ldsamra.org.uk</a>
Website	<a href="http://www.ldsamra.org.uk">www.ldsamra.org.uk</a>
Facebook	<a href="https://www.facebook.com/lakedistrictsearchandmountainrescueassociation">www.facebook.com/lakedistrictsearchandmountainrescueassociation</a>

This is an umbrella organisation covering the Lake District teams, police representatives and other organisations interested in mountain rescue.

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

The production of the 2019 Annual Report was delayed. Hence this is a reduced online-only version, which focuses on the incident details and summary statistics.

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

# Chairman's Report 2019

Due to the Covid 19 outbreak and the UK moving from containment to delay, the LDSAMRA Executive made the decision to cancel the business meeting on the 18th March but hold the AGM via telephone conference call as scheduled, 7:30 pm 18/03/20. A difficult decision but we feel the correct one under the circumstances. There are only a small number of constitutional decisions required at the AGM, accepting the 2019 minutes, election of officers and member teams and approval of the auditors financial report.

This does however mean that business decisions will need to be taken remotely until things return to normal. There are a couple of business matters that will need decisions / action being taken and these have been added at the end of the overall LDSAMRA report. I suggest that any proposals will be taken as accepted if not challenged or rejected by email before the end of March. To minimise email traffic please lodge any request to put on hold or reject a proposal with the LDSAMRA Secretary before the end of the March. As a trustee group we will decide how best to proceed and communicate any feedback / decisions to you all.

Thanks to Mike Blakey and Paula Cook for taking the lead on Covid19 SCG's and to our Silver group who will probably bear the brunt over the coming months at the TCGs and LDSAMRA Silvers helping resource TL requests. No mean feat that they will be stepping up to, demonstrating the importance of this role which supports our Ops Lead, and allows our TLs to focus on their Bronze's.

Richard Warren  
Chairman LDSAMRA, March 2020

# Incident Details 2019

## January

<b>Ref</b>	<b>Total</b>	<b>Date</b>	<b>Time</b>	<b>Location / Grid Ref / W3W</b>
0001	35768	02/01/19	14:56:00	Wansfell Pike 40 year old female injured foot just below Wansfell Pike LAMRT, 2.50hrs
0002	35769	03/01/19	02:48:00	Glasson 69 year old male Farmer from Farm at Glasson - dog in house cattle not attended to Cockermouth & LDMRSD Dogs, 15.00hrs
0003	35770	03/01/19	13:14:00	Barf Lady with 8 year old dog cragfast / lost path on Barf Keswick, 2.75hrs
0004	35771	03/01/19	15:59:00	Seat Sandal Female walker injured ankle near Seat Sandal LAMRT, 2.00hrs
0005	35772	03/01/19	23:51:00	Duddon Female training for ML on solo expedition - turned up safe and well Duddon & Furness, 2.50hrs
0006	35773	04/01/19	08:00:00	Eastern Fells Second day for major search for the missing farmer Kirby Stephen, Penrith, & LDMRSD, 9.00hrs
0007	35774	04/01/19	14:31:00	Grange over Sands 75 year old female fallen from horse near grange over sands Kendal, 2.00hrs
0008	35775	05/01/19	10:55:00	Millom Suicide - body in Quarry at Millom Duddon & Furness, 3.50hrs
0009	35776	05/01/19	13:58:00	Patterdale Emergency Beacon activated in error well intentioned false alarm Patterdale, 0.50hrs

0010 35777 05/01/19 14:28:00 Grizedale Forest  
48 year old male on scrambler motorbike over handlebars and hit a stump - rib injuries -  
Grizedale Forest  
Coniston, 1.50hrs

0011 35778 06/01/19 15:33:00 Old Man of Coniston  
44 year old male + 30 year old female lost on summit of Old Man of Coniston  
Coniston, 1.75hrs

0012 35779 06/01/19 16:10:00 Great Gable  
Party of 3 lost on Great Hellgate, Great Gable  
Wasdale, 6.00hrs

0013 35780 06/01/19 17:09:00 Dollywagon Pike  
26 + 29 year old females lost near summit of Dollywagon Pike, without a torch - initially  
Patterdale then handed over to Keswick on Thirlmere side  
Patterdale & Keswick, 3.50hrs

0014 35781 07/01/19 16:09:00 Seathwaite  
Part of 3 males overdue from Scafell Pike to Seathwaite - SOS flashing light - turned up  
safe and well well intentioned false alarm  
Keswick, 1.00hr

0015 35782 08/01/19 16:44:00 Whisky Junction  
Rucksack containing letters found at Whisky Junction corner - well intentioned false alarm  
- owner located at home  
COMRU, 6.00hrs

0016 35783 12/01/19 11:46:00 Hampsfell  
65 year old female dislocated shoulder - Hampsfell area above Grange over Sands  
Kendal, 4.50hrs

0017 35784 12/01/19 12:25:00 Ladore Falls  
50 year old female fallen Ladore Falls injured wrist  
Keswick, 1.50hrs

0018 35785 12/01/19 12:57:00 Loughrigg  
55 yo casualty Loughrigg fell - suspected ankle injury  
LAMRT, 2.50hrs

0019 35786 12/01/19 14:11:00 High Stile  
52 year old male with another walker on Summit of High Stile with severe cramp, wet and cold - talked off and escorted down  
Cockermouth, 3.50hrs

0020 35787 16/01/19 14:33:00 Pooley Bridge  
45 year old male not breathing on Dunmallard Hill footpath  
Patterdale, YES, 3.50hrs

0021 35788 17/01/19 11:57:00 Orrest Head  
66 year old female ankle injury between Windermere Hotel and Thwaites lane, in Orrest Head Wood  
LAMRT, 2.00hrs

0022 35789 17/01/19 12:42:00 Stickle Ghyll  
58 yo walker fallen backwards at Stickle Ghyll injured shoulder and neck  
LAMRT & Coniston, GNAA 58, 2.00hrs

0023 35790 18/01/19 21:24:00 Carrock Fell  
Torch seen on Carrock Fell - well intentioned false alarm  
Keswick, 0.50hrs

0024 35791 18/01/19 21:55:00 Birker Road  
5 vehicles plus a police van stuck in snow on the highest part of the Birker road.  
Evacuated to Ulpha Bridge  
Wasdale & Duddon, 2.00hrs

0025 35792 19/01/19 11:16:00 Sale Fell  
58 year old female slipped and hurt ankle on Sale Fell  
Cockermouth, 2.00hrs

0026 35793 19/01/19 13:44:00 Skiddaw  
58 year old male passed out on gravel path bottom of Skiddaw  
Keswick, 1.50hrs

0027 35794 19/01/19 15:10:00 Wrynose  
Car stuck on ice travelling from Coniston to Wrynose  
LAMRT, 1.75hrs

0028 35795 20/01/19 13:07:00 Mungrizedale  
49 year old male slipped on rocks on descent from Blencathra backside - Mungrizedale -  
50 m carry to aircraft  
Keswick, NWAA 08 Blackpool, 3.00hrs



0029 35796 20/01/19 13:48:00 Nannycatch  
19 year old female with Epilepsy + 2 x 14 year old male walked from Nannycatch to Dent  
and lost for 3 hours - located on field near top  
Wasdale, 1.50hrs

0030 35797 21/01/19 11:53:00 Derwent Water  
80 year old female fallen and suspect ankle injury - right hand side of Derwent Water with  
Grizedale Pike on other side  
Keswick, 1.25hrs

0031 35798 22/01/19 12:54:00 Corney Fell  
33 year old male diabetic come off road Corney fell in snow conditions  
Duddon & Furness, 1.00hr

0032 35799 22/01/19 23:57:00 Caldbeck  
80 year old male in private ambulance stuck on ice near Caldbeck  
Keswick, 2.00hrs

0033 35800 23/01/19 16:43:00 Corney Fell  
Two vans stuck on Corney Fell - totally blocking road - recovery could not get to them  
Duddon & Furness, 2.25hrs

0034 35801 24/01/19 12:21:00 Mickleden  
Male naked up from ODG covered in blood - potential hypothermic  
LAMRT, GNAA 58, 4.50hrs

0035 35802 24/01/19 13:34:00 Scandale Beck  
Male walker with knee injury - Scandale Beck  
LAMRT, 1.50hrs

0036 35803 25/01/19 16:39:00 Scoat Fell  
54 year old male with severe cramp - top of Scoat fell  
Wasdale & Cockermouth, 6.50hrs

0037 35804 26/01/19 11:52:00 Wansfell Pike  
44 year old female fallen top of Wansfell Pike above Ambleside  
LAMRT, 3.00hrs

0038 35805 26/01/19 12:44:00 Loughrigg Fell  
Male injured ankle Injury on Loughrigg Fell - carry off  
LAMRT & Kendal, 3.00hrs

0039 35806 26/01/19 14:58:00 Fairfield  
 Lost walker on Fairfield navigating by mobile phone found by RAF Leeming  
 LAMRT, 0.50hrs

0040 35807 26/01/19 15:20:00 Piers Gill  
 Party of 4 lost on Lingmell side of Piers Gill - no torches - only had mobile phones for lights  
 - got themselves off  
 Wasdale, 1.50hrs

0041 35808 28/01/19 13:35:00 Buttermere  
 Number of vehicles stuck on pass above Buttermere - not an MR job - team stood down  
 Cockermouth, 1.00hr

0042 35809 30/01/19 10:16:00 Brown Cove Craggs  
 Male climber stuck on Brown Cove Craggs  
 Keswick, 3.00hrs

0043 35810 31/01/19 17:59:00 Seathwaite  
 Failed to return to car from Glaramara to Seathwaite campsite - turned up safe and well  
 Keswick, 0.25hrs

## February

Ref	Total	Date	Time	Location / Grid Ref / W3W
0044	35811	02/02/19	20:04:00	Kirby Thore Family stuck on ice 5 miles from Kirby Thore Kirby Stephen, 2.00hrs
0045	35812	06/02/19	17:29:00	Skiddaw Walkers stuck on Skiddaw in dark - found help from another walker Keswick, 1.00hr
0046	35813	07/02/19	14:36:00	Patterdale Overdue walker Patterdale, 2.50hrs
0047	35814	08/02/19	14:27:00	Coniston Old Man 2 walkers on top of Coniston Old Man Coniston, 1.75hrs

0048	35815	08/02/19	19:35:00	Ambleside
75 year old male not turned up - returned Safe and well				
LAMRT, 0.75hrs				
0049	35816	08/02/19	23:37:00	Orrest Head
Male suicide attempt 50 paracetamol - Orrest Head - deteriorating and handed over to Nwas				
LAMRT, 6.00hrs				
0050	35817	09/02/19	02:52:00	Nanny Catch Dent
44 year old male suicidal Nanny Catch Dent				
Wasdale, 1.50hrs				
0051	35818	09/02/19	18:01:00	Kirby Stephen
Assist CFR in rescuing a horse trapped in mud - team stood down - Horse recovered				
Kirby Stephen, 1.00hr				
0052	35819	09/02/19	18:30:00	Blencathra
Exhausted Bob Graham pacer on Blencathra - managed to get himself off				
Keswick, 1.00hr				
0053	35820	12/02/19	11:09:00	Grizedale Pike
19 year old female injured leg Grizedale Pike				
Keswick, Bristow 199 Prestwick, 4.50hrs				
0054	35821	12/02/19	12:35:00	Great Gable
40 year old male lost on Great Gable - found windy Gap himself				
Cockermouth, 1.50hrs				
0055	35822	13/02/19	13:04:00	Goats Hawse
29 year old male fallen at Goats Hawse, Coniston Old man - broken ankle				
Duddon & Furness & Coniston, 4.75hrs				
0056	35823	13/02/19	13:55:00	Pooley Bridge
66 year old female fallen on footpath next to river near to Pooley Bridge				
Penrith, 2.00hrs				
0057	35824	14/02/19	12:21:00	Banished Quarry
Old dog cragfast next to Banished Quarry				
Coniston, 0.75hrs				

0058 35825 15/02/19 11:56:00 Dent Fell  
70 year old male collapsed on Dent fell - managed to walk down with team  
Wasdale, 2.00hrs

0059 35826 16/02/19 12:16:00 Grizedale  
Male taken drugs nearly unconscious Grizedale Forest - group of 4 - one has an axe -  
scene safety concern by NWS  
Coniston, 3.00hrs

0060 35827 17/02/19 21:11:00 Patterdale  
Flashing lights reported up the Valley from Patterdale base - 2 team members investigated  
well intentioned false alarm  
Patterdale, 1.75hrs

0061 35828 19/02/19 12:18:00 Wild Boar Fell  
40 year old female fallen and fracture dislocation of ankle - Below Wild Boar Fell  
Kirby Stephen, 4.75hrs

0062 35829 19/02/19 19:57:00 Scafell Pike  
2 walkers overdue from Scafell Pike  
Keswick, 0.25hrs

0063 35830 21/02/19 10:12:00 Cat Bells  
62 year old female fainting between Cat Bells and Hawes End - recovered OK and no  
MRT required - team stood down  
Keswick, 0.25hrs

0064 35831 21/02/19 15:30:00 Langstrath  
Female fallen on Langstrath injured ankle  
Keswick, NWAA 08 Blackpool, 3.25hrs

0065 35832 21/02/19 17:04:00 Frairs Crag  
45 year old female fallen ankle injury on Lake path near Friars Crag  
Keswick, 1.00hr

0066 35833 22/02/19 12:18:00 Grizedale  
55 year old female fallen and dislocated shoulder Grizedale forest south of Esthwaite  
water  
Coniston, 1.75hrs

0067 35834 22/02/19 18:07:00 Scafell Pike  
Walker reporting flashing lights on Scafell Pike well intentioned false alarm  
Wasdale, 1.50hrs

0068 35835 23/02/19 12:15:00 Thornthwaite Crag  
38 year old male mountain biker dislocated shoulder on Kenmore round nr Thornthwaite Crag  
Kendal, NWAA 08 Blackpool, 3.50hrs

0069 35836 23/02/19 12:40:00 Setmurthy Common  
Male crushed under rollover classic car event Setmurthy Common in woods  
Cockermouth, GNAA 58, 2.75hrs

0070 35837 23/02/19 14:50:00 Dufton  
40 year old female fallen High Cup Nick Fell Race - treated at Dufton and attended by  
Team member - knee injury and lump on forehead and lips swollen  
Kirby Stephen, 0.75hrs

0071 35838 23/02/19 17:44:00 Crinkle Crag  
Male Walker plus 16 year old female daughter lost south of Crinkle Crag - three TMs sent  
to retrieve  
LAMRT, 5.50hrs

0072 35839 23/02/19 17:58:00 Red Tarn  
20 year old female being carried down mountain with torn knee ligament but requested  
help - between youth hostel and Red Tarn - fell searched but nobody found  
Patterdale, 3.00hrs

0073 35840 24/02/19 10:38:00 Fell Foot Farm  
45 year old male fallen off mountain bike in Wrynose area above Fell Foot Farm  
LAMRT, 1.50hrs

0074 35841 25/02/19 16:52:00 Whiteside Raise  
Husband and Wife lost up Helvellyn near Whiteside Raise  
Patterdale, 2.25hrs

0075 35842 26/02/19 15:57:00 Hayeswater  
Elderley male fallen and hit head - Hayeswater Dam  
Patterdale, 2.00hrs

0076 35843 26/02/19 16:22:00 Eskmeals  
58 year old male fallen in Sand dunes at Eskmeals - construction area but not accessible  
by ambulance  
Duddon & Furness, 2.00hrs

0077 35844 28/02/19 23:52:00 Gilsland  
 23 year old male trapped in bog up to waist in Gilsland area - North East HART team brought in along with the Fire Brigade  
 Penrith, 0.25hrs

## March

Ref	Total	Date	Time	Location / Grid Ref / W3W
0078	35845	02/03/19	12:39:00	Catbells Dog reported stick on ledge on Catbells - 2 TMs when to look but dog managed to get itself off - recorded as incident as team members went to investigate Keswick, 0.50hrs
0079	35846	02/03/19	2:48:00	Rydal Water Two dogs reported stuck above Rydal Water - no further reports LAMRT, 0.25hrs
0080	35847	02/03/19	16:01:00	Brackenbank 31 year old male on drugs unconscious - Upstream from Brackenbank - Ambulance cannot get to him - taken off by GNAA Penrith, GNAA 58, 2.50hrs
0081	35848	03/03/19	13:10:00	Anglers Crag Shouts for help heard from around Anglers Crag area - nothing found -well intentioned false alarm - was actually hound trailers Cumpol, 2.00hrs
0082	35849	03/03/19	22:28:00	Pike O Blisco 22 year old male + 20 year old male stuck and lost near Pike O Blisco LAMRT, 2.50hrs
0083	35850	06/03/19	22:04:00	Shap Fell Call from person - "Hang on " then line went dead - police cord - Shap Fell above M6 - well intentioned false alarm from Police Penrith, 4.50hrs
0084	35851	07/03/19	14:56:00	Gibson Knot 58 year old female broken ankle Gibson Knot near Helm Crag above Grasmere LAMRT, 3.50hrs

0085	35852	07/03/19	15:03:00	Steel Notts
10 year old female suspected broken ankle Outward Bound Group behind Cowtown Hotel up to Steel Notts Patterdale, 4.75hrs				
0086	35853	09/03/19	05:45:00	Corney Fell
Vehicles stuck on snow Corney Fell road - closed road signs not in place Duddon & Furness, 2.00hrs				
0087	35854	09/03/19	12:39:00	Coniston Water
58 year old male fallen and injured elbow on Cumbrian way along the western edge of Coniston water Coniston, 1.75hrs				
0088	35855	09/03/19	13:49:00	Pavey Ark
2 Rock climbers stuck on Crescent Climb Pavey Ark LAMRT, 7.50hrs				
0089	35856	10/03/19	10:40:00	Alston
82 year old male ineffective breathing and snow hampering ambulance in Alston - request for MRT for access to property - 11:26 team stood down - but then needed to follow ambulance down the hill to Carlisle Penrith, 4.00hrs				
0090	35857	10/03/19	10:48:00	Kirkstone Pass
Three vehicle RTC on Kirkstone pass plus coach LAMRT & Patterdale, 3.25hrs				
0091	35858	10/03/19	12:00:00	Helvellyn
40 year old male lost and stuck on summit of Helvellyn Keswick, 4.00hrs				
0092	35859	10/03/19	13:30:00	Hartside Pass
Assisting vehicles stuck in snow Hartside pass Penrith, 1.50hrs				
0093	35860	10/03/19	14:12:00	Cross Fell
Two walkers lost / stuck in blizzards on Cross fell stuck in Greg Hut Penrith, 5.50hrs				

0094 35861 10/03/19 14:26:00 Seathwaite Fell  
 22 year old male missing / split up from part on descent from Scafell Pike - was on Seathwaite fell and made own way off  
 Keswick, 0.50hrs

0095 35862 10/03/19 18:11:00 Slight Side  
 Group of four walkers got lost on descent from Scafell Slight Side to Eskdale. One had slipped and said was injured. Team searched but they had got themselves down somehow  
 Wasdale, 4.00hrs

0096 35863 11/03/19 20:19:00 Whitbarrow Scar  
 80 year old male missing from walk on Whitbarrow Scar. team stood down when he turned up at his car  
 Kendal, 1.50hrs

0097 35864 13/03/19 12:16:00 Sedgwick  
 72 year old male in van filling with water - team SRT mobilised - but stood down no longer required after 15 mins - Railway cottage Sedgwick  
 Kendal, 0.25hrs

0098 35865 15/03/19 14:46:00 Rydal Water  
 3 blasts of whistle heard from across Rydal water - team member investigated well intentioned false alarm  
 LAMRT, 0.50hrs

0099 35866 16/03/19 12:55:00 River Eden  
 2 kayaks reported upside down in river Eden upstream of Wetheral - SRT stood down after 30 mins - CFRS were on route - all Kayakers were safe and sound  
 Penrith, 0.50hrs

0100 35867 16/03/19 15:29:00 Great Rigg  
 46 year old male Suicidal on Great Rigg Rydal Fell - threatening to jump - stand off - had knife - became hypothermic when he removed clothing  
 LAMRT & Kendal, Bristow 199 Prestwick, 15.00hrs

0101 35868 16/03/19 18:03:00 Brampton  
 77 year old male wheelchair bound trapped with flooded ditch and ambulance crew cannot get him across - Blacksnake cottage Brampton  
 Penrith, 2.25hrs

0102 35869 17/03/19 12:02:00 Megs Gill  
 Male at Megs Gill waterfall above Chapel Stile - knee injury  
 LAMRT, 2.75hrs



0103 35870 17/03/19 22:55:00 Nan Bield Pass  
3 walkers lost on Nan Bield Pass - lost the path - travelling slowly  
Penrith, 3.00hrs

0104 35871 18/03/19 10:51:00 Seatoller  
Male walker cragfast to the north of Seatoller - harnessed and short roped off the fell  
Keswick, 3.00hrs

0105 35872 18/03/19 11:35:00 Rydal Water  
51 year old female fallen and injury to the head above Nab Cottage to the middle of Rydal  
Water  
LAMRT, 1.25hrs

0106 35873 19/03/19 13:04:00 Poets Steps  
51 year old male injured ankle near Poets Steps, north of Beckwith Farm  
Patterdale, 3.25hrs

0107 35874 20/03/19 15:09:00 Wasdale Screes  
2 walkers on the Screes path east of the boulder field - female fallen minor injuries but lost  
confidence - walked off to pump house  
Wasdale, 4.50hrs

0108 35875 21/03/19 15:14:00 Hassness Tunnel  
50 year old female fallen down bank - Tunnel at Hassness Guest House by the lake -  
partially in the water - reluctant to move  
Cockermouth, 1.25hrs

0109 35876 23/03/19 14:43:00 Birkrigg Common  
30 year old male fallen off bike at speed - ineffective breathing. Stood down by NWSA after  
30 min. Birkrigg Common at Wellwood, Ulverston  
Duddon & Furness, 0.50hrs

0110 35877 23/03/19 15:24:00 Esk Hause  
Walker with swollen knee - Esk Hause - 2 walkers plus children aged 2 and 9 years old  
Keswick, 4.50hrs

0111 35878 24/03/19 11:56:00 Stickle Barn  
54 year old male dizzy, pale and shaking, reduced mobility - stand down walked to car -  
back of Stickle Barn  
LAMRT, 0.50hrs

0112 35879 24/03/19 12:58:00 Buck Pike  
27 year old female feeling faint with low heart rate - Buck Pike on the Old Man  
Coniston, 2.50hrs

0113 35880 24/03/19 14:03:00 Hart Side  
73 year old female slipped on mud and injury to left ankle - descent path below Hart Side  
fell.  
Patterdale, 5.00hrs

0114 35881 28/03/19 13:34:00 Shepherds Crag  
72 year old male climber fallen near Little Chamonix, Shepherds Crag, Borrowdale  
Keswick, 2.00hrs

0115 35882 28/03/19 19:51:00 Warcop Range  
2 flares reported in hills 45 miles before Penrith - well intentioned false alarm- flares on  
Warcop Range  
Kirby Stephen, 1.50hrs

0116 35883 30/03/19 07:57:00 Load Pot Hill  
40 year old female fell runner multiple fitting - fell running event Askam to Load Pot hill -  
above Howtown.  
Penrith, GNAA 58, 1.50hrs

0117 35884 31/03/19 15:58:00 Troutbeck  
80 year old female fallen 500 yds from A592 at Troutbeck  
LAMRT, 1.50hrs

0118 35885 31/03/19 21:29:00 Hardknott Fell  
2 walkers lost on Hardknott Fell  
Duddon & Furness, 2.50hrs

## April

Ref	Total	Date	Time	Location / Grid Ref / W3W
0119	35886	02/04/19	03:37:00	Haystacks Male walker lost wet and cold near Dubs Hut on Haystacks area Cockermouth & LDMRSD Dogs, 4.50hrs
0120	35887	06/04/19	03:48:00	Hodge Close 49 year old male chest pains in tent near Hodge Close Quarry Coniston, 1.00hrs

0121 35888 06/04/19 21:49:00 Striding Edge  
Group of 27 Nottingham University students - party of 54 split at Striding Edge on Helvellyn  
- turned up overdue but safe and well.  
Patterdale, 0.25hrs

0122 35889 07/04/19 12:17:00 Eagle Crag  
62 year old female collapsed at Eagle Crag from Stonethwaite - due to overexertion,  
recovered and walked off  
Keswick, 2.00hrs

0123 35890 07/04/19 14:28:00 Keswick  
66 year old male fallen off mountain bike - injured shoulder plus chest injury  
Keswick, 1.50hrs

0124 35891 07/04/19 17:10:00 Blacksail  
71 year old male at Blacksail Hostel passing out ? stroke - evacuated by GNAA  
Cockermouth, GNAA 58, 3.00hrs

0125 35892 07/04/19 21:03:00 Watendath  
Party of 3 plus dog overdue from Watendlath walk to Seathwaite - turned up safe and well  
Keswick, 1.25hrs

0126 35893 08/04/18 10:33:00 Kirkby in Furness  
2 sheep reported crafts - Kirkby in Furness area  
Duddon & Furness, 6.00hrs

0127 35894 08/04/19 14:46:00 Pavey Ark  
29 yo suspect broken ankle Stickle tarn Pavey Ark - Just after HRH visit completed hence  
fast mobilisation of team - vehicles away in 15 mins  
LAMRT, 4.25hrs

0128 35895 08/04/19 17:21:00 Glaramara  
2 x females wild camping on Glaramara not turned up - one had asthma attack last night  
Keswick, 0.25hrs

0129 35896 09/04/19 20:18:00 Stonethwaite  
2 walkers overdue from walk in Stonethwaite  
Keswick, 0.50hrs

0130 35897 09/04/19 21:21:00 Dow Crag  
Male walker overdue last heard of at Dow Crag - turned up at Tilberthwaite Car park  
Coniston, 0.50hrs

0131 35898 10/04/19 18:27:00 Lingmell  
 2x 25 year old male walkers lost and cragfast on the side of Lingmell facing the Wasdale  
 Head Inn  
 Wasdale, 2.50hrs

0132 35899 11/04/19 14:33:00 Levers Water  
 70 year old male fallen and had wound to head - above Copper Mines nr levers water  
 Coniston, 2.00hrs

0133 35900 11/04/19 16:05:00 Stone Cove  
 71 year old female severe cramp Stone Cove below Green / Great Gable Ennerdale side -  
 with 14 year old male grandson  
 Cockermouth, 3.50hrs

0134 35901 11/04/19 17:51:00 Rigghead Mine  
 17 year old female passed out and dizzy cannot walk - Rigghead Mine - Set off from  
 Buttermere  
 Keswick, 2.00hrs

0135 35902 11/04/19 19:46:00 Ullock Pike  
 39 ym fallen off mountain bike and has broken Leg - Ullock Pike  
 Keswick, 1.25hrs

0136 35903 13/04/19 12:10:00 Old Dungeon Ghyll  
 23 year old female lost above ODG  
 LAMRT, 3.00hrs

0137 35904 14/04/19 12:06:00 Rydal Cave  
 39 year old male fallen inside Rydal cave possible dislocated ankle  
 LAMRT, 2.00hrs

0138 35905 14/04/19 13:54:00 Alston  
 28 year old male fallen off motocross bike nr Alston  
 Penrith, 1.50hrs

0139 35906 14/04/19 16:25:00 Mosser Fell  
 20 year old female + 10 year old female overdue Mosser Fell - mother lost sight of them  
 Cockermouth, 0.50hrs

0140 35907 15/04/19 13:40:00 The Helm  
 22 year old female chest pains then unconscious - hurt neck and hip when awoke - The  
 Helm above Oxenholme station  
 Kendal, 2.00hrs

0141	35908	15/04/19	14:07:00	Patterdale
12 year old male mountain biking and fallen off - cannot weight bear on ankle Patterdale, 3.25hrs				
0142	35909	15/04/19	15:39:00	Ullswater
Capsized boat middle of Ullswater Patterdale, 2.25hrs				
0143	35910	16/04/19	19:11:00	Helvellyn
2 walkers 52 yo and 13 yo missing from their walk up Helvellyn - turned up safe and well Patterdale & Keswick, 1.50hrs				
0144	35911	17/04/19	10:52:00	Bowderstone
70 year old male injured at Bowderstone Keswick, 1.00hr				
0145	35912	19/04/19	14:01:00	Scalehow Force
12 year old male fallen at Scalehow Force possible arrest Patterdale, 3.00hrs				
0146	35913	20/04/19	15:18:00	Smardale Fell
30 year old female fallen off mountain bike at Smardale Fell - facial injuries plus fractured wrist Kirby Stephen, 2.75hrs				
0147	35914	21/04/19	23:03:00	Glaramara
35 year old female a mile up Glaramara with a broken ankle Keswick, 2.25hrs				
0148	35915	22/04/19	20:05:00	Dodd Wood
19 yo with injury to upper leg Dodd Wood above Littlethwaite -Winfell Lorton Cockermouth, 3.50hrs				
0149	35916	23/04/19	11:56:00	Anglers Crag
19 year old male with knee injury at Anglers Crag Cockermouth, 3.50hrs				
0150	35917	23/04/19	15:02:00	Ill Crag
38 year old female cragfast Ill Crag Wasdale, 6.25hrs				

0151	35918	23/04/19	15:38:00	Skiddaw
26 year old male lost on Skiddaw - team not deployed				
Keswick, 0.50				
0152	35919	23/04/19	16:08:00	Brim Fell
Dog stuck on ledge between Swirl How and Old Man				
Coniston, 0.50hrs				
0153	35920	24/04/19	11:11:00	Langstrath
76 year old male fallen 30 - 40 ft Langstrath - broken leg and bang head				
Keswick, GNAA 58, 3.00hrs				
0154	35921	24/04/19	14:50:00	Helvellyn
40 year old female ankle injury on Helvellyn				
Keswick, 2.00hrs				
0155	35922	24/04/19	19:12:00	Brandreth
63 year old male +1 other lost on Brandreth				
Keswick, 5.50hrs				
0156	35923	25/04/19	00:36:00	Underbarrow
53 year old male missing in Underbarrow area				
Kendal, 4.00hrs				
0157	35924	27/04/19	10:57:00	Dockray
36 year old male suspect broken ankle towards Dockray				
Patterdale, 2.00hrs				
0158	35925	27/04/19	14:35:00	Hartsop
59 year old male broken leg - Hartsop				
Patterdale, 3.00hrs				
0159	35926	27/04/19	15:48:00	Seathwaite Fell
55 year old female confused and collapsing - diabetic - below Seathwaite Fell in gill - team stood down				
Keswick, 0.50hrs				
0160	35927	28/04/19	06:18:00	Seathwaite
23 year old female fallen into beck at 2.00 am broken leg above Seathwaite				
Keswick, 1.50hrs				

0161 35928 28/04/19 12:30:00 Lingmell Col  
76 year old female fallen at Pea Boulder banged head broken wrist and dislocated thumb -  
Lingmell Col Scafell Pike descent  
Wasdale, 3.50hrs

0162 35929 28/04/19 16:33:00 Borrowdale, Tebay  
30 year old male crushed foot against all on motorbike - Breasthigh track above  
Borrowdale - Tebay  
Kirby Stephen, 5.50hrs

0163 35930 30/04/19 15:58:00 Grizedale Tarn  
13 year old male fainted north of Grizedale tarn  
Patterdale, 6.50hrs

## May

<b>Ref</b>	<b>Total</b>	<b>Date</b>	<b>Time</b>	<b>Location / Grid Ref / W3W</b>
------------	--------------	-------------	-------------	----------------------------------

0164	35931	01/05/19	14:17:00	Broad Crag
------	-------	----------	----------	------------

46 year old male plus wife lost on Broad Crag - Northern crags  
Wasdale, 9.00hrs

0165	35932	02/05/19	11:10:00	Sheffield Pike
------	-------	----------	----------	----------------

30 year old male feeling sick - Heron pike - camped out on Sheffield Pike overnight  
Patterdale, Bristow 199 Prestwick, 5.00hrs

0166	35933	02/05/19	07:49:00	Esk Hause
------	-------	----------	----------	-----------

3 walkers doing the 3PC lost below Esk Hause y Calf Cove Gill Upper Eskdale - talked  
dpwn  
Wasdale, 5.00hrs

0167	35934	03/05/19	07:49:00	Esk Hause
------	-------	----------	----------	-----------

Party of 3 doing the 3PC lost in Upper Esk just below Esk Hause  
Wasdale, 5.00hrs

0168	35935	03/05/19	17:54:00	Striding Edge
------	-------	----------	----------	---------------

66 year old male at bad step on Striding edge helvellyn - heart attack  
Patterdale, Bristow 199 Prestwick, 2.75hrs

0169	35936	04/05/19	14:17:00	Ullsgarth
------	-------	----------	----------	-----------

26 year old male lower leg injury on Ullsgarth - west of Thirlmere  
Keswick, 3.00hrs

0170	35937	04/05/19	14:21:00	River Cocker
14 year old female fallen into River Cocker - helpers slipping on bank and can't get her out Cockermouth, 1.00hrs				
0171	35938	04/05/19	15:57:00	Striding Edge
Couple cragfast on Striding Edge Patterdale, 5.00hrs				
0172	35939	04/05/19	21:03:00	Helvellyn
61 year old female and 64 year old male overdue from walk up Helvellyn - Australian couple - alarm raised by Skiddaw Hotel Patterdale, 0.50hrs				
0173	35940	05/05/19	10:52:00	Grizedale Tarn
30 year old female twisted ankle - path from A591 to Grizedale Tarn Keswick, 3.25hrs				
0174	35941	05/05/19	16:31:00	High Street
33 year old female 14 weeks pregnant broken both ankles near to summit of Hartsop from High Street Patterdale, 4.00hrs				
0175	35942	05/05/19	17:10:00	Green Gable
Walker with injured knee on descent from Green Gable Keswick, NWAA 08 Blackpool, 3.50hrs				
0176	35943	07/05/19	11:41:00	Great Tower
14 year old male fallen onto rocks Great Tower Scout Camp Kendal, 2.00hrs				
0177	35944	08/05/19	20:47:00	Boredale Hause
Walker with Anaphalaxis - Boredale Hause Patterdale, 2.50hrs				
0178	35945	09/05/19	16:46:00	Eskdale
Male walker slipped above Christcliffe Farm Eskdale Wasdale, 2.50hrs				
0179	35946	11/05/19	12:58:00	St Johns in the Vale
53 year old male back injury Old Coach Road, St Johns in the Vale below Threlkeld Knotts Keswick, 2.00hrs				



0180 35947 12/05/19 11:08:00 Elterwater  
63 year old female fallen spinal injury difficult extraction and NWS require assistance -  
Elterwater  
LAMRT, 0.75hrs

0181 35948 12/05/19 12:29:00 Scrubby Crag  
54 year old male +53 year old female + dog cragfast Scrubby Crag near Hart Crag - very  
experienced fell walkers  
Patterdale, 5.00hrs

0182 35949 12/05/19 13:53:00 Swinside  
67 year old male Paraglider stumbled on take off and suspect broken ankle - Swinside  
above Lorton  
Cockermouth, 2.50hrs

0183 35950 14/05/19 12:49:00 ?  
65 year old male chest pains suspect heart attack - Coastguard helicopter requested by  
nurse /doctors on scene but stood down by GNAA  
Keswick, GNAA 58, 2.00hrs

0184 35951 15/05/19 15:12:00 Skelwith Bridge  
35 year old male fallen off bike 1/2 mile from Skelwith Bridge - helped on scene requiring  
assistance then team stood down  
LAMRT, GNAA 58, 0.25hrs

0185 35952 16/05/19 12:17:00 Blea Tarn  
Male fitting Blea Tarn to Raker Rigg  
LAMRT, 1.00hrs

0186 35953 16/05/19 15:51:00 Loweswater  
47 year old male fallen off mountain bike 500 m north of Nook farm, Loweswater - head  
and neck injuries - fractures to both wrists - possible spinal and pelvic injuries - air vac to  
Preston RVI  
Cockermouth, GNAA 58, 3.00hrs

0187 35954 18/05/19 09:59:00 Nook End Farm  
65 year old male fallen off horse - shoulder & back injuries - Nook End Farm above  
Ambleside  
LAMRT, 1.25hrs

0188 35955 18/05/19 12:57:00 Catbells  
59 year old female turned ankle on Catbells  
Keswick, 1.50hrs

0189	35956	18/05/19	16:14:00	Striding Edge
51 year old female with a twisted ankle - hole in the wall Striding Edge Patterdale, 4.25hrs				
0190	35957	18/05/19	17:08:00	Black Combe
Female cragfast on Black Combe Duddon & Furness, 3.50hrs				
0191	35958	18/05/19	18:17:00	Coniston Old Man
Suspected broken ankle on Coniston Old Man Coniston, 2.00hrs				
0192	35959	19/05/19	06:55:00	Ashness Bridge
Runner fallen and sustained head injury and jaw injury loss of consciousness Ashness Bridge - Taking part in 50km run - Keswick Mountain Festival Keswick, 1.50hrs				
0193	35960	19/05/19	12:20:00	Ashgill Force
Elderley female unconscious at Ashgill Force nr Alston - Garrigill area Penrith, 2.00hrs				
0194	35961	19/05/19	14:38:00	White Moss
72 year old male feeling faint White Moss - 15 min walk to vehicle on rough ground LAMRT, 0.50hrs				
0195	35962	20/05/19	12:50:00	Gelt Woods
62 year old female injured and deformed ankle Gelt woods nr Brampton Kirby Stephen & Penrith, 3.00hrs				
0196	35963	20/05/19	21:58:00	Catbells
2 walkers stuck on Catbells who have taken mushrooms Keswick, 1.50hrs				
0197	35964	21/05/19	13:28:00	Buttermere
68 year old female with broken wrist halfway round the lake at Buttermere Cocker mouth, 2.00hrs				
0198	35965	21/05/19	14:30:00	Haystacks
71 year old female twisted left ankle summit Haystacks Cocker mouth, Bristow 936, 5.00hrs				

0199 35966 21/05/19 20:45:00 Ravenstone Hotel  
61 year old male come off mountain bike possible back injury - on Bridleway 200m above  
Ravenstone Hotel below Skiddaw  
Keswick, 2.25hrs

0200 35967 22/05/19 10:30:00 Sadgill  
60 year old male tripped and injured knee - Grey Crag above Sadgill, Kenmore area  
Kendal, 5.00hrs

0201 35968 22/05/19 12:09:00 Scafell Pike  
51 year old female with broken dislocated wrist on Scafell Pike above Broad Crag Col -  
she was splinted and walked off  
Wasdale, 5.25hrs

0202 35969 22/05/19 14:30:00 Hartsop  
72 yo feeling faint and falling over - above Kirkstone Pass - Beacon at Hartsop  
Patterdale & Penrith, NWAA 08 Blackpool, 5.00hrs

0203 35970 22/05/19 21:36:00 Wythburn  
42 year old female gone over on ankle and cannot weight bear - 1.5 mile above Wythburn  
car park - below Nethermost Pike  
Keswick, 2.00hrs

0204 35971 24/05/19 12:29:00 Rydal Cave  
77 year old female fallen - head under rocks and stuck - Rydal cave  
LAMRT, 0.75hrs

0205 35972 25/05/19 17:59:00 Ewe Crag  
2 x 23 year old male cragfast on Ewe Crag above Loughrigg Terrace above Grasmere  
LAMRT, 2.25hrs

0206 35973 26/05/19 09:12:00 Great Dunn Fell  
73 year old male with asthma and hypothermic - support to North of Tyne MRT - Great  
Dunn Fell - Radar Station  
Penrith, 2.00hrs

0207 35974 26/05/19 17:18:00 Great Dunn Fell  
Report of mountain bike fallen off- Great Dunn Fell by Radar Station  
Penrith, 1.50hrs

0208 35975 26/05/19 17:19:00 Esk Hause  
 2 walkers plus dog at upper Esk below Esk Hause - one exhausted, cold and wet talked down and met - escorted to Brotherrickeld  
 Wasdale, 5.00hrs

0209 35976 28/05/19 14:30:00 Hawes End  
 81 yo barely breathing at jetty - Hawes End Outdoor centre  
 Keswick, 1.25hrs

0210 35977 29/05/19 15:49:00 Coniston Old Man  
 4 x walkers plus dog lost on descent from Coniston Old man - Nr summit of Great Carrs  
 Coniston, 3.50hrs

0211 35978 30/05/19 18:46:00 Esk Hause  
 52 year old male torn Quads - in sleeping bag and tent - Esk Hause - initially WMRT then passed to KMRT  
 Keswick, 6.00hrs

0212 35979 31/05/19 15:09:00 Garburn Pass  
 59 year old male fallen off bike and brake lever embedded in thigh - Garburn Pass nr the Nook  
 Kendal, 3.00hrs

## June

Ref	Total	Date	Time	Location / Grid Ref / W3W
0213	35980	01/06/19	10:07:00	Kings How Recover cragfast dog Kings How area Keswick, 2.50hrs
0214	35981	01/06/19	16:43:00	Custs Gully Couple lost on descent from Scafell Pike - were near Custs Gully Greta End - talked back down to path Keswick, 1.00hr
0215	35982	01/06/19	17:31:00	Brown Tongue 53 year old female fallen bottom of Brown Tongue Scafell Pike - broken ankle Wasdale, 2.75hrs
0216	35983	02/06/19	14:46:00	Loughrigg 63 year old male Walker with alzheimiers and parkinson missing on Loughrigg LAMRT, 0.50hr

0217 35984 02/06/19 16:56:00 Coniston Old Man  
 25 year old female lost after summiting Coniston Old man and walking north instead of south  
 Coniston, 2.75hrs

0218 35985 02/06/19 21:52:00 Gable Crag  
 Male walker climbed Scafell Pike and become lost on descent - position Gable Crag but he walked out in the morning and found by his car at Seathwaite Farm - SILVER button pressed and resources gathered  
 Keswick, Cockermouth & LDMRSD Dogs, 12.00hrs

0219 35986 02/06/19 13:00:00 Curtain Pot  
 Yorkshire CRO called to assist a caver - fractured femur and Pelvis after falling 6 m - Curtain Pot on Fountains Fell - 94 rescuers including COMRU - he sadly died of his injuries underground  
 COMRU, 17.50hrs

0220 35987 02/06/19 14:00:00 County Pot  
 A further callout for a 36 of who had fallen 6m and injured leg - County Pot in Ease Gill - COMRU attended  
 COMRU, 6.00hrs

0221 35988 03/06/19 23:29:00 Chambers Crag  
 35 year old male missing on Scafell Pike - body found at bottom of Chambers Crag after full night search  
 Wasdale, Cockermouth, & Duddon, Bristow 936, 12hrs

0222 35989 04/06/19 16:24:00 Dow Crag  
 2 walkers cold and wet lost - thinking they were near Swirl How but actually Dow Crag area  
 Coniston, 4.50hrs

0223 35990 05/06/19 12:37:00 Barf Bishop  
 Male walker stuck on Barf Bishop - talked down by TL  
 Keswick, 0.75hrs

0224 35991 05/06/19 18:06:00 Lords Rake  
 2 walkers stuck on grass below Lords Rake on Scafell  
 Wasdale, 4.50hrs

0225 35992 05/06/19 20:12:00 Farleton Knott  
11 year old male with head injury hit by rock on Farleton Knott  
Kenda, Bristow 936, 3.00hrs

0226 35993 08/06/19 20:51:00 Eskdale  
37 year old male fallen down crag opposite Penny Hill Farm in Eskdale - fracture femur +  
pelvic injury - taken to Preston Sharrow Green  
Wasdale, Bristow 199 Prestwick, 3.75hrs

0227 35994 09/06/19 15:09:00 Three Tarns  
32 year old male with injured knee just below Three Tarns  
LAMRT, 5.00hrs

0228 35995 09/06/19 15:27:00 Ullswater  
75 year old male fallen over on Lake shore path opposite shore to Patterdale  
Patterdale, 3.00hrs

0229 35996 10/06/19 21:52:00 Gimmer Crag  
46 year old male climber fallen on Juniper Gulley on Gimmer - Pelvic and abdominal  
injuries - abseiled off and rock fallen on him  
LAMRT, Bristow 199 Prestwick, 9.00hrs

0230 35997 11/06/19 12:46:00 Eskdale  
76 year old male unwell just above Shepherds Cottage riding the Eskdale Trail  
Wasdale, 1.50hrs

0231 35998 11/06/19 13:08:00 Lower Gatesgarth  
72 year old male fallen pain in leg Lower Gatesgarth by Lake  
Cockermouth, 1.75hrs

0232 35999 11/06/19 13:49:00 Whinlatter  
28 year old male fallen 50 foot from cliff on Bike - Whinlatter Forest track  
Keswick, Helimed 63, 0.75hrs

0233 36000 11/06/19 18:42:00 Pullwood Bay  
61 year old male suspect Cardiac Arrest by Pullwood bay  
LAMRT, GNAA 58, 1.25hrs

0234 36001 13/06/19 15:58:00 Rydal Hall  
48 year old female feeling being and lightheaded nr Rydal Hall  
LAMRT, 2.00hrs

0235 36002 13/06/19 20:05:00 Slightside  
3 x 25 year old female lost on descent from Scafell Pike - located high below Slightside -  
found top of zig zags  
Wasdale, 3.50hrs

0236 36003 14/06/19 17:38:00 Latrigg  
83 year old male fallen at Latrigg car Park  
Keswick, 0.25hrs

0237 36004 15/06/19 15:06:00 Cockley Beck  
Female fallen off bike nr Cockley Beck Wrynose bottom - suspect fractured femur  
Coniston, NWAA 08 Blackpool, 0.50hrs

0238 36005 15/06/19 18:05:00 Patterdale Hall  
83 year old male exhausted and feeling dizzy on Helvellyn path behind Patterdale Hall  
Patterdale, 1.00hr

0239 36006 16/06/19 00:34:00 Lingmell Coll  
Part of 10 doing 3 PC lost below Lingmell Coll on Pikes Traverse - Sarloc'd and talked  
down  
Wasdale, 4.50hrs

0240 36007 16/06/19 15:51:00 Wansfell  
Male fallen on Jenkins path below Wansfell - dislocated shoulder  
LAMRT, 2.25hrs

0241 36008 16/06/19 19:11:00 Honister  
Two males failed to turn up Honister mines - turned up fit and well - team stood down  
Cockermouth, 1.00hr

0242 36009 16/06/19 23:02:00 Seatoller  
Two walkers in their 60's failed to turn up at their Hotel Royal Oak Rothwaite - doing Coast  
to Coast turned up safe and well at Seatoller  
Keswick & Wasdale, 0.25hr

0243 36010 17/06/19 14:30:00 High Street  
33year old male + 27 year old male lost on High Street east side of Howtown - eventually  
found path and made own way off the fell.  
Patterdale, 0.50hr

0244 36011 18/06/19 16:57:00 Deepdale  
Female having panic attack on fell above Deepdale - short roped off  
Patterdale, 2.50hrs

0245	36012	19/06/19	15:54:00	Stoneycroft Gill
12 yo with hip pain at Stoneycroft Gill Keswick, 1.50hrs				
0246	36013	19/06/19	16:40:00	Crummock
79 year old male fallen on Crummock lake shore with hip injury Cockermouth, NWAA 08 Blackpool, 1.50hrs				
0247	36014	20/06/19	16:59:00	Glenridding
2 x 19 year old female + 18 year old male left group at Red Tarn and failed to turn up at glenridding - got lost and turned up safe and well Patterdale, 1.00hr				
0248	36015	20/06/19	20:19:00	Crinkle Craggs
Female plus her adult son lost on Crinkle Craggs - talked off to path LAMRT, 1.50hrs				
0249	36016	21/06/19	15:02:00	Scalebridge
Female in her 60s fallen at Scalebridge and injured face - team stood down after called out Cockermouth, 0.50hrs				
0250	36017	22/06/19	11:00:00	Corney Fell
65 year old male run over by a car off roading on Corney Fell Duddon & Furness, NWAA 08 Blackpool, 1.00hr				
0251	36018	23/06/19	14:52:00	Dodd Wood
27 year old male fitting in Dodd Wood - being dealt with by off duty fireman - team mobilised but stood down Keswick, 0.50hrs				
0252	36019	24/06/19	23:34:00	?
2 walkers doing Coast to Coast failed to turn up - eventually turned up safe and well Cockermouth, 0.50hrs				
0253	36020	25/06/19	12:35:00	Aira Force
56 year old female fallen at Aira Force and broken her left leg car park side of waterfall Patterdale, 3.50hrs				
0254	36021	26/06/19	13:14:00	Cat Bells
Elderly male fallen off Cat Bells and unconscious face down at bottom of 20 ft crag - fell 50 ft with head injury Keswick, GNAA 58, 4.00hrs				



0255	36022	26/06/19	20:10:00	Kirkstone Pass
30 year old male mountain biker fallen off 50 metres away from The Struggle near Kirkstone Pass				
LAMRT, 1.00hr				
0256	36023	27/06/19	10:29:00	St Bees
Walker on the St. Bees head path broken ankle				
Wasdale, 1.50hrs				
0257	36024	27/06/19	14:17:00	Grizedale
58 yo fallen from Wheelchair in Grizedale forest				
Coniston, 1.75hrs				
0258	36025	27/06/19	20:50:00	Holker Estate
76 year old female cut her arm on barbed wire bleeding badly - Holker Estate				
Duddon & Furness, 2.50hrs				
0259	36026	28/06/19	23:47:00	Great Dunn Fekk
Cyclist lost way on Great Dunn Fell - spent night on the fell - happy to stay till first light				
Penrith, 8.00hrs				
0260	36027	29/06/19	09:00:00	Wrynose
40 year old female cyclist unconscious and not breathing bottom of Wrynose - big cycling event				
LAMRT, 3.00hrs				
0261	36028	29/06/19	15:44:00	Seat Side
Female with head injury above Scarth Gap on Seat Side				
Cockermouth, GNAA 58, 2.25hrs				
0262	36029	29/06/19	18:53:00	Kirkstone
Father with two children missing near Kirkstone Pass				
LAMRT, 0.50hrs				
0263	36030	29/06/19	21:45:00	Seathwaite Fell
4 x walkers stuck on Seathwaite Fell - made own way off in the morning				
Keswick, 2.25hrs				
0264	36031	30/06/19	12:27:00	Grizedale
61 yo fallen in Grizedale forest				
Coniston, 2.00hrs				

0265 36032 30/06/19 14:41:00 Central Gully  
 Male and female taken wrong gully and cragfast in Central Gully 10m from top  
 Keswick, 5.00hrs

## July

Ref	Total	Date	Time	Location / Grid Ref / W3W
0266	36033	01/07/19	14:58:00	Glencoyne Wood 47 year old male fallen in Glencoyne wood with injured ankle Patterdale, 2.00hrs
0267	36034	03/07/19	15:13:00	Brigsteer Road Support to NWS Brigsteer Road - unable to lift stretcher over the wall. CFRS assist. Kendal, 1.50hrs
0268	36035	03/07/19	17:19:00	Grasmere 55 year old female slipped on fell near Grasmere - path to Grizedale tarn LAMRT, 3.00hrs
0269	36036	04/07/19	12:15:00	Stickle Tarn 15 year old female dehydrated at Stickle Tarn unable to walk LAMRT, 2.00hrs
0270	36037	04/07/19	15:55:00	Broad Crag Col 70 year old female fallen on descent from Scafell pike to Broad Crag Col - Broken arm Wasdale, Bristow 199 Prestwick, 6.00hrs
0271	36038	06/07/19	19:06:00	Wasdale 75 year old male from Belgium - tired and disoriented and cannot see very well - carried down by stretcher Wasdale, 4.00hrs
0272	36039	06/07/19	22:41:00	Thirlmere 2 females stuck on the crag at Thirlmere - got themselves down safe and well Keswick, 0.75hrs
0273	36040	06/07/19	23:33:00	Mickleden 40 year old female with broken ankle after falling off wall Mickleden LAMRT, 3.00hrs

0274 36041 07/07/19 12:39:00 Seathwaite  
29 year old male fallen below 1000ft boulder on way down to Seathwaite  
Keswick, 2.50hrs

0275 36042 07/07/19 14:19:00 Wasdale Screes  
5 x females in early 30's stuck on boulder field of the screes  
Wasdale, 4.00hrs

0276 36043 08/07/19 13:39:00 Coniston Old Man  
65 year old female severe cramp on top of Old Man of Coniston  
Coniston, 2.25hrs

0277 36044 09/07/19 08:05:00 Thrang Crag  
Walker at Thrang Crag found a box containing ashes and documents - police requested it  
be recovered  
LAMRT, 2.50hrs

0278 36045 12/07/19 02:35:00 Salterbeck  
Search for 91 year old male with dementia - found deceased following mass public search  
17/07/19 - Salterbeck area  
Cockermouth, 2.00hrs

0279 36046 13/07/19 15:17:00 Mickledore  
42 year old male breathing difficulties Mickledore - heli evac  
Wasdale, Bristow 199 Prestwick, 1.50hrs

0280 36047 13/07/19 16:13:00 Ullswater  
Unconscious male collapsed other side of Ullswater - not breathing CPR  
Patterdale, GNAA 58, 2.00hrs

0281 36048 13/07/19 16:27:00 Wastwater  
45 year old male was swimming in Wastwater began to feel dizzy  
Wasdale, 1.50hrs

0282 36049 13/07/19 18:52:00 Stockley Bridge  
Elderley male at Stockley Bridge passing in and out of consciousness  
Keswick, 0.50hrs

0283 36050 14/07/19 14:54:00 Workington  
Team now searching for the missing 91 year old male in Workington area who was  
eventually found deceased 17/07/19  
Cockermouth, 5.50hrs

0284 36051 14/07/19 22:08:00 Levers Water  
15-18 year old male with severe nose bleed at Levers water - Outward Bound group  
Coniston, 1.50hrs

0285 36052 15/07/19 07:59:00 The Rigg  
52 year old male fallen broken ankle - The Rigg, Haweswater - 10 mins from Mardale  
Head  
Penrith, 4.00hrs

0286 36053 15/07/19 08:13:00 Great Gully  
Male stuck high on Screes between Great Gully and the Ramp  
Wasdale, 9.50hrs

0287 36054 15/07/19 11:10:00 Anglers Crag  
Husband and wife stuck on Anglers Crag - managed to get help from passing walkers -  
team stood down  
Cockermouth, 1.00hrs

0288 36055 15/07/19 11:28:00 Striding Edge  
50 year old female injured leg - Striding edge  
Patterdale, Bristow 199 Prestwick, 5.50hrs

0289 36056 15/07/19 15:32:00 Pavey Ark  
30 year old male climber on Pavey Ark - fallen and deep gash to hand - bone exposed  
LAMRT, 2.50hrs

0290 36057 17/07/19 08:25:00 Loadpot Hill  
18 year old female breathing difficulties Loadpot Hill  
Penrith, 3.00hrs

0291 36058 17/07/19 14:56:00 Grizedale Tarn  
58 year old female broken ankle Grizedale Tarn  
Patterdale, 4.00hrs

0292 36059 17/07/19 16:32:00 Corvus  
61 year old male climber fallen bottom of last pitch Corvus - fallen 30m - injured back  
suspect spinal - hanging in rope  
Keswick, 5.50hrs

0293 36060 17/07/19 16:37:00 Scafell Crags  
18 year old male in group of 4 DoE hypothermic in tent Scafell at Scafell Crags - eventually  
met up with team on their way down  
Wasdale, 3.00hrs

0294 36061 18/07/19 14:02:00 Stickle Ghyll  
20 year old female fallen 56m facial injuries and struggling to breathe - Stickle Ghyll  
LAMRT, 3.00hrs

0295 36062 18/07/19 16:56:00 Broad Crag  
French email + dog lost on Broad Crag - walked off  
Wasdale, 4.75hrs

0296 36063 20/07/19 13:50:00 White Napes  
Party of two lost on White Napes just to the side of Little Hellgate - talked down  
Wasdale, 2.00hrs

0297 36064 20/07/19 15:05:00 Wetherlam  
66 year old female fallen on Summit Wetherlam suspect broken ankle - R199 diverted from  
WMRT Heli Practice - 1B completed  
Coniston, Bristow 199 Prestwick, 2.50hrs

0298 36065 20/05/19 15:28:00 Ullswater  
50 year old female head injury - Ambulance assist near farm at head of lake - team called  
but stood down after 15 mins as NWS could not get vehicle to the casualty  
Patterdale, 0.25hrs

0299 36066 20/07/19 17:26:00 Burnmoor Lodge  
34 year old male with hernia at Burnmoor Lodge  
Wasdale, Bristow 199 Prestwick, 5.00hrs

0300 36067 21/07/19 14:21:00 Stickle Tarn  
53 year old female with twisted ankle at Stickle Tarn  
LAMRT, 2.25hrs

0301 36068 21/07/19 18:42:00 Eel Tarn  
Group of 3 lost near Eel Tarn - call went to D&F MRT from IOM Police  
Duddon & Furness, 2.00hrs

0302 36069 22/07/19 01:28:00 Cat Bells  
2 x 25 year old female tent collapsed on Cat Bells - stormy weather  
Keswick, 2.00hrs

0303 36070 22/07/19 09:32:00 St Herberts Island  
4 adults and 4 children brought off St Herberts Island - boats blown away in the storm  
Keswick, 2.50hrs

0304 36071 22/07/19 16:55:00 Great Gable  
60 year old female taken ill between Honister mine and Gable  
Cockermouth, 2.50hrs

0305 36072 22/07/19 17:16:00 Grizedale Valley  
50 year old female fallen hurt back and neck Grizedale Valley  
Patterdale, Helimed 63, 4.00hrs

0306 36073 22/07/19 19:49:00 Sandy Bay Crags  
20 year old female fallen climber injured ankle Sandy Bay Crags Armathwaite  
Penrith, 3.00hrs

0307 36074 23/07/19 15:28:00 Lincove Bridge  
Emergency Beacon (SPOT) triggered - Eskdale OB group Lincove Bridge area - false  
alarm  
Wasdale, 1.25hrs

0308 36075 23/07/19 15:59:00 Latrigg  
62 year old male fallen Latrigg possible stroke  
Keswick, 2.00hrs

0309 36076 25/07/19 15:19:00 Wastwater  
Reported canoe overturned on Wastwater - Fire brigade also attended with their boat  
Wasdale, 2.00hrs

0310 36077 26/07/19 14:49:00 Lingmoor Fell  
Reports of shouts for help behind Three Shires Inn Lingmoor fell well intentioned false  
alarm  
LAMRT, 0.50hrs

0311 36078 27/07/19 13:18:00 Cross Fell  
61 year old female lost on Cross Fell  
Penrith, 4.00hrs

0312 36079 27/07/19 16:19:00 Gable  
59 year old female plus 22 year old male son lost under Gable on Ennerdale side  
Wasdale, 6.00hrs

0313 36080 27/07/19 17:22:00 Haweswater  
53 year old male fallen Lakeland 50 race - broken leg Haweswater area  
Penrith, 3.50hrs

0314 36081 27/07/19 19:25:00 Scafell Pike  
 Party of 4 including 14 year old male missing from Scafell Pike descent - turned up safe and well - were a full party of 14  
 Wasdale, 2.00hrs

0315 36082 27/07/19 21:22:00 Scafell Craggs  
 Party of 3 males lost Scafell Craggs  
 Wasdale, 5.00hrs

0316 36083 28/07/19 13:05:00 Monk Hall  
 73 year old male with loss of balance - Monk Hall Coniston - 3 TM attended 8 mins stood down  
 Coniston, 0.25hrs

0317 36084 28/07/19 21:35:00 Cold Fell  
 Husband and wife lost on Tongue How Cold Fell W3W  
 Wasdale, 2.50hrs

0318 36085 28/07/19 23:22:00 ?  
 Male doing a long wild camping trek not made contact for some time - no action taken as probably no phone signals  
 Wasdale, 0.50hrs

0319 36086 29/07/19 12:47:00 Coniston  
 7 and 52 yo stuck above youth hostel Coniston on crags  
 Coniston, 1.25hrs

0320 36087 29/07/19 15:08:00 Peel Island  
 Broken arm on shore opposite Peel Island Coniston  
 Coniston, 0.50hrs

0321 36088 30/07/19 11:01:00 Hindscarth  
 50 year old male cardiac arrest CPR in progress by son - on Ridge line Hindscarth  
 Keswick, 2.50hrs

0322 36089 30/07/19 18:23:00 Scafell Pike  
 2 x walkers overdue on Scafell ~Pike - turned up safe and well  
 Wasdale, 0.50hrs

0323 36090 31/07/19 00:13:00 Scafell Pike  
 2 males missing on Scafell Pike 3PC - located at Wasdale Head Inn  
 Wasdale, 2.00hrs

## August

<b>Ref</b>	<b>Total</b>	<b>Date</b>	<b>Time</b>	<b>Location / Grid Ref / W3W</b>
0324	36091	01/08/19	15:52:00	?
NWAS ambulance stuck - team stood down after 10 mins Cockermouth, 0.25hrs				
0325	36092	01/08/19	16:30:00	Dock Tarn
87 year old male lost Watendlath towards Dock Tarn Keswick, 4.00hrs				
0326	36093	01/08/19	17:07:00	Howtown Bay
Male in mid 20's drowned at Howtown bay Patterdale, Bristow 199 Prestwick, 4.00hrs				
0327	36094	02/08/19	07:07:00	Waberthwaite
74 year old male confirmed MI at Newbiggin Farm, Nr Waberthwaite" Wasdale, 2.00hrs				
0328	36095	02/08/19	17:21:00	Seathwaite
13 year old male with severe dyslexia gone walkabout at Seathwaite - team member went out to locate him safe and well Keswick, 1.50hrs				
0329	36096	03/08/19	12:15:00	Millicans Wheel
Sheep fallen down Millicans Wheel pit - nothing found Coniston, 1.50hrs				
0330	36097	03/08/19	12:47:00	Fairfield
18 year old female uncontrollable sickness on Fairfield LAMRT, 2.75hrs				
0331	36098	03/08/19	15:28:00	Gasgale Gill
61 year old female fallen Gasgale Gill with groin injury Cockermouth, 2.50hrs				
0332	36099	03/08/19	15:44:00	Lingmell Crag
23 year old male stuck on Lingmell Crag above Straight Gill / Piers Gill Wasdale & Duddon, 7.25hrs				
0333	36100	03/08/19	19:12:00	Broad Stand
two females in their early 20's stuck above Broad Stand Wasdale & Duddon, 6.75hrs				



0334 36101 04/08/19 12:08:00 Nab Fell  
74 year old male struggling to continue - over tiredness on Nab Fell  
Kendal, 2.50hrs

0335 36102 05/08/19 21:03:00 Scafell Pike  
38 year old male plus 9 year old female missing and lost on a walk from Seathwaite to  
Scafell Pike - turned up safe and well at the Woolpack Eskdale  
Wasdale, 1.00hr

0336 36103 05/08/19 22:30:00 Ennerdale  
20 + 66 yo walkers in group of 6 feeling faint on the far side of Ennerdale  
Cockermouth, 3.00hrs

0337 36104 07/08/19 14:17:00 Cross Fell  
15 year old male - Glider crashed on Cross Fell - suspect spinal  
Penrith, 2.00hrs

0338 36105 08/08/19 05:14:00 Slight Side  
2 male walkers missing on Scafell Pike - spent the night on the side of Slight Side and  
walked off first light.  
Wasdale, 6.00hrs

0339 36106 08/08/19 14:24:00 Lattrigg  
Report of a paraglider crashing into a tree on the side of Lattrigg - well intentioned false  
alarm  
Keswick, 3.50hrs

0340 36107 08/08/19 15:57:00 Sail Fell  
26 year old male with ankle injury returning from Sail Fell to Braithwaite  
Keswick, Bristow 936, 3.50hrs

0341 36108 08/08/19 20:41:00 Helton Fell  
Male runner near Helton Fell fallen and suspect broken arm  
Patterdale, 2.25hrs

0342 36109 08/08/19 20:43:00 Seathwaite  
Father with 4 x children + dog - 8/10/11/13 - turned up safe and well at Seathwaite  
Wasdale, 2.25hrs

0343 36110 10/08/19 12:47:00 Silloth  
Ambulance assist - flood water preventing PTS getting away from property stood down  
Cockermouth, 0.25hrs

0344	36111	10/08/19	16:50:00	Scafell
Lost on Scafell - team member on fell walked them down Wasdale, 3.50hrs				
0345	36112	10/08/19	18:45:00	Red Pike
Group lost at top of Red Pike Wasdale, 5.25hrs				
0346	36113	11/08/19	06:41:00	Sedgewick
Male reported as in the water clinging to a tree - Sedgewick - Paramedic on scene but no sighting - possible hoax Duddon & Kendal, 4.00hrs				
0347	36114	11/08/19	13:12:00	Chapel Stile
70 year old female on path semi conscious with ineffective breathing - ambulance crew on scene and she was making her way down to the road - found on fell above Chapel Stile Raven Crag area LAMRT, 1.00hr				
0348	36115	12/08/19	14:39:00	Cockermouth
Sheep on path above swollen river - fallen in water but rescued Cockermouth, 1.25hrs				
0349	36116	12/08/19	18:36:00	Great Gable
29 year old female missing - last seen nr top of Great Gable - turned up safe and well Wasdale, 1.50hrs				
0350	36117	15/08/19	15:13:00	Heltondale Beck
48 year old female torn calf muscle above Heltondale Beck Kirby Stephen & Penrith, 3.25hrs				
0351	36118	15/08/19	16:58:00	Kenmore
54 year old female compound # broken ankle - Kenmore - Overhand Cottage Kendal, GNAA 58, 4.00hrs				
0352	36119	15/08/19	20:12:00	Ringside Plantation
18 year old male fallen off bike in woods Ringside Plantation - help with extrication after hitting a tree - head and neck injuries Penrith, 3.00hrs				

0353 36120 17/08/19 15:22:00 High Rigg  
42 year old female query broken ankle High Rigg  
Keswick, 2.00hrs

0354 36121 17/08/19 15:41:00 Pike Howe  
29 year old female with injured ankle 1km above Old Dungeon Ghyll pub above Dungeon  
Ghyll on Pike Howe  
LAMRT, 3.00hrs

0355 36122 17/08/19 16:34:00 Wansfell Pike  
63 year old male with chest pain on Wansfell Pike  
LAMRT, GNAA 58, 2.00hrs

0356 36123 17/08/19 18:11:00 Scafell Pike  
20 year old male with injured ankle Black Crag area Scafell Pike  
Wasdale & Duddon, 5.75hrs

0357 36124 17/08/19 19:31:00 Dow Crag  
2 x walkers 2 hours overdue on circular route Dow Crag Old Man Swirl Howe - turned up in  
pub  
Coniston, 0.50hrs

0358 36125 17/08/19 20:05:00 Eskdale  
2 x male walkers in early 20s part of a group of 11 doing 3PC - were 45 mins ahead of the  
main group and got lost ended up in pub on the Eskdale side  
Wasdale, 1.00hrs

0359 36126 18/08/19 20:23:00 Crinkle Crag  
Party of 4 left ODG for Crinkle Crag - located in Green Hole and escorted back to  
Brotherkeld  
Wasdale, 4.50hrs

0360 36127 19/08/19 16:20:00 Claife Viewing Station  
female walker in her 20s at the Claife viewing station above Hawkshead Ferry cannot  
weight bear - injured ankle  
Coniston, 2.00hrs

0361 36128 19/08/19 18:20:00 Stake Pass  
15 year old male separated from parents on returning to Langdale valley at Stake pass -  
locate safe and well  
LAMRT & Keswick, 3.00hrs

0362 36129 20/08/19 16:40:00 Scarth Gap  
70 year old female fallen below Scarth Gap lost consciousness - airlifted out after 100m  
carry down  
Cockermouth, 3.25hrs

0363 36130 20/08/19 17:24:00 Witherslack  
40 year old female fallen off horse Witherslack Hall Farm  
Kenda, NWAA 08 Blackpool, 3.00hrs

0364 36131 21/08/19 12:32:00 Kepple Cove  
Elderley male fallen near Kepple Cove head injury and cut hand  
Patterdale, 3.50hrs

0365 36132 22/08/19 14:31:00 Coniston Old Man  
49 year old male plus 12 yo child lost between Old Man and Swirl Howe  
Coniston, 2.00hrs

0366 36133 22/08/19 17:00:00 Lingmell  
2 x walkers lost on Lingmell - talked off by TL and team Member on fell went across to  
escort off  
Wasdale, 2.50hrs

0367 36134 22/08/19 20:45:00 Keswick  
18 yo's - 3 year old female + 3 year old male DoE lost - tracked by police but well  
equipped and no team action required overnight  
Keswick, 1.00hrs

0368 36135 23/08/19 15:50:00 Loughrigg Fell  
11 year old male fallen at summit Loughrigg Fell sustaining back injury  
LAMRT & Kendal, NWAA 08 Blackpool, 2.00hrs

0369 36136 23/08/19 17:18:00 Hartsop  
39 year old female fallen and twisted ankle between Hartsop and Hayswater - team stood  
down as incident quickly dealt with  
Patterdale, 0.25hrs

0370 36137 23/08/19 20:52:00 Reston Scar  
Reston Scar Staveley - suicidal male self harmed  
Kendal, 3.00hrs

0371 36138 25/08/19 11:16:00 Jack's Rake  
Female fallen 50m from Jack's Rake on Pavey Ark  
LAMRT & Kendal, GNAA 58, 6.00hrs

0372	36139	25/08/19	13:35:00	Barf
Party of 6 stuck on Barf Keswick, 2.00hrs				
0373	36140	25/08/19	13:38:00	Howtown
56 year old male losing consciousness at Howtown after swimming Patterdale, 4.50hrs				
0374	36141	25/08/19	13:59:00	Ritsons Force
58 year old male swollen foot and twisted knee - Ritsons Force at Wasdale Head Wasdale, 3.00hrs				
0375	36142	25/08/19	14:59:00	Latterbarrow
70 year old male fallen Latterbarrow - unable to take own weight W3W Coniston, 2.00hrs				
0376	36143	25/08/19	16:30:00	Buttermere
70 year old male fallen whilst walking around Buttermere Lake Cockermouth, 3.25hrs				
0377	36144	25/08/19	18:46:00	Crag Mine
18 year old male gone missing at Crag Mine Keswick & LDMRSD Dogs, 2.50hrs				
0378	36145	25/08/19	20:55:00	Scafell
Wife and daughter missing on walk up Scafell LDMRSD Dogs, 0.50hrs				
0379	36146	26/08/19	10:42:00	Stickle Ghyll
48 year old male fallen on patch from New Dungeon Ghyll up to Stickle Tarn - lower leg injury LAMRT, 4.00hrs				
0380	36147	26/08/19	14:26:00	Gilsland
40 year old male jumped into river at Gilsland and broke leg Penrith, 1.75hrs				
0381	36148	26/08/19	17:37:00	Ullock Pike
59 year old female with broken ankle Ullock Pike Keswick & Cockermouth, 3.50hrs				

0382 36149 26/08/19 18:45:00 Wastwater  
49 year old male with rusty wire embedded in foot - Wastwater near Cross Walls  
Wasdale, 1.50hrs

0383 36150 26/08/19 20:26:00 Scafell Pike  
49 year old female with injury to knee + her 12 yo son + dog - Hollow Stones on Scafell  
Pike W3W  
Wasdale, 4.50hrs

0384 36151 26/08/19 21:59:00 Sticks Pass  
6 x walkers including 3 children 15, 13, 12 lost Sticks Pass  
Patterdale, 4.00hrs

0385 36152 27/08/19 16:37:00 Helvellyn  
43 year old female with injured ankle on path down from hole in the wall  
Patterdale, 3.50hrs

0386 36153 27/08/19 16:50:00 Blea Rigg  
59 year old male fallen at Blea Rigg - Injured tib  
LAMRT & Kendal, 5.25hrs

0387 36154 28/08/19 13:02:00 Grizedale Tarn  
Elderley female with injured ankle Grizedale Tarn  
Patterdale & Penrith, Bristow 936, 4.00hrs

0388 36155 28/08/19 13:05:00 Sharp Edge  
70 year old male fallen north side Sharp Edge Blencathra - Fatal  
Keswick, 5.00hrs

0389 36156 28/08/19 13:29:00 Troutbeck  
55 year old male fallen with ankle injury Troutbeck up from Long Green head  
LAMRT, 1.50hrs

0390 36157 28/08/19 18:56:00 Grizedale Forest  
Female walker + 12 year old female lost in Grizedale Forest  
Coniston, 1.00hrs

0391 36158 29/08/19 13:51:00 Sharp Edge  
Walker reported 3 walkers (200 m away) looked as if they were stuck on Sharp Edge -well  
intentioned false alarm  
Keswick, 0.50hrs

0392 36159 29/08/19 13:52:00 Great Gable  
2 x 47 year old male + 60 year old male lost near summit of Great Gable - top of White Napes scree  
Wasdale, 4.50hrs

0393 36160 29/08/19 14:25:00 Great Dodd  
Female walker stuck in bog at Shelter Cairn Great Dodd W3W - (gives location near A66 Blencathra - Latt Long gives English Channel)  
Patterdale, 1.00hr

0394 36161 31/08/19 17:44:00 Alcock Tarn  
63 yo walker hurt ankle Alcock Tarn  
LAMRT, 2.25hrs

## September

<b>Ref</b>	<b>Total</b>	<b>Date</b>	<b>Time</b>	<b>Location / Grid Ref / W3W</b>
0395	36162	01/09/19	12:06:00	Raise 50 year old male on top of chimney above lead mine Stang below Raise. Fatality Patterdale, GNAA 58, 3.00hrs
0396	36163	01/09/19	16:02:00	Colthouse 80 year old walker collapsed Gillbank Colthouse Coniston, 0.50hrs
0397	36164	01/09/19	19:12:00	Ennerdale 32 year old female lost in Ennerdale - C2C Cockermouth, 0.75hrs
0398	36165	02/09/19	22:33:00	Pudding Stone 43 year old male + 16 year old male lost around Pudding Stone below Coniston Old Man Coniston, 1.25hrs
0399	36166	03/09/19	07:07:00	Scafell Pike 59 year old male overdue 1.5 hrs on Scafell Pike 3PC turned up OK at Wasdale Head Inn Wasdale, 0.45hrs
0400	36167	03/09/19	12:01:00	Coney Diabetic with low Blood sugar 1 mile up the hill - request from NWAS to assist find/bring down - caller got farmer with quad bike to Coney to ambulance Kendal, 0.00hrs

0401 36168 03/09/19 16:57:00 Dalston  
23 year old male suspect heart attack in a field can see Nestle Uk factory at Dalston - team stood down as casualty now in Helimed 58  
Penrith, GNAA 58, 1.75hrs

0402 36169 05/09/19 19:13:00 Cold Fell  
Female suffering from exhaustion on Cold Fell W3W  
Wasdale, 0.25hrs

0403 36170 05/09/19 21:41:00 Ennerdale  
Couple just off path by Anglers Crag down by Lakeside Ennerdale  
Cockermouth, 3.00hrs

0404 36171 07/09/19 12:53:00 Stoneycroft Gill  
61 year old male chest pains Stoneycroft Gill - Newlands Valley - Landrover rolled on this job  
Keswick, 2.00hrs

0405 36172 07/09/19 14:44:00 Broad Crag Coll  
Walker slipped on path Broad Crag Col - leg injury  
Wasdale, Bristow 199 Prestwick, 4.50hrs

0406 36173 07/09/19 15:24:00 Sharp Edge  
Male stuck on Sharp Edge - paralysed with fear  
Keswick, 3.00hrs

0407 36174 08/09/19 13:41:00 Black Crag  
24 year old female climber fallen 2m landed on feet then fell back - injured lower back - Black Crag below Pike of Blisco  
LAMRT, 3.00hrs

0408 36175 08/09/19 15:36:00 Shap village  
8 year old male fallen off pony - limb injury - Shap Village area  
Penrith, GNAA 58, 2.00hrs

0409 36176 10/09/19 18:27:00 Rossett Gill  
62 year old female fallen above Rossett Gill-W3W - Enveloped.bearings opts - accurate against Phonefind  
LAMRT, 4.25hrs



0410 36177 10/09/19 19:32:00 Easedale Tarn  
 2 walkers lost on walk from Grasmere - located above Esdale tarn - W3W used to find them - no luck with phone find  
 LAMRT, Kendal, & Kirby Stephen, 4.50hrs

0411 36178 11/09/19 14:04:00 Buttermere  
 Walker heard shouts for help above Buttermere Lake well intentioned false alarm  
 Cockermouth, 3.00hrs

0412 36179 12/09/19 14:25:00 Wasdale Screes  
 Female walker with 30 kg Labrador stuck on Screes path above the Lake BOAT rescue  
 Wasdale, 2.50hrs

0413 36180 12/09/19 17:33:00 High Pike  
 Man lost on High Pike with injured dog  
 Keswick, 3.00hrs

0414 36181 13/09/19 03:13:00 Tebay Fell  
 70 year old female medical issues - in tent nauseous Tebay Gill below Tebay Fell  
 Kirby Stephen, 4.00hrs

0415 36182 14/09/19 19:39:00 Scafell Pike  
 43 year old female with 8 year child overdue from Scafell Pike - turned up safe and well  
 Wasdale, 0.50hrs

0416 36183 14/09/19 19:48:00 Coniston  
 Female walker alone in field surrounded by cows and is terrified - farmer helped her out - stand down  
 Coniston, 0.25hrs

0417 36184 14/09/19 20:34:00 Three Tarns  
 57 year old male exhausted at Three Tarns Bowfell.  
 LAMRT, 6.00hrs

0418 36185 15/09/19 14:55:00 Cross Fell  
 Male walker with 2 females - sprained ankle - Gregs Hut on Cross Fell  
 Penrith, 4.00hrs

0419 36186 15/09/19 15:18:00 Copper Mines  
 Gentleman with worn out buggy - run out of charge Copper Mines road - TL came across this gentleman in trouble  
 Coniston, 1.00hr

0420 36187 15/09/19 20:47:00 Kirkstone Pass  
Family of 4 seen struggling on descent to Kirkstone pass - turned round and went back up  
- two runners with torches assisted them  
LAMRT, 0.25hrs

0421 36188 16/09/19 13:49:00 Buttermere  
70 -80 year old female fallen and injured shoulder - loss of consciousness - back of  
Buttermere near Gatesgarth Farm  
Cockermouth, 1.50hrs

0422 36189 16/09/19 16:54:00 Coniston Old Man  
89 year old male fallen and grazed knees from repeatable falling over on descent from Old  
Man to Goat Water  
Coniston, 3.25hrs

0423 36190 17/09/19 09:55:00 Beacon Hill  
Bright flashing light seen coming from the Beacon Hill - investigated and found to be a  
Birthday balloon tangled in the bracken -well intentioned false alarm  
Coniston, 1.50hrs

0424 36191 18/09/19 13:02:00 Penrith  
55 year old male fallen 30' down bank - head injuries not alert - team stood down after  
being mobilised  
Penrith, 0.75hrs

0425 36192 18/09/19 17:36:00 Great Langdale  
61 year old female fallen and twisted ankle Great Langdale Beck  
LAMRT, 1.75hrs

0426 36193 19/09/19 17:38:00 Blea Rigg  
Walker with wife lost below Blea Rigg - made way down with another fell walker  
LAMRT, 1.00hrs

0427 36194 19/09/19 18:14:00 Styhead Tarn  
Female walker has fallen and twisted ankle just below Styhead Tarn  
Keswick, 3.00hrs

0428 36195 20/09/19 14:36:00 Stickle Tarn  
Female fallen on way down from Stickle Tarn injured ankle  
LAMRT, 3.00hrs

0429 36196 20/09/19 15:36:00 Pillar  
60 year old male climber fallen on Pillar rock Head ~Injury 200m up and 100m below  
summit of Low Man  
Cockermouth, 7.50hrs

0430 36197 21/09/19 01:13:00 Ambleside  
84 year old male with dementia missing in Ambleside - more than an urban search - male  
located  
LAMRT, 1.25hrs

0431 36198 21/09/19 14:40:00 Rydal Caves  
68 year old female fallen on the Rydal Caves  
LAMRT, 2.25hrs

0432 36199 21/09/19 19:00:00 Haweswater  
54 year old male walker lost on fell in thick bracken above Haweswater  
Penrith & LDMRSD, 6.50hrs

0433 36200 21/09/19 20:17:00 Scafell Pike  
58 year old female mother missing on Scafell Pike - son went on ahead - turned up safe  
and well  
Wasdale, 2.00hrs

0434 36201 22/09/19 14:43:00 Grizedale Forest  
30 year old male fallen off bike Grizedale Forest - not fully alert  
Coniston, 1.25hrs

0435 36202 22/09/19 17:51:00 Lingmell Col  
Family of 6 lost near Lingmell Col on the Straight Gill side of the wall - ventured into Piers  
Gill - Mother plus 22 + 20= 15 + 12 + 5 yo child - no jacket - set off from Reading at 0500  
hrs - all doing 3PC  
Wasdale, 3.50hrs

0436 36203 23/09/19 15:32:00 Stonethwaite  
80 year old male at Stonethwaite to Dock tarn cannot weight bear on right thigh - second  
callout in same area injured lady stretcher carry off  
Keswick, 3.00hrs

0437 36204 23/09/19 20:15:00 Coniston  
Female walker on Cumbrian Way Coniston Shore - exhausted and Black dark - escorted  
off  
Coniston, 1.00hrs

0438 36205 23/09/19 21:11:00 Holfer Hall  
31 year old female fallen in Holfer Hall grounds and leg is stuck  
Duddon & Furness, 2.00hrs

0439 36206 25/09/19 12:42:00 White Moss  
76 year old female fallen 20m down a rock face near to Brocktones, White Moss - Head  
Injuries and not fully conscious  
LAMRT, 1.00hrs

0440 36207 27/09/19 13:55:00 Crosby Garrett  
Car stuck in water at ford nr Crosby Garrett - stood down as CFRS dealt with it.  
Kirby Stephen, 0.25hrs

0441 36208 27/09/19 21:28:00 Scafell Pike  
2 x 25 year old male separated from their 3PC #7 colleagues - there were two groups of  
seven - Corporate event - 2 got separated - note they were using smart phone to  
navigate but when the phone find came through it suddenly went to zero as battery died  
Wasdale, 8.00hrs

0442 36209 28/09/19 09:23:00 Helvellyn  
Male walker ascending Helvellyn from Glenridding - dislocated knee  
Patterdale, 2.00hrs

0443 36210 28/09/19 11:57:00 Orrest Head  
67 year old female fallen and injured knee - Orrest Head vantage point  
LAMRT, 2.50hrs

0444 36211 28/09/19 12:49:00 Black Sail  
50 year old female fell runner with injured ankle 10 minutes up from Black Sail Hut  
Ennerdale  
Cockermouth, 2.50hrs

0445 36212 28/09/19 16:08:00 Ruddy Gill  
50 year old male with twisted knee just below the bad step on Ruddy Gill  
Keswick, 4.00hrs

0446 36213 28/09/19 16:31:00 Wasdale Screes  
2 x 47 yo walker stuck between the big screes - rescued by the boat to the pump house  
Wasdale, 3.00hrs

0447 36214 28/09/19 16:51:00 Cockermouth  
2 walkers observed stuck on a ledge with fallen dog - 3/4 way up a waterfall at the western edge of the lake - team stood down as the walkers managed to get themselves down  
Cockermouth, 3.00hrs

0448 36215 29/09/19 11:53:00 Stonecroft Beck  
22 yo walker gone over on ankle - Stonecroft Beck - 300 yards from the road near where the Land Rover rolled  
Keswick, 1.00hr

0449 36216 30/09/19 12:52:00 Keswick  
64 year old male fallen on gravel reserving.safari.trek -W3W  
Keswick, 1.50hrs

0450 36217 30/09/19 14:45:00 Greenside Mine  
38 year old female slipped and suspect broken ankle - above Greenside Mine near to double bridge above Red Tarn Beck  
Patterdale, 2.25hrs

## October

<b>Ref</b>	<b>Total</b>	<b>Date</b>	<b>Time</b>	<b>Location / Grid Ref / W3W</b>
0451	36218	02/10/19	12:47:00	Caw Fell 68 year old female fallen on Caw Fell and can't move due to pain - evacuated by H08 to Liverpool Duddon & Furness, NWAA 08 Blackpool, 4.75hrs
0452	36219	02/10/19	13:54:00	? Sheep rescue - stuck since 08/09/19 Coniston, 4.50hrs
0453	36220	02/10/19	17:51:00	Loadpot Hill Female walker lost and found on top of Loadpot Hill south of Ullswater Penrith & LDMRSD, 4.50hrs
0454	36221	04/10/19	18:37:00	Aira Force Group of 16 year old DoE missing last seen Aira Force - turned up at Camp site safe and well Patterdale, 1.50hrs

0455 36222 05/10/19 13:14:00 High Spy  
60 year old female broken ankle near High Spy  
Keswick, 3.00hrs

0456 36223 05/10/19 17:23:00 Red Pike  
Male biker missing following plan to ride Red Pike - turned up safe and well phone battery  
went flat  
Cockermouth, 0.25hrs

0457 36224 05/10/19 23:22:00 Haystacks  
25 year old male violently sick in group of 4 wild camping on Haystacks - escort off  
Cockermouth, 3.00hrs

0458 36225 06/10/19 15:53:00 Shake Holes  
33 year old male with injured ankle on Pennine Way nr to Shake Holes  
Penrith, 3.75hrs

0459 36226 06/10/19 17:00:00 Patterdale  
Two overdue runners from organised event - Mountain Relay Fell Race  
Patterdale & Penrith, 0.50hrs

0460 36227 08/10/19 14:11:00 Rydal Hall  
65 year old female fallen Rydal Hall - team stood down  
LAMRT, 0.75hrs

0461 36228 09/10/19 16:47:00 Buttermere  
Shouts for help on other side of Buttermere farmer gathering sheep - well intentioned false  
alarm  
Cockermouth, 0.50hrs

0462 36229 10/10/19 12:58:00 Sharp Edge  
Slow party on Sharp Edge Observed well intentioned false alarm  
Keswick, 0.50hrs

0463 36230 11/10/19 10:06:00 Copper Mines  
Body found on the fell near Copper Mines  
Coniston, 2.25hrs

0464 36231 12/10/19 10:51:00 Lords Rake  
2 x casualties in Lords Rake hit by falling boulders - 1 x minor head and 1 x minor knee  
injuries - lifted by R199  
Wasdale & Duddon, Bristow 199 Prestwick, 2.25hrs

0465 36232 12/10/19 14:01:00 Halls Fell  
27 yo having panic attack on Halls Fell, Blencathra  
Keswick, 2.50hrs

0466 36233 12/10/19 14:10:00 Crinkle Craggs  
67 year old female fallen on Crinkle Craggs unable to weight bear - knee injury  
LAMRT & Kendal, Bristow 936, 4.75hrs

0467 36234 12/10/19 14:59:00 Grizedale Forest  
54 year old male come off bike in Grizedale Forest  
Coniston, NWA 08 Blackpool, 2.00hrs

0468 36235 12/10/19 15:16:00 Holme  
70 yo casualty with abdominal pains - Limestone terrace above Holme  
Kendal, 2.75hrs

0469 36236 12/10/19 16:33:00 Red Gill Beck  
39 year old male with breathing difficulties Red Gill Beck  
Kirby Stephen, 3.50hrs

0470 36237 12/10/19 17:02:00 Pillar  
Group split up on way up to Pillar - turned up safe and well.  
Wasdale, 1.25hrs

0471 36238 13/10/19 00:02:00 Fairfield  
50 year old male runner in ultra lakes run - cold and confused on Fairfield  
LAMRT & Kendal, 4.50hrs

0472 36239 13/10/19 11:50:00 School Knott  
30 year old male fallen with fractured leg injury -west of School Knott tarn  
Kendal, 2.00hrs

0473 36240 13/10/19 12:54:00 Sweden Bridge  
41 year old male slipped disc off Sweden Bridge Lane Ambleside  
LAMRT, 1.50hrs

0474 36241 13/10/19 14:25:00 Bowfell  
21 year old male + 19 year old female stuck on Hanging Knott - Bowfell - slippery rocks  
LAMRT, 6.00hrs

0475 36242 13/10/19 15:51:00 Scafell Pike  
3 x 25-30 year old males lost on Scafell Pike - talked off  
Wasdale, 2.00hrs

0476 36243 14/10/19 15:52:00 Brownthwaite Crag  
Male and female stuck on slippery rocks Brownthwaite Crag  
Patterdale, 2.00hrs

0477 36244 14/10/19 18:32:00 Slightside  
2 x walkers lost between High Scarth Crag and Slightside  
Wasdale, 4.00hrs

0478 36245 16/10/19 12:58:00 Armathwaite  
Dog fallen down crag - missing since yesterday - dog found - team stood down - Mill Farm  
Armathwaite  
Penrith, 0.50hrs

0479 36246 16/10/19 14:33:00 Aira Force  
45 year old female fallen on Aira Force  
Patterdale, 2.00hrs

0480 36247 17/10/19 14:04:00 Castle Crag  
80 year old female fallen and cut headset of Castle Crag  
Keswick, 1.75hrs

0481 36248 18/10/19 12:36:00 Hartsop  
Male walker - taken a fall leg made a crack above the knee above Hartsop, near  
Hayeswater below the Knott  
Patterdale, 3.00hrs

0482 36249 19/10/19 15:54:00 Stickle Ghyll  
Walker with sprained / broken ankle - poor circulation - footpath down from Stickle tarn in  
Stickle Ghyll  
LAMRT, Bristow 199 Prestwick, 2.50hrs

0483 36250 19/10/19 23:08:00 Barras Brow  
16 year old male unconscious and drunk - Barras Brow Carlisle -10 min walk into the  
woods  
Penrith, 2.00hrs

0484 36251 20/10/19 03:05:00 Piers Gill  
35 year old male lost on Scafell Pike - located by walker on Summit - been down Piers Gill  
Wasdale, 8.00hrs



0485 36252 20/10/19 10:54:00 Lowther Forest  
58 year old male came off Electric Mountain Bike in Lowther Forest park near Wilton -  
fractured femur  
Wasdale, GNAA 58, 2.50hrs

0486 36253 20/10/19 21:02:00 Haystacks  
18 year old male hypothermic group of Gold DoE in tent on Haystacks - advised to stay in  
tent and get down in morning  
Cockermouth, 3.50hrs

0487 36254 21/10/19 12:57:00 Ecton Crag  
51 year old male with ankle injury north of Brimmer Head farm nr Ecton Crag  
LAMRT, 4.00hrs

0488 36255 21/10/19 15:39:00 Sale Fell  
10 year old male ran off up the hill - Sale Fell - found safe and well 30 mins later  
Cockermouth, 0.50hrs

0489 36256 21/10/19 17:09:00 Low Fell  
Female walker fallen and injured leg - Low Fell Loweswater  
Cockermouth, 2.00hrs

0490 36257 22/10/19 16:15:00 Hutton Roof crags  
40 year old male fallen Hutton Roof Crags above Holme - compound fracture  
Kendal, 2.00hrs

0491 36258 22/10/19 18:17:00 Kendal  
60 year old female in distressed state - CRO dealing with it - Kendal stood down  
Kendal, 1.50hrs

0492 36259 23/10/19 12:48:00 Alston  
58 year old female fallen at the waterfall Alston - ligament injury  
Kirby Stephen & Penrith, 5.00hrs

0493 36260 23/10/19 13:50:00 Robinson  
70 year old female fallen on summit of Robinson - injured shoulder  
Cockermouth, NWAA 08 Blackpool, 3.00hrs

0494 36261 26/10/19 15:28:00 Kendal  
17 year old female in the water at kendal - CFR retrieved  
Kendal, GNAA 58, 0.25hrs

0495 36262 26/10/19 21:20:00 Sprinkling Tarn  
35 year old German male tent collapsed at sprinkling Tarn - walked off  
Keswick, 2.00hrs

0496 36263 27/10/19 11:14:00 Honister  
13 year old male fallen on via ferrata at Honister - still on the route injured ribs  
Keswick, Bristow 199 Prestwick, 3.00hrs

0497 36264 27/10/19 11:41:00 Watendlath  
18 year old female knee injury at Watendlath - call cancelled as she was able to walk down  
Keswick, 0.25hrs

0498 36265 28/10/19 03:16:00 Dixons Chimney  
53 year old male with mental illness climbed Dixon Chimney in Carlisle. Fatality  
Penrith & COMRU, Bristow 199 Prestwick, 15.00hrs

0499 36266 28/10/19 18:23:00 Longthwaite  
43 year old Polish male not returned from walk near Longthwaite YHA  
Keswick, 0.50hrs

0500 36267 29/10/19 13:18:00 Alcock Tarn  
70 year old female dislocated elbow - Alcock Tarn  
LAMRT, 2.00hrs

0501 36268 29/10/19 19:10:00 Rydal Tarn  
38 year old female fell runner Rydal Tarn broken ankle  
LAMRT, 2.00hrs

0502 36269 30/10/19 14:31:00 ?  
Report of male walker shouting for help - split lip, headache for head wound and loss of  
blood  
Wasdale, 3.50hrs

0503 36270 31/10/19 10:50:00 Coniston Old Man  
45 year old male climber fallen and dislocated right knee between Livestock Pen and Pow  
Beck, Coniston Old Man - screaming in pain  
Coniston, 2.50hrs

## November

<b>Ref</b>	<b>Total</b>	<b>Date</b>	<b>Time</b>	<b>Location / Grid Ref / W3W</b>
0504	36271	01/11/19	15:04:00	Gummers How Walkers lost on Gummers How Kendal, 2.50hrs
0505	36272	02/11/19	11:31:00	Wrynose Pass 35 year old male fallen off bike on cattle grid Windermere side of Wrynose Pass - hip pain LAMRT, 1.50hrs
0506	36273	02/11/19	12:18:00	Lodore Falls 58 year old male fallen at bottom of waterfall behind Lodore Falls Hotel - serious head injury Keswick, 0.50hrs
0507	36274	02/11/19	13:43:00	Langdale 56 year old male is diabetic had a fall and then a hypo - CPR administered LAMRT, GNAA 58, 4.00hrs
0508	36275	02/11/19	17:39:00	Easedale Tarn Male walker from USA lost above Easedale Tarn Great Head Crag LAMRT, 3.00hrs
0509	36276	02/11/19	18:53:00	Haystacks Group shouting for help on Haystacks - escorted off Cockermouth, 3.50hrs
0510	36277	02/11/19	19:00:00	Eskdale 3 x walkers 21-22 yo's lost between Scafell Pike and Great End - found top end Eskdale below Esk Hause Wasdale, 6.00hrs
0511	36278	03/11/19	15:12:00	Stickle Tarn 62 year old female with broken ankle Stickle Tarn LAMRT, 3.75hrs
0512	36279	04/11/19	18:25:00	Mitredale Forest 2 walkers lost in Mitredale Forest Wasdale, 2.00hrs

0513 36280 05/11/19 14:22:00 Ullock Pike  
41 year old female with injured ankle - Kiln Potts Ullock Pike  
Keswick, 2.50hrs

0514 36281 05/11/19 14:25:00 Patterdale  
Daughter slipped off log and owner panicked - waist in mud - managed to get her out  
Patterdale & Penrith, 0.25hrs

0515 36282 05/11/19 14:28:00 Dockray  
Female walker stuck in a field with injured leg - Dockray  
Patterdale, 2.00hrs

0516 36283 05/11/19 14:44:00 Derwent Water  
70 year old female gone missing on walk around Derwent Water - turned up safe and well  
Keswick, 1.00hr

0517 36284 06/11/19 14:57:00 Scafell Pike  
3 x 25 year old male lost on the summit Scafell Pike in a blizzard  
Wasdale, 5.25hrs

0518 36285 06/11/19 15:08:00 Robinson  
59 year old female fallen with injury to ankle - above Snab Farm on Robinson  
Keswick, 2.00hrs

0519 36286 09/11/19 08:37:00 Kendal Castle  
73 year old female fallen ankle injury Kendal Castle  
Kendal, 1.00hr

0520 36287 09/11/19 11:30:00 Walna Scar  
30 year old male fitting Walnascar incline road  
Coniston, 1.00hr

0521 36288 09/11/19 14:54:00 Penruddock  
23 year old male Suicidal - phone find by A66 nr Penruddock  
Cockermouth, 1.00hr

0522 36289 10/11/19 14:55:00 Lingmell  
47 year old female with broken wrist - fell at Lingmell junction. Walked to btw of Zig Zags -  
stretcher carry  
Wasdale, 4.50hrs

0523	36290	10/11/19	17:22:00	Grizedale Forest
2 x walkers lost in Grizedale Forest Coniston, 1.00hr				
0524	36291	13/11/19	16:03:00	Stickle Tarn
65b year old male fallen with cuts to head - descending Stickle Tarn LAMRT, 3.00hrs				
0525	36292	15/11/19	11:47:00	Sledge Fell
Female walker gone over on ankle - suspect broken ankle - Sledge Fell Duddon & Kendal, 4.00hrs				
0526	36293	15/11/19	23:38:00	Coniston Old Man
Flashing lights seen on Old Man - well intentioned false alarm Coniston, 2.00hrs				
0527	36294	16/11/19	13:14:00	Skiddaw
Male bike come off on Skiddaw - suspected broken collar bone + head injury Keswick, 2.00hrs				
0528	36295	16/11/19	13:56:00	Brampton Common
Shouts for help Bampton Common / Lad Craggs - well intentioned false alarm Penrith, 1.00hr				
0529	36296	16/11/19	14:32:00	Hardknott Pass
54 year old male fallen with head injury - Hardknott Pass Duddon & Furness, 3.00hrs				
0530	36297	16/11/19	15:51:00	High Street
3 walkers lost below Arthur's Pike on Swarth Beck - near High Street Patterdale, 2.00hrs				
0531	36298	16/11/19	15:58:00	Langdale
35 year old female fallen and still on the floor - ambulance crew on scene but 50m carry required to road. LAMRT, 1.00hr				
0532	36299	16/11/19	17:26:00	Swirral Edge
2 x male walker stuck in snowy conditions on Swirral Edge Patterdale, 2.50hrs				

0533 36300 16/11/19 19:51:00 Swindale Head  
39 year old male around Swindale head Area  
Penrith, 4.00hrs

0534 36301 17/11/19 12:34:00 Armboth  
50 year old female and query compound broken leg - actually dislocated patella - bone  
visible through the knee - severe bleeding - nr to Armboth Car park Thirlmere  
Keswick, 1.50hrs

0535 36302 17/11/19 13:11:00 Aira Force  
Female walker fallen and broken ankle Aira Force near Gowbarrow Fell  
Patterdale, 2.25hrs

0536 36303 18/11/19 14:01:00 Wansfell  
42 year old male fallen with dislocated wrist on path to Wansfell summit  
LAMRT, 2.00hrs

0537 36304 18/11/19 14:09:00 Blencathra  
70 year old male chest pains - on way down from Halls Fell Blencathra  
Keswick, NWAA 08 Blackpool, 3.00hrs

0538 36305 19/11/19 12:49:00 Bead Head  
72 year old female fallen and injured ankle Bead Head  
Patterdale, 3.00hrs

0539 36306 19/11/19 14:08:00 Loughrigg  
Male walker slipped and dislocated knee on Loughrigg Fell  
LAMRT, 1.25hrs

0540 36307 19/11/19 21:26:00 Iron Keld  
61 year old male fallen off mountain bike cannot feel his legs - Iron Keld Plantation nr Tarn  
Hows  
Coniston, 2.50hrs

0541 36308 20/11/19 18:06:00 Eskdale  
Three walkers lost on descent from Scafell Pike - location upper Eskdale - Calf Cove Gill  
-W3W Calendar.Flamingo.Insolvent - Note calendars.flamingo.insolvent equates to  
Duddon Bridge  
Wasdale, 7.50

0542 36309 20/11/19 20:38:00 Eggerslack Wood  
Fell runner has seizure near Eggerslack Wood nr Grange Over Sands  
Kendal, 0.75hr

0543 36310 24/11/19 16:20:00 Glenridding  
Male walker with popped knee above Gillside Farm, Glenridding  
Patterdale, 2.00hrs

0544 36311 24/11/19 17:35:00 Kern Knotts  
2 x walkers lost in dark on descent from Scafell Pike to Seathwaite - below Kern Knotts -  
made own way down before team got to them - they phoned police from the Wasdale  
Head Inn - limited callout  
Wasdale, 2.50hrs

0545 36312 25/11/19 15:01:00 Grizedale Tarn  
3 x walkers lost near Grizedale tarn  
Keswick, 2.00hrs

0546 36313 29/11/19 12:41:00 Broad Crag  
2 sheep dogs cragfast on Broad Crag next to Great Gully on the Screes - went back  
following day - both dogs unfortunately perished  
Wasdale, 5.00hrs

0547 36314 30/11/19 10:57:00 Grange  
Male stuck in quicksands up to his knees - CFRS and Bay Rescue dealing with it  
Kendal, 2.00hrs

0548 36315 30/11/19 11:40:00 Easedale Tarn  
Female walker possible broken arm Easedale tarn W3W albatross.flashback.tarn - should  
have been terms but still not Easedale Tarn  
LAMRT & Kendal, 2.50hrs

0549 36316 30/11/19 12:00:00 Coffin Route  
75 year old male chest pains suspect heart attack  
LAMRT, GNAA 58, 1.75hrs

0550 36317 30/11/19 12:30:00 Keswick  
80 year old female suspect broken /sprained ankle  
Keswick, 1.75hrs

0551 36318 30/11/19 13:44:00 Hardknott Pass  
60 year old male & female stuck on ice - Hardknott Pass  
Wasdale, 2.00hrs

## December

<b>Ref</b>	<b>Total</b>	<b>Date</b>	<b>Time</b>	<b>Location / Grid Ref / W3W</b>
0552	36319	01/12/19	11:02:00	Whinlatter 37 year old female fallen off bike on ice - Whinlatter - dislocated ankle Keswick, 1.50hrs
0553	36320	01/12/19	11:46:00	Orrest Head 50 year old female with sprained ankle summit Orrest Head LAMRT, 1.25hrs
0554	36321	01/12/19	12:48:00	Loughrigg Terrace 57 year old female slipped Loughrigg Terrace - broken ankle LAMRT, 2.00hrs
0555	36322	01/12/19	14:55:00	Catbells Female walker slipped and suspect broken ankle Catbells Keswick, 3.00hrs
0556	36323	01/12/19	15:52:00	Grizedale Pike Walker with suspected broken ankle between Grizedale Pike and Causey Pike Keswick, 1.25hrs
0557	36324	03/12/19	20:05:00	Great Clifton Sudden death. Body recovery for Police Great Clifton - approx 1 mile from vehicle access Cockermouth, 2.25hrs
0558	36325	07/12/19	14:16:00	Boston Woods 12 year old female injured after fall from bike - Boston Woods area Kendal, 1.00hr
0559	36326	07/12/19	15:21:00	Grasmere 52 year old female on C2C heading for Grasmere - come across a derelict building and taking shelter - MR vehicle sent to Old Grammar School - cas in taxi and safe LAMRT, 0.75hr
0560	36327	09/12/19	12:22:00	Raw Pike 60 year old male fallen and twisted ankle and dazed - walked from Easedale tarn and completed Blea Rigg and at Raw Pike LAMRT, 4.00hrs



0561	36328	10/12/19	17:42:00	Patterdale
52 year old female missing - High Risk Patterdale & LDMRSD, 4.50hrs				
0562	36329	12/12/19	19:16:00	Natly Common
Car stuck in snow slid sideways blocking road - Natly Common Kirby Stephen, 1.25hrs				
0563	36330	14/12/19	14:25:00	Cross Fell
30 year old male stuck on Cross Fell summit in Blizzard -W3W of BOLT.MARBLE.DOWNCAST - this was 100 m out Penrith, 8.50hrs				
0564	36331	15/12/12	10:57:00	Kirkstone Pass
RTC on Kirkstone pass - crashed into wall - snow Patterdale, 3.00hrs				
0565	36332	15/12/12	13:16:00	Lickbarrow
49 year old female slipped on ice and cracked ankle - Lickbarrow Road Ambleside LAMRT, 2.00hrs				
0566	36333	20/12/19	15:27:00	Great Gable
2 x walkers poorly equipped lost on what they think is Great Gable - located at Wind gap - initially a WMRT incident for first hour whilst trying to contact casualties Wasdale & Cockermouth, 5.00hrs				
0567	36334	21/12/19	18:04:00	Dufton Fell
1 x walker lost near High Cup Plain, Dufton Fell Kirby Stephen & Penrith, 5.25hrs				
0568	36335	21/12/19	23:31:00	Eskdale
2 x male walkers last seen top of Scafell Pike at 2.30 pm (photo) - located by D&FMRT below Calf Cove, Upper Eskdale at 06.30 am Wasdale, D&FMRT, 11.00hrs				
0569	36336	22/12/19	09:03:00	Sharp Edge
27 year old male fallen 50m off Sharp Edge - uninjured - team deployed but casualty managed to get back up with help from another party - team stood down Keswick, 2.75hrs				
0570	36337	24/12/19	12:51:00	Watendlath
76 year old male fallen and leg injury - Rosthwaite path to Watendlath Keswick, 2.00hrs				

0571 36338 24/12/19 14:51:00 Ladore Wood  
3 walkers stuck on steep ground below Surprise view Ladore Wood  
Keswick, 1.50hrs

0572 36339 24/12/19 15:18:00 Kings Howe  
39 year old male + 39 year old female + 6 and 8 yo children lost on top of Kings Howe  
Keswick, 3.25hrs

0573 36340 27/12/19 13:53:00 Pike of Blisco  
Female walker with injured knee or calf on Pike of Blisco  
LAMRT, 3.25hrs

0574 36341 28/12/19 12:35:00 Greenside  
70 year old male fainted and unwell - just off track above Bleas Crag on route to Greenside  
Mines  
Patterdale, 2.00hrs

0575 36342 28/12/19 15:46:00 Boon Wood  
52 year old male fallen and suspect broken ankle in Boon Wood  
Coniston, 1.25hrs

0576 36343 28/12/19 18:06:00 High Snockrigg  
2 adults plus dog stuck on High Snockrigg - above Newlines car park - tent destroyed  
Cockermouth, 2.00hrs

0577 36344 28/12/19 21:43:00 ?  
1 male overdue in party of 2 male walkers - located in their vehicles - well intentioned false  
alarm  
Penrith, 1.25hrs

0578 36345 29/12/19 12:53:00 Langstrath  
29 year old female fallen 20 to 30 m head and back - in an out of consciousness - Cam  
Crag Ridge - Langstrath - taken to RVI Newcastle  
Keswick, 3.50hrs

0579 36346 29/12/19 13:35:00 Loughrigg  
59 year old male fallen on Machine Path at base of Loughrigg - injured head  
LAMRT, 1.25hrs

0580 36347 29/12/19 17:00:00 Esk Hause  
45 year old female fatigued and cannot walk further - location shelter at Esk Hause  
LAMRT, 6.00hrs

0581	36348	30/12/19	12:07:00	Kirk Fell
Walker lost in mist on summit Kirk Fell - eventually helped off by other walkers Wasdale, 2.50hrs				
0582	36349	30/12/19	14:16:00	Miners path
59 year old female fallen on Miners path - walked herself off the hill but team deployed Keswick, 0.75hrs				
0583	36350	31/12/19	12:00:00	Catbells
61 year old male Catbells having heart problems - walked off Keswick, 2.00hrs				
0584	36351	31/12/19	13:19:00	Wansfell
70 year old female fallen on Wansfell suspected broken ankle. LAMRT, 3.00hrs				
0585	36352	31/12/19	15:49:00	Wind Gap
61 year old male fallen at Wind Gap - suspect broken arm with bleeding from arm and hand - airlifted to Barrow Duddon & Cockermouth, BRISTOW 936, 6.00hrs				

# Accident Summary Tables

## Key numbers



Number of call outs **585**



Total call out hours **1581**



Helimed / Coastguard **64**



Ambulance assists **19**



Average duration **2h42**



Number of fatalities **17**



Medical / injured **350**



Climbing / cragfast **38**



Navigation / lost **318**



Busiest month **Aug**



Avoidable call outs **170**



Search dogs jobs **8**



Animals rescued **13**



People rescued **811**

## Incidents by Activity

The following table is the result of a search through all the reports for key words relating to the activity being undertaken. It is not a conclusive list as full incident details are not always recorded. The totals reflect all incidents which include alerts in addition to full team callouts.

<b>Incidents</b>	<b>2014</b>	<b>2015</b>	<b>2016</b>	<b>2017</b>	<b>2018</b>	<b>2019</b>
Total	474	536	436	543	656	585
<b>By Activity</b>						
Hill Walking (non-winter)	313	327	287	359	?	443
Hill Walking (winter)	12	12	28	24	?	24
Climbing/Scrambling	18	18	8	22	12	5
Mountain Biking	13	13	15	15	24	30
Orienteering/Fell Running	16	16	9	11	18	16
Hang Gliding/Paragliding	1	1	5	2	4	3
Resilience	31	31	36	39	44	27
Non-Mountain Search	19	19	12	24	5	25
Water Sports	8	8	9	10	5	12

## Fatalities

The following table reflects those incidents in which a fatality was sadly recorded.

<b>Fatalities</b>	<b>2014</b>	<b>2015</b>	<b>2016</b>	<b>2017</b>	<b>2018</b>	<b>2019</b>
Total	11	30	8	17	21	17
<b>By Activity</b>						
Hill Walking (non-winter)	8	5	0	1	7	7
Hill Walking (winter)	0	3	0	1	6	0
Climbing/Scrambling	1	2	0	0	2	3
Mountain Biking	0	1	0	1	0	1
Orienteering/Fell Running	0	0	0	1	3	0
Hang Gliding/Paragliding	0	1	0	0	0	0
Resilience	0	1	1	0	2	3
Non-Mountain Search	2	3	2	1	2	2
Water Sports	0	1	0	0	2	1

## Causes of Incidents

The following table is the result of a search through all the reports for key words relating to the causes of the incidents. Note that the totals of these columns do not match the total number of persons as some incidents recorded more than one cause.

<b>Cause of Incident</b>	<b>2014</b>	<b>2015</b>	<b>2016</b>	<b>2017</b>	<b>2018</b>	<b>2019</b>
Avalanche	0	0	0	0	0	0
Belay/Runner Failure	0	1	0	0	0	0
Benighted	10	13	7	25	17	8
Cragfast	22	22	17	33	35	38
Fall or Tumble	93	123	93	130	97	161
Lightning	0	0	0	0	0	0
Lost or Disorientated	57	63	59	74	90	85
Medical Collapse or Illness	23	45	34	30	8	7
Overdue or Missing	47	43	30	34	36	40
Rockfall	1	1	0	2	1	0
Shouts, Lights or Flares	6	6	8	9	16	9
<b>Total</b>	<b>474</b>	<b>536</b>	<b>436</b>	<b>543</b>	<b>656</b>	<b>348</b>

## Sites of Injury

The following table is the result of a search through all the reports for key words relating to sites of injury or illness. It is not a conclusive list as full injury details are not always recorded. Note that the totals of these columns do not match the total number of persons as some casualties sustained more than one injury as a result of the incident.

Site of Injury	2014	2015	2016	2017	2018	2019
Abdomen	1	4	1	5	2	1
Ankle	64	34	51	59	80	82
Arm	5	10	11	10	9	6
Chest	10	19	21	15	7	9
Face	3	13	3	7	9	7
Foot	0	1	0	0	0	12
Wrist	2	17	12	12	7	9
Head	28	33	15	44	30	22
Knee	29	25	25	23	23	26
Lower Leg	42	59	33	62	23	23
Neck	2	5	4	8	4	5
Pelvis	3	6	9	6	15	2
Shoulder	6	19	14	18	13	9
Spine	8	12	16	9	13	4
Upper Leg	3	4	2	6	5	4
<b>Total</b>	265	320	261	317	227	221



# Lake District Search & Mountain Rescue Teams

For rescue assistance, go to the nearest telephone and dial 999, ask for 'Cumbria Police' and then 'Mountain Rescue'. Give the location & grid reference, time of accident, nature of injuries, plus the name, gender and age of casualty if known.

For more general enquiries, most teams can be contacted via their website or in some cases Facebook pages. Links to the team websites can be found by visiting the LDSAMRA website: [www.ldsamra.org.uk](http://www.ldsamra.org.uk)



Cockermouth MRT  
[secretary@cockermountmrt.org.uk](mailto:secretary@cockermountmrt.org.uk)  
[uthmrt.org.uk](http://uthmrt.org.uk)



Cumbria Ore Mines  
Rescue Unit  
[admin@comru.org.uk](mailto:admin@comru.org.uk)



Coniston MRT  
[secretary@conistonmrt.org.uk](mailto:secretary@conistonmrt.org.uk)



Duddon & Furness  
MRT  
[sec@dfmrt.org.uk](mailto:sec@dfmrt.org.uk)



Kendal MSRT  
[secretary@kendalmountainrescue.org.uk](mailto:secretary@kendalmountainrescue.org.uk)



Keswick MRT  
[secretary@keswickmrt.org.uk](mailto:secretary@keswickmrt.org.uk)



Kirkby Stephen MRT  
[secretary@ksmrt.org.uk](mailto:secretary@ksmrt.org.uk)



Langdale Ambleside  
MRT  
[lowfold@lamrt.org.uk](mailto:lowfold@lamrt.org.uk)



LDMR Search Dogs  
[secretary@lakes-searchdogs.org](mailto:secretary@lakes-searchdogs.org)



Patterdale MRT  
[secretary@patterdalemrt.org.uk](mailto:secretary@patterdalemrt.org.uk)



Penrith MRT  
[secretary@penrithmrt.org.uk](mailto:secretary@penrithmrt.org.uk)



Wasdale MRT  
[secretary@wmrt.org.uk](mailto:secretary@wmrt.org.uk)

## Advice to Mountain Users

Many calls to Mountain Rescue Teams are avoidable. With adequate preparation, awareness of local conditions, experience and the application of common sense, 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, and 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, UK mountains can be major undertakings. Night encroaches early in the winter and the further north you go. Check the website [www.mwis.org.uk](http://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 batteries 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 including 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, these 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 Rescue Team.
- In all conditions, it is wise to carry a whistle, torch, spare batteries and bulbs. In winter conditions, an ice-axe, crampons and survival bag are essential.
- Climbers and mountain bikers are 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 - can be avoided by good route finding**

- Cliffs, icy slopes 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 - 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 should always be governed by the capabilities of its weakest member.



# Distinguished Service List

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

DAVID ALLAN OBE	Duddon & Furness MAT, MR(E&W)
JOHN BERNARD ANDERSON	Coniston MRTI
STEVE BARBER (Deceased)	Kendal MSRT, LDSAMRA & MRC
ERIC BARRINGTON	Kendal MSRT & LDSAMRA
PETER BELL	LAMRT, Stretcher Manufacturer
DAVID DINKS	Duddon & Furness MRT
Sir CHRISTIAN BONINGTON	
JOE BOOTHROYD (Deceased)	Patterdale MRT
ROB BROOKES	Kendal & Langdale/Ambleside MRTs
DUNCAN JAMES CAMERON (Deceased)	Coniston MRT
NELSON CLARK	Furness MRT
ROY COOKSEY MBE	Coniston MRT
STEPHEN COVE	Millom FRT, Duddon & Furness MRT
JIM COYLE BEM	Cockermouth MAT, SARDA
SYDNEY H. CROSS MBE (Deceased)	Langdale Mountain Rescue
Sqn Ldr LESTER DAVIES MBE (Deceased)	O.B.M.S. Ullswater
JOHN DEMPSTER MBE	Cockermouth MRT, LDSAMRA
GED FEENEY	Penrith MRT. LDSAMRA & MREW
GEORGE FISHER BE (Deceased)	Keswick MRT
RICHARD FISHER	Keswick MRT
MALCOLM GRINDROD BE (Deceased)	LAMRT & Coniston MRT, SARDA (Lakes)
MICK GUY	Kendal & Keswick MRT, SARDA (Lakes)
Mrs. ADA HILLARD	
MARK HODGSON MBE	
PAUL HORDER	Cockermouth & Keswick, LDSAMRA & MRC
STEWART HULSE MBE (Deceased)	Langdale/Ambleside MRT, & MRC
PETER JACKSON MBE	Millom FRT
SIMEON LEECH	Duddon & Furness MRT
RICHARD LONGMAN	Wasdale MRT, LDSAMRA
MIKE MARGESON	Duddon & Furness MRT, LDSAMRA MREW
TOM MINTON (Deceased)	Kendal MSRT
JOHN MITCHELL	Millom FRT
MIKE MITCHELL	Kendal MSRT, COMRU & LDSAMRA
MIKE NIXON MBE (Deceased)	Keswick MRT, LDSAMRA, SARDA
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
LI. Col H. WESTMORELAND MBE (Deceased)	Keswick MRT
Fl. LL. RICHARD WOOD	A Flight, 202 Sqn RAF Boulmer

# Donating to Mountain Rescue

Please help us!

All the teams rely almost totally on donations received from the public. Charitable gifts are always gratefully received, either to specific teams directly, or to mountain rescue generally.

If you wish to financially support the Mountain Rescue Service in the Lake District, the Association will be pleased to receive your donation. All donations and legacies received by LDSAMRA are used to support the work of the 12 teams in the region. If you prefer to donate to one specific Team, the Association will pass any such donations on. Alternatively, you may contact the Team directly.

There are several ways of assisting, some more financially advantageous than others.

Please see the LDSAMRA website for donation options:

<https://ldsamra.org.uk/donate.php>



**The Queen's Award  
for Voluntary Service**

# Adventure Smart

LDSAMRA teams are keen to support the Adventure Smart campaign to help improve safety in the Lake District fells. Check out the website at: <https://www.adventuresmart.uk/lake-district-cumbria/>



The initiative encourages people to ask themselves 3 questions before they set off for their activities in the fells:

- Do I have the right **GEAR**?
- Do I know what the **WEATHER** will be like?
- Am I confident I have the **KNOWLEDGE & SKILLS** for the day?

On the Adventure Smart website, there's lots of useful advice, including identifying some of the regions accident blackspots, and also key links to the detailed weather forecasts for whole of the Lake District National Park: <http://www.lakedistrictweatherline.co.uk>, and on Twitter [@LakesWeather](https://twitter.com/LakesWeather) will provide you with the latest weather information.

We hope you never need help in the fells, but Mountain Rescue respond to incidents 24/7 for 365 days of the year. If you need assistance, here's the link and advice of how to request it and what information to provide; <https://www.adventuresmart.uk/know-how-and-when-to-get-help/>

**#BeAdventureSmart**