

mountain rescue

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ISSUE 50

MOUNTAIN AND CAVE RESCUE IN ENGLAND AND WALES AUTUMN 2014





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LEFT: WOODHEAD MRT LAND ROVER CENTRE: BUXTON MRT LAND ROVER RIGHT: FIRE BIKE

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Word ^{first}

MIKE FRANCE

WELCOME TO ISSUE 50

Mountain Rescue is the membership magazine for mountain and cave rescue in England and Wales.

Contributions should be sent to the editor at the address below. Every care will be taken of materials sent for publication however these are submitted at the sender's risk.

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NEXT ISSUE ISSUE 51

Editorial Copy Deadline:
Friday 28 November 2014

Editorial copy must be supplied as Word document. Images must be supplied as high resolution (300 dpi) JPG/EPS/TIFF/PDF.

Advertising artwork must be supplied, ready prepared on CD or via email as font embedded high resolution PDF/EPS/TIFF (300 dpi).

FRONT PAGE

Edale and Buxton team members go to the aid of a walker who had suffered a knee injury whilst walking up Grindsbrook Clough. Photo courtesy of Buxton MRT

EDITOR'S NOTE: Articles carried in Mountain Rescue do not necessarily reflect the opinions of Mountain Rescue England and Wales. We do not accept responsibility for information supplied in adverts/advertorial.

mountain rescue



Thank you for the feedback from my initial First Word. I talked about communications and some of you have told me that communications between MREW and the teams now work better than ever, the problem is between the teams and the MREW officers, who don't respond to emails. That's positive feedback we can address.

One of the first things I wanted to do as chairman was to ask the management team what are our aims and objectives. Do they meet today's needs? Are we doing what you want? We've run the organisation very successfully for 80 years plus but we need to question where we are. What are the aims and objectives of the committees and are they meeting the needs of today's membership? The only way to address this was to put in place a strategy day for the management team to ask these and many more questions.

With the support of Andy Lee, we've secured an independent facilitator and a minute writer, with the majority of the management team attending. I hope this day will be the foundation for the future. Having a strategy will help the officers set their budgets on our needs not their wants. It will enable a five-year plan that Richard Warren and the forward planning team can pick up on and take forwards to a ten-year plan. I intend to hold another strategy day in twelve months' time, to ensure we've begun to address the issues raised. That day may also involve a trustee and, hopefully, one of you but the first has to be for the management team so we have space to be honest with one another and set a direction, working as a team to move the organisation forward.

By now you will have heard about the Libor Fund. When this money was announced there were teams who thought they should be able to attend the Cabinet Office meeting to ensure their bit of funding. Let me make it clear: MREW sits there only because we are a national

organisation. As chairman, I will represent MREW at all national meetings, especially Government, UKSAR and ACPO. I have completed numerous questionnaires for this funding and attended the Cabinet Office. They are now in a position to set on a charitable trust to manage the training fund. I put my name forward as part of the panel (along with ACPO, MCA and the Lifeguard Association) to interview these people. At this interview, I was the only person from land SAR so, as well as representing MREW, I hope our colleagues from Scotland, Ireland and ALSAR also feel I was doing my best in representing them.

SAR-H is one of my major concerns, as we go live in April 2015. I am very happy with the work John Hulse and the team are doing for all of us. I am aware they keep asking you questions and many thanks for responding. It's important we stick together as a national organisation letting John and the team talk for us with one voice. We've had a great working relationship with the RAF and Royal Navy, with air support on incidents and time spent in training but times have changed and we need to change with them. There are teams that undertake a lot of winch work on some of our bigger mountains so it is imperative they have the training they need. But the majority of teams only load or sit under an aircraft during winching. They could manage with much less input from Bristows. We need to meet everyone's needs and we're talking with ACPO and politicians for help and advice.

A tremendous amount of work is being undertaken by myself and other officers and I expect the coming year to be just as busy. I've only been in post four months and change must be managed. It can't happen overnight. So let's look forward and focus on the positive, not back at history — which we can't change — and dwell on the negative. ■

This issue

AT A GLANCE

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This month I don't have too much to report on and so will keep it short and sweet!

With **vehicle insurance** it's important you go direct to our brokers, Perkins Slade, if you want any changes made to your individual policy. If you contact me it will simply delay things for you, because I will just tell you to contact them. I'm happy to answer queries on general matters and thoughts, but the individual nitty gritty of what vehicles you have and which drivers have convictions, is something you need to go direct with. Their contact details are included with your policy documents. It's exactly the

is away from the base. I'm still awaiting further information from the brokers and hopefully you may have had that by the time you read this. If not, it won't be long!

The **legal costs insurance** for team members should also be up and running when this reaches you. It's taken a while to get responses from teams — it would help every team, if all teams could respond to things like this quickly. We had enough interest for 2,000 team members so arrangements are in hand for teams to have now formally signed up with the names of those in their team that will be covered. This is great

- Motor Prosecution Defence
- Criminal Prosecution Defence
- Representation at a Public Enquiry or Coroner's Office
- Attendance expenses at a Public Enquiry or Coroner's office.

Has your team taken this cover out for you? Please ask them to find out and hopefully the answer will be yes.

Copies of many insurance documents are available online in the Members area of the MREW website. They can be found in the Resources section under Insurance. I'm also hoping, when time permits, to put together a document that succinctly details each insurance cover for you and points you in the right direction. Fingers crossed I'll get it done this year and circulated around the teams.

Remember that as always if you have any queries please just email me and I'll give you what help and assistance I can. But please don't leave it until the last minute, as you're unlikely to get an instant reply. It may be the 21st century with an expectation of instant replies, but all the MREW officers are volunteers just like you! We have to fit this additional role into everything else we do — work, family, training, call-outs, team, regional and national roles. ■

meetings

MREW BUSINESS AND SUBCOMMITTEE MEETING

Places: 100
Date: 15 November
Location: Lancs Police HQ, Hutton

MREW BUSINESS AND SUBCOMMITTEE MEETING

Places: 100
Date: 16 May
Location: Lancs Police HQ, Hutton

To book in, contact:
Keith Gillies 01772 335605
secretary@
mountain.rescue.org.uk

from the calendar...

Keep an eye on the Calendar section in the Members area of the website for future dates of interest.

NESSRA ADVANCED CASCARE WEEKEND

Date: 24-26 October
Location: Langdon Beck YHA, Teesdale
Contact: medicaladmin@
nessra.org.uk



INSURANCE MATTERS

NEIL 'WOODIE' WOODHEAD

insurance@mountain.rescue.org.uk

same if you want to make a claim — please read your policy documents and it will tell you who to contact and how.

As I mentioned last time, **property insurance** is something your team will arrange to cover your base and its contents. You may also have cover for your equipment when it

cover at a very low premium and we're grateful to Legal Insurance Management for arranging this so competitively for us.

Just to remind team members, in brief the covers are listed below — but please make sure you read the policy wording and key facts for full details:—

IN THE news

Image © Spaceheater. Dreamstime.com

MREW PR consultant and media trainer **Sally Seed** looks at an aspect of media coverage from the past few months and suggests things to be learnt for future media relations.

Answering straight questions

The most recent bank fines for misselling and giving poor mortgage advice raise issues for anyone involved in talking to the media (as well as talking to customers). Here are two simple lessons to bear in mind.

• **The truth and nothing but the truth** — and the truth will find you out if you ignore this one. But notice the slight omission from the familiar oath: a spokesperson's responsibility is to answer the question and to communicate any message that they've pre-planned but there is no compulsion to volunteer the whole truth. This is often the area where interview candidates come unstuck. They keep talking after

they've given a clear answer. They don't speak with a full stop. But they could. And they should.

• **There are only three answers to any question** — I know and I can tell you, I know but I can't tell you and I don't know. This seems too simple but the lesson is clear — don't speculate and don't go beyond your responsibility. One of the problems found by the FCA in reviewing Royal Bank of Scotland practices was that bank staff were advising customers on possible Bank of England interest rates in five years' time. And even the Chancellor doesn't speculate on that one. But bear in mind that this can be undermined if, elsewhere,

someone is tweeting or posting merrily to Facebook about the same thing you're not answering. Keeping to team guidelines is all you can do in that situation and avoid any mud slinging if it's another agency that's jumped the gun. In those circumstances, maybe there's a fourth answer — I don't know for sure but I'll let you know as soon as I can tell you!

There's a lot of experience of interview hazards and effective ways of dealing with things around the membership of rescue teams. If you'd like to build on the advice given here or add your own lesson, either online or in a future article, please get in touch with sally@stoneleighcomms.co.uk or via The Editor. Thanks. ■

...there's no compulsion to volunteer the whole truth. This is often where interview candidates come unstuck... they don't speak with a full stop. But they could. And they should.



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Send your answer to editor@mountain.rescue.org.uk, by 6 December 2014. The winner will be announced in the January mag — and, whoever you are, don't forget to send us a pic of yourself on the hill with your new toy!

Terms and Conditions: Entry is restricted to one per person (excluding employees and families of Park Cameras Ltd & Mountain Rescue Magazine). No cash alternative will be offered. Events may occur that render the promotion or the awarding of the prize impossible due to reasons beyond Park Cameras or Mountain Rescue Magazine's control, who may at their discretion vary or amend the promotion and the participant agrees that no liability shall be attached to Park Cameras as a result thereof. The closing date for entries is 6th December 2014.

PARKCameras

How to get in touch with not just the officers and trustees but also some of the key specialist advisers who assist in running the organisation: producing the magazine, maximising PR opportunities, developing and maintaining SARCALL and securing insurance cover on your behalf.

who?

executive



CHAIRMAN: MIKE FRANCE

chairman@mountain.rescue.org.uk
Represents mountain rescue with Government, the emergency services and other SAR organisations and The Princes' Charities Forum. Mike is a member of Woodhead team, which he served as team leader for seventeen years.



VICE CHAIRMAN: MIKE MARGESON

vice-chairman@mountain.rescue.org.uk
Works on operations and governance, to support officers in their roles and represent MREW. Currently developing a peer team review process. Mike is team leader of Duddon and Furness MRT.



SECRETARY: KEITH GILLIES

secretary@mountain.rescue.org.uk
An interface between teams, regions and the national body, records minutes at MREW meetings and generally deals with reams of admin. Keith is a member of Bowland Pennine MRT.



ASSISTANT SECRETARY: DAVE CLOSE

assistant-secretary@mountain.rescue.org.uk
Support the Secretary in his role, enabling better communication within the organisation. Dave is a member of Dartmoor SRT (Plymouth).



FINANCIAL DIRECTOR: PENNY BROCKMAN

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Manages the MREW finances and the administration of Government grant monies and currently reviewing all the MREW financial systems. Penny is team leader of the Central Beacons team in South Wales.

specialist advisers



EDITOR: JUDY WHITESIDE

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Oversees the collection of news and articles, provides design, artwork and editorial services for Mountain Rescue magazine and other MREW publications.



UKSAR/SAR-H: JOHN HULSE

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sar-h@mountain.rescue.org.uk
Represents MREW at UKSAR and leads on SAR-H migration. John is the creator of SARCALL and a member of Ogwen Valley MRO in North Wales.



INSURANCE: NEIL WOODHEAD

insurance@mountain.rescue.org.uk
Continues to work with teams on a range of insurances for teams. 'Woodie' is a member of Kinder MRT, and previously of Rossendale & Pendle MRT.



PR SUPPORT: SALLY SEED

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Supports Andy Simpson and Judy Whiteside in their roles and provides PR advice and support to MREW and teams where required. With Steve Howe and Dave Freeborn, Sally also delivers media skills training.

specialist officers



PRESIDENT: PETER BELL

president@mountain.rescue.org.uk
Acts as an ambassador for mountain rescue to the outside world and thoroughly enjoys engaging in technical discussions.



MEDICAL: MIKE GREENE

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Represents mountain rescue in medical matters to the Government, the emergency services and IKAR, and maintains the morphine licence. Mike is a member of Wasdale MRT.



PRESS OFFICER: ANDY SIMPSON

pressofficer@mountain.rescue.org.uk
Deals with the press, TV and radio, and supports teams in their own publicity. Andy is chairman of Rossendale & Pendle MRT.
Vice chair: Judy Whiteside: editor@mountain.rescue.org.uk



TRAINING OFFICER: AL READ

trainingofficer@mountain.rescue.org.uk
Develops training and guidelines for team members at all levels across a range of disciplines. Al is a member of Ogwen Valley MRO.
Vice chair: Tim Cain: tim@timcainleadership.co.uk



VEHICLES: DARYL GARFIELD

vehiclesofficer@mountain.rescue.org.uk
Liaises with the police, Department of Transport and other bodies regarding livery, driver training and the law. Daryl is a member of Penrith MRT.
Vice chair: Paul Smethurst: smethyp@gmail.com



WATER: ANDY LEE

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Works to establish the necessary guidance and standards to ensure the safety of members in a water environment. Andy is a member of Edale MRT.



ICT: MARK LEWIS

ictofficer@mountain.rescue.org.uk
Develops comms technology across mountain rescue. Mark is a member of Western Beacons MRT.
Vice chair: Iain Nicholson: ian@sardogs.org.uk



EQUIPMENT: RICHARD TERRELL

equipmentofficer@mountain.rescue.org.uk
Liaises with suppliers and manufacturers. Currently involved with the stretcher project. Rich is a member of Central Beacons MRT in South Wales.
Vice chair: Ray Griffiths: raygriff@btinternet.com



FUNDRAISING: NEIL HAYTER

fundraisingofficer@mountain.rescue.org.uk
Develops revenue opportunities and sponsorship deals to benefit all mountain and cave teams. Neil is a member of Edale MRT in the Peak District.
Vice chair: Bill Whitehouse: billrhw@aol.com

internal trustees



MREW CHAIRMAN: MIKE FRANCE

chairman@mountain.rescue.org.uk
Part of Mike's remit as MREW chairman is to represent the interests of the organisation at trustee meetings, to ensure the smooth running and continued governance of the organisation.



SHIRLEY PRIESTLEY

shirley.priestley@mountain.rescue.org.uk
Shirley has been involved with mountain rescue as a team member of Scarborough and Ryedale MRT for 24 years. She has undertaken a variety of roles within her team, has represented NESRA at national level and is a member of the national fundraising group.



MARK HODGSON

mark.hodgson@mountain.rescue.org.uk
Mark has a wealth of mountain rescue experience, with one of the busiest teams (Keswick MRT), and an impressive attendance record over many years. Team leader for twenty years, he stood down in 2013 but continues to be involved with rescues.

external trustees



CHAIR OF TRUSTEES: PAUL AMOS

paul.amos@mountain.rescue.org.uk
An Emergency Management and Leadership Development consultant, Paul also lectures on field operations at Coventry University and teaches flood rescue management at strategic level. He was with Hereford and Worcester FRS for fifteen years.



STEVE WOOD

steve.wood@mountain.rescue.org.uk
Steve is well known within the SAR community through his work at Mpyx Limited which has long been a supporter of all charitable rescue organisations.



PHIL PAPARD

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Phil has been a member of the Cave Rescue Organisation for over forty years, serving as controller, training officer and chairman. He retired as Principal Inspector in the HSE in 2012, after 25 years.



PETER DYMOND

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Peter's professional background is with the UK Maritime and Coastguard Agency (MCA) and the Coastguard Rescue Service, the volunteer emergency response arm of the MCA.

PLUS...

VICE PRESIDENTS:

TONY JONES & PETER HOWELLS

STATISTICS: GED FEENEY

Ged collects and collates incident information from the teams, producing an annual report analysing the statistical evidence and observing the key trends and influences.
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SOCIAL MEDIA: NEIL HAYTER

Besides taking on the role of national fundraising officer, Neil continues to oversee our social media presence.
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BCRC REP: BILL WHITEHOUSE

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...turn to page 26 for BCRC contacts

UK & IRELAND MOUNTAIN RESCUE CONFERENCE

12-14 SEPTEMBER AVIEMORE

BY MIKE MARGESON

Our President, Peter Bell, and I attended The Gathering officially on behalf of MREW. The following are some observations, thoughts and a thumbnail overview of the event.

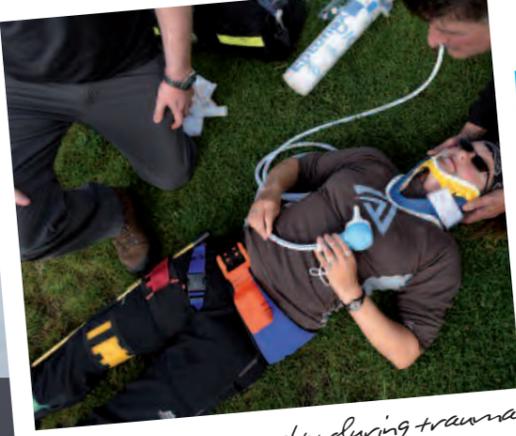
Our Scottish hosts had decided on a significantly different format and structure for this event. It was extremely well planned, delivered and successful, with significant support from its key sponsor St John Scotland, Platinum sponsor Keela and Gold sponsors Paramo, ISC and Berghaus, alongside technical input of additional resources and transport by Glenmore Lodge, sportscotland's National Mountaineering Centre, and some of its staff.

Key differences: There was a very large selection of practical, five-hour or two-hour outdoor sessions. I believe this was a positive innovation, placing a strong emphasis on training in the field, with the gorges, rivers and the northern corries of the Cairngorms all at hand providing fantastic venues. **Topics included:—**

- | | |
|--|--|
| Water rescue Tyroleans, Falls of Bruar | Injury avoidance and maintaining fitness |
| Searching river edges and water margins | Rescue rigging |
| The Scottish search management process | Teaching rigging |
| Crime scene searching and management | Escorting casualties on steep terrain |
| Search: a practical exercise in observation | Personal mountaineering |
| Introduction to mountain map (digital world) | Avalanche rescue |
| Searching with helicopters (Bristows) | MR mountain skills |
| Air ground and body dogs | Mountain biking |
| Rock climbing skills | Current trauma thinking |
| Dry tooling technique | Transporting drugs in the mountains |
| 4x4 Recovery workshop | Hypothermia/Avalanche |
| 4x4 Off-road skills | Initial management of the casualty |
| | Advanced cas care: the NESRA experience |

Alongside these ran a full day lecture-based programme covering Human Factors:—

- Managing the search for April Jones
- LRF Local Resilience Structures and Major Incident Planning
- The Importance of situational awareness
- Big mountains, big winter, big searches
- What happens when it all goes wrong?



Tending to the casualty during trauma training.



Leading climber Dave MacLeod ran climbing and dry tooling masterclasses.



Up to their necks in the Swift-water training workshop.



Getting roped up for the Rigging workshops.



Personal Mountaineering Skills in the Northern Corries.



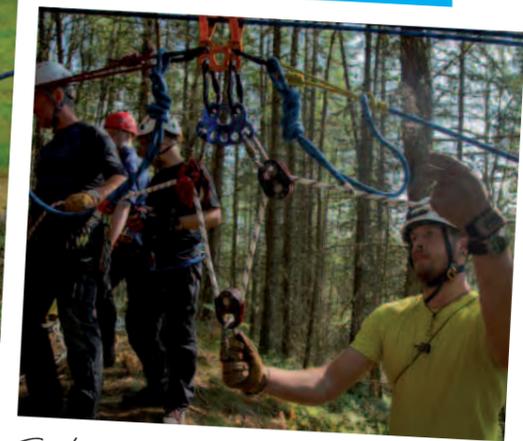
Photo © The MacDonald Aviemore Resort



Aberdeen MRT Land Rover at the 4x4 recovery workshop.



'Casualty' descends a cableway at Glenmore Lodge.



Tyrdan traverse workshop at the Falls of Bruar.

Facebook feedback:

T'was a brilliant weekend, good weather, great people, fantastic food, can we do it again next year?
John Rae

Great weekend. Well done. Nothing but positive feedback from Cockermouth MRT delegates.
David Blenden.

Brilliant conference – dare I say – the best ever!!! Thanks for a great weekend.
Sam Fernando.

Instructors were a mixture of external specialists and our own members. Inputs from MREW members included John Hulse, Mike Park, Al Read, Les Gordon and Steve Nelson. Alongside all this, the Cairngorm team opened their doors to visitors and Andy Kirkpatrick entertained us with good first evening lecture. Another very successful and enjoyable innovation

was the gala dinner and ceilidh on Saturday night which brought everybody together for the evening making for a really good social occasion.

Congratulations to the organising team — follow that, Ireland! Yes, the next conference will be in Ireland in 2016. The Scots have surely raised the bar but the Irish no doubt will rise to the occasion.



Our very own MREW Insurance, Officer gets stuck in



Personal Mountaineering Skills workshop in the Northern Corries.

Pictures thanks to Ian Dawson, event Picture Editor, and Andy Rockall, Project Manager Scottish Mountain Rescue.



www.mrgathering2014.mountainrescuescotland.org



LAKE DISTRICT

KIRKBY STEPHEN BEER 'N' BANGERS FESTIVAL HAILED A GREAT SUCCESS

In fact, the second Kirkby Stephen Beer'n'Bangers Festival exceeded expectations in September. By the end of Saturday night, when the festival tent was full to capacity, 1000 sausages had been sold and the beer barrels were empty almost



Patterdale MRT's 2014 Duck Race in full flow.

to the last drop. And, as last year, profits from the festival will be shared between the Scout Group, Upper Eden Rotary Club and Kirkby Stephen MRT, with a contribution also going to the Grammar School for use of the field.

Sarah Harvey, one of the organisers, was delighted with the way the festival went. 'We had a good turnout on Friday for our rock evening, when we also invited all our sponsors to taste the beers and try out the bangers. Saturday was busy from lunchtime onwards, with people of all ages enjoying the ceilidh, climbing the artificial wall and painting the backdrop banner for the evening's entertainment.

On Saturday night, after an acoustic session, the tent was rocking to Skinny Lister and we continued into the early hours with a club atmosphere from our Brighton DJs. There's a real buzz about town



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to Lantra Certification and preparation for B+E test. Our certificated courses meet the nationally recognised standards of PUWER – the provision of Work Equipment Regulations 1998. Our practical hands-on courses are run by our team of friendly experienced instructors, at our purpose-built centre. Based on the beautiful 1400 acre Coniston Estate, we've a mix of man-made obstacles and

natural terrain meaning you will leave us having experienced best practice in off-road driving first hand. Our vehicle fleet includes all Land Rover and Range Rover

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KESWICK MRT KEEP THEM IN THE FAMILY

Keswick team took a decision last year that they'd go ahead with replacement of their ageing Land Rover Defenders, before the production line eventually grinds to a halt, supposedly in 2015. Mick Guy explains.

Although getting on in years, one had 16,000 miles on the clock, the other 19,000, but as you can imagine, those are some of the hardest miles in a vehicle's life. (One careful owner, 40 not so careful drivers!) One feature we wanted to

ensure was that the new Puma engine Land Rovers had the 3500kg chassis, and at that point, the only place sanctioned by Land Rover to produce them was Roger Young Land Rover in Plymouth. So an order was placed with them for two

Defender Utility wagons in Fuji White. We arranged the conversion with the North Wales Police Commissioning Centre at Deeside who had converted the second of our Mercedes Sprinters. The conversions took considerably longer than

about that night and I'm sure everyone's looking forward to next year.'

The festival relies on support from local businesses who sponsor everything from the beers, wines and sausages to the banners and music. Over 50 local businesses and individuals were involved in some form of sponsorship. Volunteers from all three charities provided staff for the weekend, for the organisational work in the run up to the event and clearing up afterwards. Mountain rescue team members helped erect the

tent and were well represented behind the bar along with scout leaders and parents. The Rotary Club looked after the BBQ while the café was run by members of the Scout Group. Rotary Club President Graham Curtis said, 'A huge amount of effort is put in by volunteers to make this event happen and the support from businesses in the town is fantastic. It shows that by working together we can put together a community event of real quality and everyone should be proud of it.'



Left to right: Keswick team members and their fleet of vehicles; Ian Wallace, Keswick treasurer, hands over keys to Chris Nixon, leader of Kintail MRT; Keswick team leader Chris Higgins hands keys to Ken Griffiths and Don Westley of South Snowdonia © Keswick MRT.

expected, primarily because the Commissioning centre was overloaded with police work but, eventually —thirteen months after order — the first of the vehicles arrived.

This was not without a number of glitches, with three visits from the AA to start it! However, gradually we got on top of the issues, whilst the two older Land Rovers

acted as cover. The second vehicle arrived a fortnight later, but then had to be returned to sort out a charging problem. So it was nearly May before we had both vehicles up and running to our satisfaction. The team had taken the decision in principle, as in 2002, that the old vehicles would be passed on to teams who were less financially fortunate than ourselves, thus

'keeping them in the family' so to speak, and that in turn, if they could pass on a vehicle to another team, so the 'charitable download' would be to everyone's benefit. Seventeen teams applied, and you can imagine how difficult it was to sort out what we thought the fairest distribution. We'd have liked to assist all of them. In the end, one vehicle went to South Snowdonia, and the

other to Kintail. It turned out that the one for South Snowdonia was replacing the G-reg Defender we'd given to Glossop team in 2002, the oldest Land Rover Defender still being used as a blue light MR vehicle after 25 years, and will be featured in the Land Rover World magazine in due course. It's had extensive overhauls, and South Snowdonia were able to pass that one on

to Aberdyfi team, who in turn have let Norfolk SAR have their old Land Rover. Kintail are still deciding what happens to their old vehicle but, hopefully, the chain will continue. The Keswick vehicle fleet now comprises two Land Rover Defenders and two Mercedes Sprinter 4x4s, which gives us a combination of load lugging and passenger carrying capability.

MID PENNINE

TEAM BENEFITS FROM WORLD RECORD TOUR BUNTING

The world record-breaking bunting which lined the Cragg Vale route of the Tour de France was sold in August, raising more than £720 for the Calder Valley team. Fashioned out of curtains and made by residents around the district, the bunting stretched across 10km with around 52,939 flags. Sharon Le Corre, from the Le Tour Cragg group who organised the world record, said, 'We've had loads and loads of really positive comments about how great the bunting looked and how great it was in bring the community together.'

Peter Farnell, team chairman said he was 'delighted' at the amount raised for the team. 'It's wonderful when other people raise money for us and we really appreciate it. When the community responds to us, it is wonderful.'

PEAK DISTRICT

COUNTRYFILE PRESENTER GETS LOST

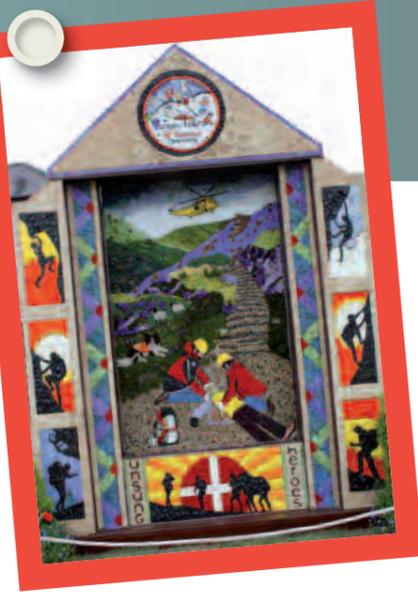
When BBC Countryfile planned to film in Staffordshire they learned it was the 50th anniversary for the Peak District Mountain Rescue



Countryfile's Ellie Harrison and Jules Hudson with Buxton team members.

Organisation. Presenters Ellie Harrison and Jules Hudson invited Buxton MRT to join them on the Roaches, near Leek to explain how mountain rescue in the Peak District had evolved and developed over the last 50 years. Robin Knott of Derby MRT and Bob Rogerson, a competitor in the 1964 Four Inns Walk, were on hand to explain how that fateful day, together with two fatal incidents over the previous two years, had prompted the establishment of the PDMRO. Buxton team member Roger Bennett demonstrated the stretchers in use in the 1960s and their modern equivalent and Carney Turner explained how the

team deals with a missing person search, whether on moorland or in an urban setting, using the digital mapping and information technology which now plays a significant role in tracking the progress of an incident. And, when Jules Hudson was reported lost on the Back Forest Ridge whilst returning from visiting Luds Church, team leader Neil Carruthers and Ellie launched a search of the moor. Jules was found safe and well, albeit very wet but this simple exercise displayed the methodology used on moorland searches. This edition of Countryfile was screened on Sunday 31 August on BBC 1.



BUXTON TEAM HONOURED BY WELL DRESSING FESTIVAL

Well dressing is a Derbyshire custom dating back to the Black Plague of the 14th century to give thanks for the purity of the well water. The first well dressing in Buxton was in 1840 and the custom has continued ever since with just short wartime breaks. The plaques are made from wooden base-boards covered in local clay with an outline of the design then traced on. The picture comes to life as thousands of flower petals and other natural materials are pressed into the clay.

This year, the Wells Dressing Committee helped the Buxton team celebrate its 50th anniversary with a truly stunning masterpiece of skill at Buxton Market Place. The scene depicts a casualty, located by a search dog, being treated by team members whilst an RAF Sea King helicopter hovers above. The team's 50th emblem, designed by ten-year-old Bethany Griffiths of Chinley, crowns the display which is surrounded by silhouettes of mountaineering activities. The well was blessed by Reverend John Hudgton and remained in place until the last day of festival and carnival events.

NORTH EAST

TOUCHDOWN OFFICES SELECT SCARBOROUGH TEAM AS CHARITY

Touchdown Offices provide creative telephony solutions for businesses. They were inspired to support Scarborough & Ryedale MRT, impressed by the diversity of rescues the team undertakes. The team's heavy reliance on mobile phone services, and an increasing need for reliable comms led them to Touchdown Offices back in 2012. The area, terrain and low density of population in their patch means mobile reception is often difficult, if not impossible, and they were in search of a solution to the team's communications problems.

Since trialling Touchdown's Strongest Signal SIM which combines the power of the major UK mobile networks by intelligently switching between them to provide the best signal available, the team has successfully maintained communications to



News that the Grand Départ would start in Leeds was greeted with great excitement by those of the team who are interested in cycling and mild indifference by the majority. Until they realised nearly 50 miles of the route on Day 1, and 20 miles on Day 2, would pass through our operational area.

Team involvement began in 2013 with team leaders attending multi-agency planning meetings to work out what was likely to be needed and how we could best support the operation. The major issue was going to be the large number of spectators expected – complicated by the limited access to much of the

Spectator numbers were anticipated to exceed a million on each of the days with 36,000 expected in Skipton, 26,000 at Kilnsey and over 30,000 on the Côte de Cray with several thousand more at each of the villages in-between. Of these, a large number were expected to stay in the area for the whole weekend.

We identified three main areas in which we may be required:–

- Those camping or staying in the dale for the weekend and going out walking, cycling, climbing etc.
- Those moving into or out of the dale on the day to watch the race.

over the weekend and the days before could be difficult so it was decided to have a team on standby at base from Friday morning through to Sunday afternoon ready to respond directly to an incident. As the race was to use the main and, for several miles, only road in the valley, we'd only be able to travel up the valley and not get back down for several hours each side of the race itself. This limited how we could respond to an incident and meant pre-positioning vehicles prior to the roads being closed. This would also impact on neighbouring teams who would not be able to access parts of their areas over the weekend.

A few discussions later and revised boundaries and mobilisation plans had been agreed: Swaledale MRT would deploy to Buttertubs with Cleveland SRT moving into Wathgill camp to support them; Calder Valley SRT would base two vehicles in Skipton to cover the south of our area; we would have one of our vehicles plus a loan vehicle from Ripon Land Rover based in Grassington and our second vehicle, supported by a team from Scarborough & Ryedale SRT, would be based in Buckden to cover the Côte de Cray and down into Bishopsdale. The CRO would be available from their depot to cover the western side of our patch. On the Sunday, the teams

from Buckden would cover the Côte de Blubberhouses and support CVSRT in the north of their area.

Communications-wise, our primary link back into the police was on one of the dedicated event Airwave channels but, as a backup, we had also trialled a rebroadcast unit to give a direct link back to Grassington on VHF from team hand-held radios.

Friday dawned dry and cloudy though this was not to last and by late morning it was raining heavily. We set off up the valley to set up the rebroadcast radio, expecting to see lots of cars and people queuing to get the best view for the race. To our surprise there were only a few people around and the roads were empty. The numbers did increase during the day but were considerably down on those forecast. The rain continued through the day as we carried on with our preparations but it failed to dampen spirits as we welcomed the team from Scarborough with a BBQ in the garage.

It was still raining on Saturday morning though it was forecast to clear by late morning. Following an early breakfast provided by Wharfedale Rugby Club the Buckden teams set off on closed and empty roads at

6.30am to be in place well before the race.

There, we met up with the Yorkshire Ambulance Service crews and police we'd be working with, and the other volunteers supporting the race including the doctor at the medical station on Côte de Cray, Edale's Derwent Paul and Raynet operator Cleveland's Viking 20.

As forecast, the sky was clearing and there was every chance it would be bright and sunny by the time the race came through. Back in Buckden, the number of cyclists heading up the valley began to increase to a continuous stream three and four abreast through the village whilst other spectators had parked in Littondale and were walking in over Birks Fell swelling the numbers in Buckden and on the pass to several thousand – still well short of predicted numbers.

The atmosphere was fantastic with the crowd small enough to enable us to walk around and join in. As we waited for the race to come through we were invited to watch events on TV so could keep up with what was happening. The excitement started to build as the sponsors' caravan came through with everyone getting to a good vantage place to watch as the race lead vehicles started to pass.

UWFRA TOUR DE FRANCE GRAND DEPART 2014

When the Tour de France came to Yorkshire, team members from sixteen mountain and cave rescue teams across the Peak District, Lancashire and Cumbria – and even Ireland – worked together to help ensure spectator safety and to be on hand should anything occur. **Derek Holland**, of the Upper Wharfedale Fell Rescue Association, explains the part his team played in this exciting event.



Images thanks to Sara Spillet and UWFRA.

The race came through and was gone, heading up Côte de Cray in only a few seconds closely followed by all the team support vehicles.

As soon as the last of the Tour vehicles had passed, the cyclists started to head home taking nearly two hours before the stream of bikes heading down the pass started to thin out. With the majority of the spectators gone we headed up the pass to collect the rebro vehicle and by the time we drove back down the only evidence of the crowds were the swathes of flattened grass.

The day had passed without the Grassington or Buckden teams being involved in any incidents, although CVSRT in Skipton assisted in the evacuation of a female who'd fallen through a roof trying to get a better view.

We returned to Grassington and, following a curry dinner at the rugby club, headed into the village for a couple of drinks and to watch the bands playing on the square.

With our way to Kex Gill avoiding the race route we were able to have a more leisurely breakfast on Sunday morning before heading over to the A59 via the crowded back roads across the moor. Kex Gill, or the Côte de Blubberhouses, is a steep-sided valley with rocky outcrops and unstable banking, the road perched halfway up one side. Potential for an incident here was much greater, especially with most of the spectators wearing cycling shoes.

Scarborough had received an early call-out in their home patch for an injured girl who was part of a DoE group but it was anticipated the incident would be over quickly and they should stay to support UWFRA at Kex Gill. The crowds on Kex Gill were enthusiastic and good humoured. Time passed with bagpipes and pseudo-Scottish dancing, Mexican waves and cheering on of anyone foolish enough to ride up the pass beyond the

first spectators. We even had a couple of minor injuries to patch up. Once the race had passed we headed back to our respective bases. Having confirmed that their earlier casualty had not yet been located, Scarborough team departed with haste whilst we had a more leisurely drive back to Grassington. Incident-wise our expected causes had all occurred. A spectator from the Kilnsey Velofest had walked into the CRO area near Malham before slipping on a stile and breaking his leg: CRO incident 38/14. CVSRT had their 819th incident assisting the spectator on the roof, whilst SRMRT had their 26th incident this year dealing with the two minor injuries at Kex Gill. The injured DoE walker, incident 25, had made her own way off and contacted police later that night following a brief social media campaign. ■



route. The access restrictions were likely to mean a large number of people would be camping out or trying to get into the dale on the day.

- An incident during the road closure period surrounding the race. The forecast numbers meant that moving through the dale

John Ellis Roberts MBE

John Ellis Roberts, a stalwart of the Llanberis team for many years, died in a climbing accident on Dinas Cromlech, a few days before his seventy-first birthday. Team chairman **John Grisdale** looks at his life and the tragic poignancy of losing 'John El' in an accident on one of the very cliffs he had so diligently helped to save so many lives.



John had been the backbone of Llanberis team for decades. His practical contribution and professional knowledge of the mountains have been priceless on so many occasions. He was respected as a knowledgeable and conscientious leader, hardworking and particularly respectful of the dangers on the mountain and he served the team in many ways. For many years he was a tireless equipment officer, developing new equipment and rescue techniques. He was a wise chairman and extremely diligent call-out coordinator. On his

retirement he became the team's president and last year, when the team celebrated forty years at Nant Peris, John was made an honorary member. He was a very private and unostentatious person but I know how much this award meant — as a celebration of his long association with the team and acknowledgement from those who'd worked alongside him.

Llanberis MRT was founded in 1968 and John, as head warden of the National Park, became involved from the beginning, his infectious enthusiasm for the work and professional

experience as a Mountain Guide providing a firm structure and an efficient start to the team.

In 1972, John was primarily responsible for establishing a Mountain Rescue Post in Nant Peris. Based in the new National Park Warden Centre, the team has been accommodated in this building ever since, mainly through his foresight and the park authority's generosity.

John's whole life was linked to the mountains and cliffs that shaped him from childhood in 'Stiniog. It was this love of the mountains that formed his career as the Head Warden,

Mountain Guide, SARDA handler, skier and, more recently, cyclist in the mountains. He was a 'mountain man' in its widest definition, contributing to a range of associations and mountaineering bodies, widely acknowledged, and was awarded an MBE for his services to mountaineering.

When I recall the fond memories spent in his company on and off the mountains, it's John's considerable contribution to his square mile that remains paramount. His involvement in the work of mountain rescue was pioneering and his enthusiasm infectious.

That's why the nature of his death on the cliffs is so especially sad for all who knew him.

In 1975 Jim Perrin wrote a portrait of John. He described him as a person who took pride and care in everything he did. I can echo this view and reflect on this by highlighting his quote from JM Edwards's poem 'Y Gweddill', translated as:
They are the brave remainder who love her in her poverty And who will stand by her in the wearisome days; Out in the valleys and on the patient mountains They face the alien wind and the weather.



Mourners gathered at Gloucester Crematorium in August, to see Steve Tomalin's wicker coffin carried aloft by six of his colleagues, suitably dressed to honour his memory. Chairman of Gloucester Cave Rescue Group, **Paul Taylor**, remembers a friend and fellow team member.

We were mourning the loss of a team member of some thirty years, one who'd held many posts, including training officer and chairman, and seen us grow and move from an old caravan store in the yard of Coleford Police Station to our HQ at Cinderford. For more than twenty years he was one of our call-out wardens and very much involved with the introduction of SARCALL to the group a few years ago.

Steve missed few training sessions and could always be relied upon to run one. His knowledge was vast. He ran many single rope

training sessions at GCRG HQ and a number of other locations and was always approachable if you had a query with your kit: 99% of the time he'd have an answer — or would by the next time he saw you.

He spent much of his life in outdoor education with many thousands on the receiving end of his fantastic ability to deal with people of all ages and put them at ease when

outside their comfort zone. He enjoyed passing on his skills so others could enjoy the outdoors in a safe and enjoyable manner.

Steve was also a member of the South & Mid Wales CRT, supported the Midlands CRT and also SARA and could always be relied upon to turn out when the call went up for a rescue. Throughout, he was very much involved with the local caving club, the Gloucester Speleological Society, and their activities

Steve Tomalin



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Chris and Kathleen Scott



A founder member of Teesdale & Weardale SMRT, Chris Scott died in July, after a heroic battle against mesothelioma. **Steve Owers** reports.

Chris joined Upper Teesdale & Weardale Fell Rescue Association when it was formed in 1968. The team became Teesdale & Weardale SMRT during the 1990s and, since 1998, Chris served as treasurer.

Former team leader Alan Best said, 'Chris made an outstanding contribution. He was the sort of person who worked away in the background. You knew you could rely on him to do a good job and he's left his mark in a number of areas in the team. As well as attending call-outs, he produced a computer based data logging system to record our incidents which was adopted by other mountain rescue teams. He managed our associate members for many years and, with his wife Kathleen, attended the majority of our street collections whatever the weather. But Chris's lasting legacy is our base in Barnard Castle, named the Chris Scott Search & Mountain Rescue Centre in his honour.'

'He was a major participant in the 2002 appeal to raise the £150,000 funds to build the base and totally committed to ensuring we had sufficient funds to build and run a permanent home for the team, its vehicles and equipment.'

Over the years Chris played such an important role in taking the team from a group of poorly equipped, 'beg, steal and borrow' enthusiasts, to the highly trained, sophisticatedly equipped group it is today.'

Current team leader Pete Bell said, 'Chris's wife Kathleen said he fought his illness with courage and determination and those words sum up how we all felt about Chris. It's perhaps fitting that his last journey was in one of the vehicles belonging to the team which was such a big part of his life for over fifty years.'



deployed personnel, enabling them to take control of even the most challenging of communications environments.

'Touchdown Offices have supported the team for a number of years,' said Ian Hugill, the team's PR officer. 'We were delighted when Danielle approached us to offer significant sponsorship for the team, along with the provision of some key water safety equipment and GPS microphones for a number of our VHF radio sets. We wish to thank all at Touchdown Offices for their generosity and look forward to a continued long and mutually beneficial relationship.'

WHALE BONES WALK RAISES MORE THAN £120,000 IN 21 YEARS

The annual Whale Bones walk starts in Whitby and finishes in the Clarendon (Middle House) pub in Marske by the Sea. The sponsored 22-mile walk, which follows the Cleveland Way to Saltburn, and then on to Marske, has proved a valuable fundraiser for Cleveland SRT, with walkers this year raising a magnificent £11,060. The team would like to say a 'massive thank you' to all those who have taken part not just this year but over the last 21 years.



Some of the wellwishers returned to The Clarendon to present Cleveland with a cheque for this year's event. Team member Paul Smith, who has organised and run the walk since its beginning, said, 'The money raised will be a great help towards ongoing running of the team in this very busy year.'

NORTH WALES

NEWSAR SUPPORTERS SHOW OFF THEIR NEW TEAM OUTFITS

Following a consultation exercise, North East Wales team supporters are sporting newly designed polo shirts, T-shirts, caps and beanies. It had become evident that the supporters wanted a visual identity that was consistent with the operational team, so red shirts were chosen in preference to white T-shirts and matching headwear was created. The caps, which are proving popular with all team members, carry the NEWSAR acronym, however, the shirt and beanie carry the MREW logo with the simple message 'SUPPORT NEWSAR'.



YORKSHIRE DALES

NEW THREE PEAKS CHALLENGE DEEMED A TRIUMPH

Negotiating with a local butcher to buy 500 pork pies doesn't normally feature in a team's training modules but that's what was needed for Upper Wharfedale's inaugural Wharfedale Three Peaks Challenge back in June. With the demise of their Broughton Game Show (an annual event, shared with CRO, that had brought in around a third of their income for some 33 years), the team had to urgently come up with new initiatives.

The 'alternative Yorkshire Three Peaks' was dreamed up, covering Buckden Pike, Birks Fell and Great Whernside with a distance of 22 miles and climbing in total something around the height of Ben Nevis. Two lesser routes were also included in the event to make it into a family occasion. A factor in the planning was to tempt walkers and runners away from the crowded and better known route around Pen-y-ghent, Whernside and Ingleborough which attract thousands of people each year.

The new route included the scene of UWFR's most famous rescue of recent years, that of the emaciated dog stretchered from the summit of Buckden Pike and subsequently named WUFRA. Publicity of this heartwarming rescue covered some 27 countries gaining not only great profile for the team but for

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mountain rescue as a whole. Needless to say WUFRA was the celebrity to start off the event from Kettlewell. Team member and lead organiser Jacqui Todd was delighted at public response for the event and the most welcome

sponsorship from local businesses. 'We had great support from the local media during the build up, and the week before a local MP Greg Mulholland put on his walking boots to test the route, giving us a final push with the publicity.

'We'd set an initial target of 200 walkers and runners but to our delight the final figure was 419 — hence all the pies, for pie and peas at the end, for both walkers and the team members involved.'

The event was deliberately set to take place the week before the Tour de France hit the Dales and as such it was part of the 100-day Tour de France Cultural Festival. A major photographic exhibition of the team's work was on show at the signing-in at Kettlewell village hall as part of the team's contribution.

Participants were even given first-hand experience of a typical team call-out when a 75-year-old man was stretchered off Great Wherside during the event suffering from exhaustion. Jacqui and the team were delighted at the event which looks like raising in excess of £6,000 for the team. 'It took a lot of detailed planning over many months and it was certainly a long day for team members but feedback has been brilliant with many pledging to take part next year.'



QUEEN VISITS DERBYSHIRE

The Queen and Duke of Edinburgh visited Chatsworth House in July, meeting with SARDA members and their pooches. Both, we hear, were very interested in matters mountain rescue. Rachel Burt of Chapel en le Frith shared this photo with Kinder team: great pic! Even the dogs look excited!



In July, three Calder Valley SRT probationary members made a trip to the west coast of Ireland — not a normal sightseeing trip, but a training weekend to assist colleagues in Mountain

Rescue Ireland with safety cover for Reek Sunday, an annual pilgrimage to Ireland's 'holy mountain', Croagh Patrick, in County Mayo. Calder team members have been helping out with this annual event since 2008. **Bob Keeler** shares his 'Probie's perspective' of the weekend.

'It'll be a real eye opener,' they said. Well, I've never seen anything that could have prepared me for what I saw on a cold dark morning on the west coast of Ireland. Normally shrouded in mist and blasted by the Atlantic, Croagh Patrick isn't a pretty thing to look at, nor is it a particularly pleasant climb, but that wasn't going to stop the 20,000 pilgrims. We 'CVSRT Probies' (Sophie Keeler, Will Gibson and I), accompanied by training officers

thousand people on the mountain, some singing, some reciting the Bible, others clearly suffering in the unseasonable heat but everyone determined to reach the top.

That evening, we met with Dublin and Wicklow members, as we were going to be part of their team on the Sunday. Recently, they had been to Calderdale to help provide safety cover for the Tour de France Grand Départ, so there were many familiar faces. We had a great evening in the balmy summer heat enjoying Irish hospitality at its best.

Next morning, fresh as daisies, we set off to the Mweelrea Horseshoe for some steep ground stretcher exercises to prepare us for scenarios we were likely to face the next day. Immediately I was struck by how slick the Irish team are: their professionalism and teamwork on the hill was inspiring. We got stuck straight into packaging an exercise casualty with a lower leg fracture. Some of the equipment was unfamiliar but our previous training stood us in good stead and, with a bit of guidance, we raised and lowered the twin-wheel Maclnnes confidently over the steep terrain. Having only been training since February and on the call-out list for a matter of weeks, I think it's fair to say that despite our inexperience, we were happy with what we knew. But we had no way of knowing how useful those steep terrain sessions were going to be.

Saturday evening was spent with DWMRT, talking about gear and past adventures. It felt like we'd known them for years and not just two days.

So... 2.00am, Reek Sunday. After a brief and fitful night's sleep we packed and made ready to leave the hostel. The night was still warm and the previously sleepy town's streets were crowded with drinkers leaving clubs and bars. The Irish countryside was pitch black as we left Westport and



and mentors were there for a training weekend described by Al Day as 'real mountain rescue'.

Our weekend began at 4.00am on the Friday, with the flight to Knock. By noon, we were at the foot of Croagh Patrick. The climb is far tougher than any of us expected but, from the top, it's clear why so many choose to ascend. The view on a clear day is magnificent. Clew Bay stretches out into the Atlantic, dotted with 365 islands, one for every day of the year. Already, there were probably a



Byline photo: Left to right, Sophie Keeler, William Gibson and Bob Keeler at Croagh Patrick. All images © Sophie and Ben Keeler, courtesy of Calder Valley SRT.

with the Yorkshire Air Ambulance on a few occasions but when the winchman was lowered down from the huge green Agusta Westland AW139, I felt like I was in a film. He walked up to the cas site and shouted to me to get the crowd back. From that point I was crowd control, desperately trying to usher the stream of pilgrims away until the percussive thump of the rotor blades faded and the downdraft eased back to a sea breeze.

The rest of our shift was spent negotiating the crowded path back down the mountain. We'd lost our vacmat and casbag to the helicopter crew, so we needed to replenish our gear first before being much use on the mountain. Seemingly, it had been a quiet morning with only three casualties reported, of which ours was the most serious. We were still buzzing from the excitement when we got back to base in time for another bowl of stew and the best vegetarian quiche Sophie had ever tasted!!

Needless to say we all learned a lot that weekend but also gained confidence in the things we do know.

headed towards Mayo MHI base. Already in the distance, glinting head torches snaked their way up the mountain path. This felt more like an alpine ascent than any rescue work I had ever experienced.

The base had a friendly but slightly tense atmosphere. Every team, from all over Ireland, was represented here. That was the point at which I felt a little out of my depth. I packed and repacked my bag several times trying to find the right balance of layers while we waited in the cool pre-dawn breeze to be assigned to our pitch on the mountain.

Eventually, after a bowl of stew and coffee courtesy of the Civil Defence, we were briefed and tasked to pair up with Irish Cave Rescue to make a fell party on our own. Any nerves about egos or our lack of experience were quickly dispelled by the warm welcome the cavers gave us. CVSRT Probie Will is a paramedic so became 2nd medic. Sophie volunteered to run the communications using both VHF and a TETRA system (being trialled for the first time on the Reek). Having previously been trained on the Airwave System, Sophie was confident with the handset. I didn't have a specific role but was happy to do as I was told.

Over the next hour we bounced, dragged and hauled the fat-wheeled stretcher laden with all the gear up to the second highest point on the mountain. We took the call sign DW2, gathered our kit just off the path, wrapped ourselves up in as many warm clothes as we could find and waited.

It wasn't just the thousands of people, or the adversity of what they were going up against. It was the diversity of the hoards of revellers. We saw everyone, from people who were obviously experienced and prepared for the arduous task of climbing the Reek, to those who literally left a nightclub and wandered up in their heels.

I tried hard to find an analogy to accurately describe being on the mountain that day. The first thing you notice is the sound, virtually the only thing you'll hear — apart from the panting of the climbers — is the scree slope shifting and the occasional clatter as football-sized lumps of angular quartzite bounce down the path.

There was a post-apocalyptic feel to being up there in the hazy dawn light as wide-eyed, exhausted pilgrims emerge out of the mist, heads bowed, scrambling slowly out of sight into the cloud above. Those first few hours felt like the early morning of a festival after the music goes off and everyone has to crawl back to find their tent.

Our shift passed largely without incident until we were informed by a climber that someone nearby felt nauseous and was sat by the side

no further assistance so the remainder of the team waited with the stretcher for more information. A minute or so later, the call came to bring the gear up to the casualty. By the time we got there, Sophie had called for the helicopter and we were on our first proper job.

The casualty was complaining of chest pain, which was moving into his left shoulder. He was given oxygen and aspirin while the cas card was filled in and the stretcher prepared for the move down the mountain. Another team, lower down the mountain, dispatched a defibrillator to our position and before long we were ready to go.

Suddenly the steep ground training from the previous day kicked in. With the Irish Army helicopter thudding above us we carefully descended the steep and jagged path out of the cloud. The point we



of the path. The next hour was one of the most thrilling times I have experienced on a mountain.

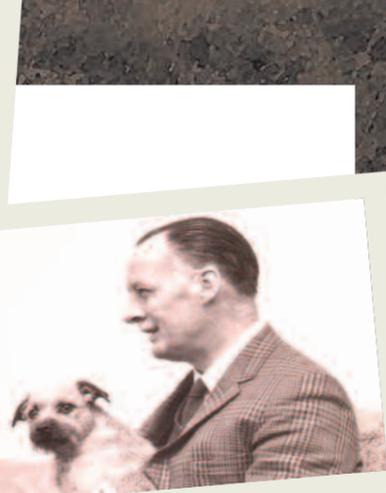
A small group was sent up to assess the situation. We'd already seen a few incidents which required

were aiming for was a relatively flat section, about half way up the mountain, where the casualty was to be winched up and taken to hospital.

I have been lucky enough to work

I think we did CVSRT and ourselves proud. The compliments from the other team members and the helicopter crew energised our tired and aching bodies for the journey home.

Patterdale Mountain Rescue Team Fifty years



Like many teams across the country, Patterdale has its roots with a key individual who recognised a need and did something about it. **Sally Seed** takes a look back, on behalf of the team, as the year of fiftieth celebrations and events continues.

'In our case, that was Doctor James Ogilvie, in 1964,' says current team leader, Mike Blakey. 'He formed a rescue team soon after he came to the dale in 1963 and it was officially recognised in October 1964. 'Doc O' was team leader for our early years and the team worked with very little equipment, borrowing radios when needed and using mainly members' own personal gear. We often worked with the neighbouring, Outward Bound Watermillock team and Patterdale Hall and, all told, the team handled fourteen call-outs in its first year.'

Patterdale Hotel gave part of Deer How for use as an HQ in 1966. But it took until 1999 when, after years of planning discussions and fundraising, the team's dream of a new base became a reality with the opening of the aptly named Ogilvie House. Fundraising for the base included the creation of a supporters' club, led by Patterdale chairman at the time, John Scott. More recently, there has been an extension to the base to create storage for the Rigid Inflatable Boat (RIB), Patrick Scotty and, just this year, the purchase of the land on which Ogilvie House is built. 'We amalgamated with the Ullswater Outward Bound team in 1994,' says

current chairman of trustees, John Williams, 'and Steve Howe, the OB team leader at the time, is still a trustee of Patterdale MRT in 2014.' The team currently has over 30 full volunteer members — ranging from a former bishop, doctors, a couple of police officers and several outdoor pursuits instructors, and three probationers — and covers an area of about 140 square kilometres. Their 'patch' covers land around Ullswater in the north-eastern Lake District, including Helvellyn, High Street, Fairfield, St Sunday Crag and the wild beauty of Dovedale and Deepdale as well as the quieter valleys and tops of Martindale and

Riggindale to the east of Ullswater. 'We're very lucky to have plenty of members living within reasonable travelling distance of most of our patch,' says Mike, 'as some of the communities are quite small and the population is sparse. Having something like the RIB makes a big difference too as we can travel across to the lakeside path by the most direct route!' As well as celebrating its half century, Patterdale has also used the occasion to highlight the value of legacies to a small charity such as a rescue team. 'Every team would love to be able to rely on regular donations and sustainable fundraising,' says John, 'and we're hoping we can use the 50 years to secure funding for the future too.'

and recognised for his long and distinguished service to mountain rescue with an MBE in 2010.

MILESTONES

1988: Patterdale team members were among those from across the north of England and southern Scotland who helped search for wreckage from PanAm flight 103 which crashed in Lockerbie in December of this year.

2005: The team attended the Carlisle floods, using its Rigid Inflatable Boat (or RIB) to rescue people and pets and deliver food and supplies to those who stayed at home. Team Land Rovers also ferried fuel to the operation centre for Cumbria Fire and Rescue.

2007: Another significant non-mountain incident grabbed the headlines when team members were amongst those involved in rescuing people after the Grayrigg train crash

2009: A Royal visitor in July when HRH The Duke of Cambridge (or Prince William as he was then) visited base and climbed Helvellyn with a group of youngsters (and team members) as part of the now annual Princes' Charities day. In that first year, this involved MREW, Centrepoint and WellChild.

2011: The Patterdale team was lucky to be

drawn as the 'winner' of a fully kitted-out Land Rover, given as a wedding gift to Prince William and Kate by the manufacturers and then donated to MREW — henceforth referred to as 'the Royal Land Rover' in the wider world of mountain rescue. 'HRH1', for short. As part of the process, Patterdale passed on a vehicle to another team, who passed on one of theirs in turn spreading the benefits as widely as possible.

CELEBRATING WITH FRIENDS OLD AND NEW

The team celebrated its anniversary on Saturday 20 July with a gathering at Patterdale Hall of many of those who've been involved in the team over its fifty years.

To mark the occasion, Steve Pymm, an ex-deputy team leader, shot two rounds from a shot gun — as Mrs Ogilvie (Jame's wife) would do to signal a call-out to team members in the valley before the advent of pagers and mobile phones.

Stephen Gorton (87) was one of several founder members at the event and he still lives in the valley. 'I have to say that I first joined Patterdale MRT as a conscript rather than as a volunteer,' he began. 'I was a close neighbour of Dr Ogilvie and he made sure several of us nearby were drafted into the new team. Today's team may be a

different generation but it's still the same team and Patterdale parish is proud of it.'

In all, three team leaders past and present were at the event as well as several founder members and Christopher Ogilvie, son of the founder. Current leader, Mike Blakey, emphasised in his speech that 'the equipment and technology keeps changing and it's great — as long as it works. But it will always be the people who make the difference and who make the team.'

AVALANCHES THAT STAY IN THE MEMORY

Even with almost 2100 call-outs over 50 years, there are still a few that stay in the minds of those involved for decades to come. One such was a rescue in January 1984 to help survivors of an avalanche in Nethermost Cove.

'Call received from Patterdale Police at approximately 14:50 hours. Two persons reporting a party of climbers avalanched into Nethermost Cove — three possibly dead and the other three seriously injured.'

It turned out the group was made up of Venture Scouts from Cleveland in the North East, aged between 17 and 26 years. Road and weather difficulties meant a helicopter evacuation was

not possible but Patterdale had help from neighbouring teams at Penrith, Kirkby Stephen, Kendal and Langdale Ambleside, rescuing the injured climbers and recovering the bodies of their friends.

an avalanche. Two of the climbers were swept from the top of Pinnacle Ridge, St Sunday Crag, sustaining critical injuries, the other two escaping relatively unscathed.

Summing up the year's celebrations, John Williams

company and numerous B&Bs and hotels who consistently support our fundraising. The team took 31 years to complete its first thousand rescues and yet we're already well past 2000 call-outs this summer. It was good to celebrate



'It was one of my first rescues,' recalls Dave Freeborn, 'and it was a tremendous example of teamwork, both within the team and with medical staff and rescuers from across our region.'

February 2010 saw team members involved in a major avalanche rescue when a party of four were believed to have triggered

said, 'The 50th anniversary was an opportunity to thank our colleagues in mountain rescue across the country for their support, to thank all the partners who work with us such as the Air Ambulance and RAF, the local First Responders and our neighbouring teams, and also to thank our many supporters in the valley, the Ullswater Steamer

our first 50 years but reassuring to know that we're looking good for the next 50 too!'

Top, left to right show: Early rescues, the radio cabin at Deer Howey, an early team practice and James Ogilvie © Patterdale MRT archive. Below: Team members avalanche training in Scotland © Andy McAlea.



The current team with new display stand, outside Ogilvie House © Sally Seed.

LIGHT UP the DARKSIDE



incidents

figures

Apr • May • Jun • 2014

Region and Teams	Incidents	Region and Teams	Incidents	Region and Teams	Incidents	Region and Teams	Incidents
Lake District		North East		Peak District		South West England	
Cockermouth	24	Cleveland	10	Buxton	2	SARA	4
Coniston	9	North of Tyne	3	Derby	11	(Previous quarter: 1)	4
Duddon and Furness	1	Northumberland NP	3	Edale	24	Yorkshire Dales	
Kendal	12	Scarborough & Ryedale	1	Glossop	1	CRO	20
Keswick	31	Swaledale	1	Kinder	12	Upper Wharfedale	2
Kirkby Stephen	4	(Previous quarter: 32)	18	Oldham	4	(Previous quarter: 23)	22
Langdale Ambleside	16	North Wales		Woodhead	3	Search Dogs	
Patterdale	14	Aberdyfi	8	(Previous quarter: 34)	57	Lakes	1
Penrith	4	Aberglaslyn	3	Peninsula		England	6
Wasdale	10	Llanberis	24	Cornwall	7	Wales	2
(Previous quarter: 100)	125	North East Wales	6	Dartmoor Ashburton	1	South Wales	8
Mid-Pennine		Ogwen Valley	27	Dartmoor Okehampton	4	(Previous quarter: 20)	17
Bolton	23	South Snowdonia	4	Dartmoor Tavistock	1	RAF	
Bowland Pennine	1	Snowdonia Nat Park	1	Dartmoor Plymouth	1	Valley	2
Calder Valley	1	(Previous quarter: 64)	72	(Previous quarter: 10)	14	(Previous quarter: 9)	2
Holme Valley	1	South Wales		Brecon	28	Total	417
Rossendale & Pendle	1	Central Beacons	15	(Previous quarter: 20)	57	(Previous quarter: 348)	
(Previous quarter: 29)	29	Longtown	2				
		Western Beacons	12				
		(Previous quarter: 20)	57				

real rescues

JUNE: MAN RESCUED FROM MOUNTAINSIDE AFTER PARAGLIDING CRASH

Longtown team members and an RAF Sea King were called to a hillside in Abergavenny in Monmouthshire when a paraglider crashed in June.

The 23-year-old man from Essex was flying with friends above the Bloreng (reputedly one of the best hang gliding and paragliding sites in Britain) when the crash happened near the top of the hill. He was reported to have sustained serious injuries to his lower legs.

An onlooker, who didn't wish to be named said, 'There was a conspicuous orange flare against the hillside and then I saw the helicopter. I couldn't understand how it would get close to them as the hill is so steep.'

But, of course, it did. Meanwhile — and the reason we include this story here — Steve Nelmes, of Blaenavon, was

walking in the area with his camera and managed to capture the action. It's not often you see the helicopter in action, shot from above, but Steve was in an ideal position to do just that. 'I was just out for a walk. I saw the helicopter go overhead so thought I'd have a wander up.' Thanks to Steve for allowing us to use his images here.



© Steve Nelmes



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Email: martin.dixon@mountain-equipment.co.uk

NEW IN: BUY NOW FOR CHRISTMAS!



This year, we've introduced two brand new Christmas card designs, courtesy of professional photographer Adrian Ashworth, and also reprinted our most popular designs from last year.

Following the runaway success of the Christmas cards last year, we've gone once more, with two new images in the range. We hope you'll agree that 'Christmas Sheep' and 'Sunrise Blush' are as evocative of the winter

mountain landscape as our other designs. The A6-size cards come packed in six of a single design, with white envelopes, for just £3. Teams, as always, can order these at a reduced rate — see the shop for details and to order.)

SEE WWW.ADRIANASHWORTH.CO.UK FOR ADRIAN'S WORK

**in
the
shop**



We've also introduced pale grey polo shirts in both male and female cut with a high quality, soft feel, to add to our Mountain Rescue Supporter range. The polos are an easy-to-care-for 65% polyester, 35% cotton and retail at just £18.

PLATINUM BASECAMP MEMBERSHIP AND QUARTERLY PAYMENTS NOW AVAILABLE

Last year, we introduced Bronze, Silver and Gold Basecamp membership in response to those support members who were keen to add an extra donation to their magazine subscription.

Whatever colour your membership, the benefit to you remains the same – an annual subscription to this quarterly magazine, a supporter badge (either cloth or metal) and a car sticker – but you get the option to donate a little extra to mountain rescue.

The response was heartening and many of our supporters have taken up the opportunity to give a little more. So now we've opened it up further to offer a Platinum membership for £100. You can also now opt to have your payments taken from your bank as quarterly payments, rather than a single annual sum.

CHECK OUT WWW.MOUNTAIN.RESCUE.ORG.UK/SHOP TO SEE OUT FULL RANGE OF MERCHANDISE AND THE SUPPORT MEMBERSHIP OPTIONS AVAILABLE.



WELCOME TO OUR FIRST PLATINUM BASECAMP MEMBER!

Little did Paul Maddox know when he clicked that online shopping basket that he'd be our first Platinum Basecamp member, much less that we'd drop him an email to find out a bit more about him. Paul lives in London — far away from any mountains — so what made him want to support us?

Over the past five years, 42-year-old Paul tells us he has rekindled his love of the great outdoors he was first introduced to in the Scouts, many years ago. In particular he's keen on hiking and orienteering and most weeks will see him heading off somewhere for a long day's march, or for a long weekend further afield exploring in the national parks.

'I chose to support mountain rescue,' says Paul, 'because I admire the work you do and it is great reassurance to know there are teams out there who, when they receive the

call, will go above and beyond to get you to safety should you find yourself in a bit of bother.

'I suppose I've always known about the work of mountain rescue but till now I've only ever donated to individual teams so it's great to find a way to donate to an organisation like yours, looking after all the teams nationally.'

Paul attaches a photo of himself (above) out on the Ridgeway National Trail. Welcome to the club, Paul! And thank you for your support! Hope you enjoy the magazine.

Thanks to all the subscribers, sponsors, suppliers and manufacturers who support us.





THE FALL

Mountain and cave rescuers know only too well what can happen when things go wrong, on the hill or under the earth. And, there but for fortune they continue to enjoy their own adventures, walking, climbing, caving. But every now and then the coin flips. What then? **Jules Carter**, warden and underground controller with the South and Mid Wales Cave Rescue Team, found out the hard way.

JULES CARTER WORKS AS A MUSEUM CONSERVATOR FOR THE NATURAL SCIENCE DEPARTMENT AT THE NATIONAL MUSEUM WALES. HE STARTED CAVING AS A YOUNGSTER AND HAS CAVED IN VARIOUS PARTS OF THE WORLD OVER THE YEARS.

I lie confused, disorientated. The mind is furiously trying to figure out where I am, how did I get here? Involuntary groans leave my body from the shock, pain and confusion racking me. Gradually the thinking clears and I'm looking up. I see the outline of the 40m deep shaft I've just fallen down. A large gaping sphere of blackness in the middle of the light coming off my helmet which is lying just behind my head somewhere.

Amongst the first coherent

thoughts are 'I survived falling down that!'

Next comes the sudden awareness that I'm at the edge of the next pitch in the cave. Quickly my bloodied hands find the rope I should have been attached to, and clip it into my chest ascender.

The next instinct is to establish what state I'm in. Years of cave rescue first aid training kick in and I do a quick self assessment. Remarkably head and back seem ok, but the left leg is

broken, and the right kneecap isn't where it should be.

Fortunately, the right leg can still take weight and I crawl off to somewhere safer to tuck up and await rescue. Soon my mate Pete is sliding down the rope to reach me and finds me sitting on the rope tackle bag on a ledge with my broken leg dangling over the edge to provide some traction. Remarkably I'm in a state worth rescuing.

There is little more I can now do other than keep the pysics

in good shape. I'm broken and will need all the help my friends and the local rescue team can give me. To stay warm I snuggle into the bear of a man that is Pete and prepare to await the rescue. Fortunately, we're not far from a road and I'm almost directly under the cave entrance around 80m above me, and there are no nasty crawls or tight rifts to negotiate!

I've little concept of time. The rescue effort seems to take off remarkably quickly. In what seems a very short time a member of the French team appears along with my good friend Ali. The emotion of seeing each other hits home. I'm alive and talking — not a jellied lump. Tears

Pete keeps checking on me as I'm quiet, but its just me trying to snuggle down and rest. Around me my rescuers are busy preparing to take me to safety. At some point Lisa appears who is one of our cave rescue doctors and also a French speaker so useful to the effort. Lisa has known me for years and taught me much of my first aid knowledge. She also checks me out, amazed at how intact I am considering the distance fallen. She reassures me: 'You're fixable, you'll be ok.'

At some point my French rescuers are ready to haul. I'm guided into the back splint and then into the stretcher, being handled well all the way. When loaded the controller looks at me. Am I ready? 'Allez, allez, allez!' I reply. Then the words 'traction' and I'm off.

Its a single haul rope from the start of the first pitch down to me, no additional lifeline, with regular releasable deviations along the way. There's plenty of space so I'm hauled in a horizontal position (so much better than being hauled vertically), and the haul is carried out using a counterbalance system.

The haul goes well and within 30 minutes I'm at the top. The changeover for the entrance passage is swift and I'm soon out of the cave and being taken to the helicopter. From fall to rescue has taken less than eight hours — much quicker than I was expecting.

I have to wait a short while in the helicopter as the paramedic that comes with it is the one in the cave and also has to be hauled out! However, we're soon on our way to Montpellier University Hospital.

On landing, I'm wheeled to A&E, where I'm quickly taken

to Xray and the CT scanner to have my injuries assessed. My skull, backbone and pelvis get the all clear, but I've fractured the left femur, smashed up my left mid-foot quite a bit, broken the right knee cap into three pieces and have substantial rope burns to both hands.

Those first few days are now a blur in the mind, but I remember the first night being long and slow. I was on 'nil by mouth' waiting for an operation and feeling desperately thirsty, but only being given wet tissue to suck on to wet the mouth.

I had another day and night of this waiting for the operation to pin the femur and wire the kneecap back together. I'd never had an operation before and this became a surreal experience. The initial injections puts you into a vaguely aware conscious state before being taken into theatre and going completely under.

Trying to wake from the operation also becomes surreal. You vaguely come to. Someone checks on you and then you fade out again. This seems to go on for a while, before becoming more aware in a small ward room and finding tubes everywhere. Cannula in the neck and arm, separate painkiller feeds to both legs, and drains coming out of the surgery sites. There's no sleep with this lot!

The French look after me well, but my lack of language skills makes communicating a challenge. Nights are the hardest. My mind is wired from the accident, the room is hot and it's hard to find any comfort. By morning I'm shot, but the auxiliary nursing team come in, clean me, wipe my bottom, change the sheets and basically look after me, after which I feel



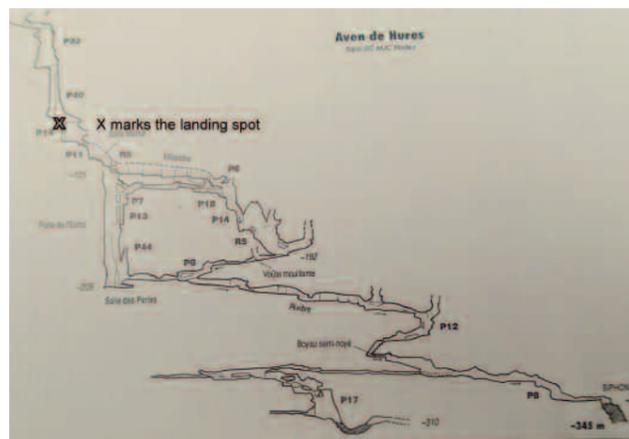
Main image: Waiting for rescue. **Inset:** Map showing the location of the fall. **Top:** Looking up the pitch I fell down. **Middle:** The paramedic from the helicopter preparing me for some morphine. **Above:** Next to Pete, being prepared for rescue.

much better. The sleepless nights continue and I'm becoming more emotionally shot. Sleep is needed and drugs are resorted to!

After a week in hospital, the French doctors agree I can travel and a few days later my insurance cover arranges an air ambulance to take me back to the UK. So begins my stay in the University Hospital Wales in Cardiff. Again I'm well looked after. The injuries are x-rayed again, consultants check the work of the French surgeons (which is apparently very good) and

even the food proves to be pretty good!

After a week in the UHW the specialist consultants review the damage in my left foot. I've mashed a few bones out of existence and it seems likely the foot will heal at an angle. Within 24 hours I'm back in the operating theatre having a plate fitted to stiffen the foot and an external frame to ensure it heals straight. All being well, this has to stay in place for



...turn back to page 6 for MREW contacts

Brief introduction to the British Cave Rescue officers and how to find them...

who?



CHAIRMAN: BILL WHITEHOUSE

chair@caverescue.org.uk
Represents cave rescue with Government, the emergency services, UKSAR and MREW, including fundraising and forward planning. An executive trustee of the Mountain and Cave Rescue Benevolent Fund and chair of Derbyshire CRO.



VICE CHAIRMAN: DANY BRADSHAW

vicechair@caverescue.org.uk
Assists the chairman in his role and represents BCRC at MREW. Currently taking the lead on the team assessment process. He is chairman of SWERA and Warden for Mendip Cave Rescue since 1979.



SECRETARY: EMMA PORTER

secretary@caverescue.org.uk
Currently involved with revamping the BCRC website. Represents BCRC at the British Caving Association and lecture secretary for the national caving conference and the 2015 BCRC conference. Member of MREW forward planning group. Emma is training coordinator of Midlands CRO and member of Gloucestershire CRG.



TREASURER: PAUL TAYLOR

treasurer@caverescue.org.uk
Manages finances and coordinates fundraising and conference secretary for the BCRC Conference. Represents BCRC at the MREW vehicle committee. Paul is chair of Gloucestershire CRG and a member of South & Mid Wales CRT.



TRAINING COORDINATOR: JIM DAVIS

training@caverescue.org.uk
Addresses national training needs and works closely on the team assessment process. Represents BCRC at the MREW training committee. Jim is a member of the Cave Rescue Organisation.



EQUIPMENT OFFICER: MIKE CLAYTON

equipment@caverescue.org.uk
Liaises with MREW regarding the Government grant and runs PPE inspection courses for teams. Represents BCRC at the MREW equipment committee. Secretary of Midlands CRO, he is a member of Gloucestershire CRG.



COMMUNICATIONS OFFICER: JON WHITELEY

communications@caverescue.org.uk
Seeks to enhance ICT for cave rescue and is BCRC rep to the MREW ICT committee and also PenMaCRA comms rep. One of three MREW SARCALL administrators and a rescue controller for Devon CRO.



INFORMATION OFFICER: HEATHER SIMPSON

informationofficer@caverescue.org.uk
Maintains contact details for the fifteen teams. Part of MREW fundraising group and also manages MREW collecting tins from Stratford-upon-Avon — as far as you can get from a cave or mountain! Heather is a member of North Wales CRO and Midlands CRO and a new recruit of the Derbyshire CRO.



LEGAL ADVISER: TOBY HAMNETT

legal@caverescue.org.uk
A solicitor by profession, focuses on pragmatic solutions and believes in communication to ensure legal risk is minimised. If a case requires specialist knowledge outside his area of expertise he can assist in ensuring the right expert is identified.



DIVING OFFICER: CHRIS JEWELL

diving@caverescue.org.uk
Advises on cave diving issues and liaises between the Cave Diving Group and BCRC.

MEDICAL OFFICER: VACANT

medical@caverescue.org.uk
Advises on medical matters and keeps teams aware of medical issues of concern to cave rescue. Represents BCRC at the MREW medical committee and represents BCRC at UKSAR.

Photo © Gloucestershire Cave Rescue.

caves



Finally en route to the helicopter.

the next six weeks and effectively makes me wheelchair bound until the frame is removed. The plus side means I should be able to run again.

So where and how did this accident happen? Sadly almost at the start of our holiday in the Gorges du Tarn region of the Massif Central in France. A whole bunch of families and friends had started to meet up on a campsite in the region. Keen to start caving, some of us decided to do the Aven de Hures, a fine pothole system reasonably near the campsite.

The cave was easy to find, situated near the road in a small village. The short entrance passage quickly led to the first pitch. Our information on the cave was out of date. We were expecting to rig on spit anchors but we found the cave very well equipped with permanent resin anchors. Dispensing with the hangers for the spits I set off to rig the cave.

The resin anchors were very plentiful and it was clear we wouldn't have enough rope and maillons/carabineers to use them all, so I was trying to be sensible on what I used. Despite this, I ran out of rope on the first pitch and

had to tie in the next rope whilst still a few metres off the floor.

Keen to keep going, I rigged the start of the traverse onto the second pitch then dropped the rope down for it, before getting Pete, following me, to give me the rope for the third pitch. This I stuffed in my tackle bag before resuming rigging the second pitch.

I don't remember why I

initially slipped but I remember, prior to the incident, stopping to assess my next steps and sort myself out a bit. I was trying to reduce the bolts I needed to rig into, to save hangers and rope, and I remember I was planning to clip my short safety loop, or cows-tail, into the next resin anchor, and then from there I'd be able to sort the rope for the hang down the pitch itself.

It seems as I went to move the short cows-tail I slipped from my stance, bringing me onto the long cows-tail which was still clipped into another of the resin anchors. That should have been it, but to my horror the snaggate carabiner had twisted round with the gate now lying in the danger position across the bolt. As my weight loaded onto the cows-tail the carabiner unclipped itself.

The click of that carabiner unclipping is still sharp in the memory. I know full well I'm about to fall 40 metres and there is little I can do about it. My shouts horrify my friends — its clear this is no dropped tackle bag.

Some instinct to survive, however desperate, must have kicked in as I grabbed the pitch rope. Despite feeling the rope burning into the hands I must have clung on for a good few seconds. This probably saved me by pulling me against the side of the shaft and meant I fell against the rock for some of the distance taking some energy out of the fall and

keeping me upright, but I only have a single glimpse left in the memory of looking down as I fell.

So — somehow — I've survived this in an injured but fixable state. The road to full recovery will take a while but to have a second chance is truly remarkable. Why I fell, on something technically straightforward, is something I ask myself a lot. It shows accidents can happen, but I was also probably a bit tired and wired from a stressful period of work, and then the rushing to pack and travel to France. No doubt a combination of minor things added up to me not being as aware as I should have been.

Whatever, there is much to take from this. Support from family and friends has been phenomenal, the superb efforts of the French rescue services, Snowcard insurance and the excellent care and expertise of both the French and UK health services. Thank you everyone! I owe a lot of beers... ■



Clockwise from top left: After the foot operation with the exofit frame in place; Staple line after the operation to plate the femur; Staple line on my fixed knee cap; Rope burns to the right hand; Dressing the hand injuries was somewhat challenging!

NEVER HEAD OUT WITHOUT A MAP!

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THE SHAPE
OF THINGS TO
COME... NEW
TRANSPORTER
SET TO SPEED
MOUNTAIN
RESCUE
CLIMBER
AUGUST 1970

The 'Hill Billy' was a single track transporter designed to 'reach spots unattainable by any other tracked carrier' and, in 1970, it was heralded as an innovation set to 'put new power at the disposal of mountain rescue teams'.

Carrying an injured climber in a special stretcher, the transporter could negotiate steep hillsides and traverse forestry ploughing and bogs, and was also effective in snow. Three feet wide, seven feet long and three feet high the Hill Billy could be operated by a team member walking behind, controlling the speed by a throttle mounted on the steering handles. So great was its traction that on uphill work it could 'tow' the driver and any others who grasped the handles.

Efficient engine braking prevented runaway on downhill trips, a low centre of gravity makes it impossible to overturn and a brake was available for parking and emergencies.

Roddy Robertson of Ross-shire, developed the contraption as a means for bringing deer carcasses from the hill (it was capable of carrying four hundredweight's worth) but, we wonder, did any rescue teams ever consider it as an option?

GIS IN SAR RUSS HORE

The term 'GIS' is often loosely applied to any system that displays an electronic map. But GIS can offer much more to the SAR community as I aim to show.



This article discusses some of the systems currently in use with MR/SAR, both in the UK and overseas. I think it is fair to say, many searches in the UK tend to be resolved in a short space of time due to the less remote areas we have in this country, compared to the USA for example.

From my years in mountain rescue, I'd also say that most team members don't want to sit in front of a computer screen and would rather be out in the field. But we still need to know where 'things' (team members, casualties, resources) are and generally this means displaying them on a map.

A major barrier to developing GIS solutions was the cost of the mapping data itself. Thankfully, Ordnance Survey has made much of their data free under the OpenData initiative. This is a huge resource and we're indebted to the OS for releasing this data. It is used in a number of ways within MR and offers huge potential for the future development of MR biased GIS.

COMMERCIAL WEB BASED MAPPING

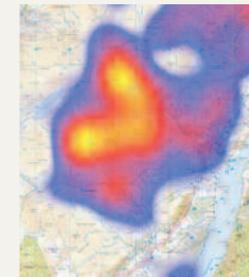
We are all (hopefully) aware of services such as Google Maps, OS OpenSpace, Bing Maps etc. These tools opened people's eyes to what can be achieved in a web browser. Most offer a simple, albeit proprietary, method of displaying the map in a browser (called an API). Most are 'free for use' as long as access to the web page displaying the map is open to the world. As soon as the

developer needs to restrict access to the map (for example, if it contains operational data), there is generally a requirement to pay a license fee. A typical sum would be £5-10k per annum for a restricted number of users. This places a huge financial restriction on developing GIS solutions for voluntary SAR teams.

OPEN SOURCE FREE FOR USE SOLUTIONS

The significant license restriction mentioned above can be avoided by using open source software to develop a free-for-use method of providing the map data. Significant work has already been carried out by MREW in this area to deploy an open source 'map server' that can be used by any MR/SAR team for free. The 'map server' allows development of web-based mapping solutions dedicated to SAR personnel use with just a few lines of code. The 'map server' allows users to request different layers of information using a global standard. These layers could be what we traditionally call 'maps' eg. 1:25k OS data, or any other geographical data ie. team specific information, SARLOC™ hits, GPS enabled radio locations etc.

By choosing the right layers from the map server, applications can be developed for specific needs. For example, the map server can provide a 'heatmap' display of incidents. Overlay this on 1:25k mapping and you get a good indication of 'hotspots'.



The 'map server' can do much more than just deliver layers. Behind the server is a 'best of breed' GIS database. This is much the same as a standard database but has extra functionality to deal with 'where' in the world things are. So where a traditional database can answer the question 'Tell me the name of all the teams whose names start with T?', the map server/database can answer questions such as 'List all the water resources within 5km of the incident'.

MRMAP/MRMAP FOR THE WEB

One of the forerunner applications to use electronic mapping is an application developed by Dave Binks in the Lake District. All rescue teams use radios for communication. Some radio manufacturers sell handsets (the bit you speak into) with an in-built GPS. Every time the radio transmits, it sends its location. This information is captured by the base radio and displayed on a map so the team can see exactly where all its radios are. MRMap automatically polls all the radios it 'knows about' at regular intervals so giving an almost real time display of

how an incident is progressing.

MRMap runs on a standard personal computer. If you are away from your computer, a web-based version of MRMap (MRMap for the Web) can be viewed in a browser on any platform (Mac, Android etc).

SARLOC™

MRMap is ideal for tracking team members but SARLOC extends this capability to the unfortunate members of the public (LostPers) who get lost in our hills and ring the MR team for assistance. There are many application available that can be installed on a smartphone and show you your location, but these rely on the LostPer having the application installed before they get lost. SARLOC uses the web browser installed on most smartphones to locate the LostPer using a simple text message normally to within a few metres. To date,



SARLOC has been used operationally 390 times saving much time in locating LostPers.

QUO/SARMAN

Quo is an application developed by Mapyx. SARMAN is an add-on for Quo and is mainly used during searches to support the search protocol used by

many if not all teams in the UK and beyond. A lot of work has gone into improving the way SAR teams search and (hopefully) locate missing people. It uses statistical data and involves some number crunching to assist search managers to better decide where to deploy resources first. SARMAN simplifies much of the number crunching.

ARCGIS/MAPSAR

ArcGIS is a suite of applications developed by ESRI as a general purpose GIS tool. MapSAR is an add-on for ArcGIS similar to Quo/SARMAN.

MapSAR is a tool that runs with ArcGIS 10 for Desktop to store geospatial information, enabling SAR maps to be generated, stored and printed quickly so teams can get out faster to look for the missing person. MapSAR was created by a team of geographic information system (GIS) and SAR professionals from Sierra Madre Search and Rescue Team, Esri, Sequoia and Kings Canyon National Park, Yosemite National Park, Grand Canyon National Park, and the Mountaineer Rescue Group. The overall goal was to create a tool that would meet the mapping needs of operations and planning staff on large-scale searches.

Add-ons are being continually developed for MapSAR to do specific jobs. One such tool can take data from a number of mobile phone masts and, knowing the area that each mast covers, show the area that all masts can be seen from thus reducing the search area.

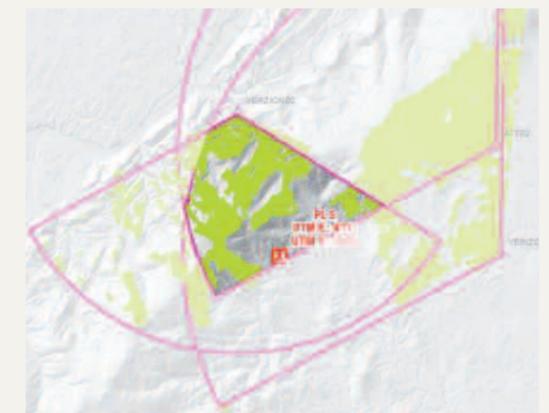
SUMMARY

In my opinion, GIS is underused within SAR in the UK. One of the issues may be the perceived steep learning curve. This can be solved by developing systems that do not rely on the user understanding GIS, systems that just allow them to do what they need in a simple way and hide the complexity. Systems can be web-based, but obviously this requires an internet connection which many teams may not have reliable access to during a call-out. Alternatively, they can be applications that sit on

the base computer or on an operational laptop or tablet and do not need an internet connection.

Commercial tools can be expensive, although companies such as ESRI offer significant cost savings for non-profit organisations.

Free tools often offer all a SAR team would need at zero cost. Combining these with Ordnance Survey, Environment Agency, and other free or low cost data can produce low cost, powerful, SAR-focused solutions. ■



TECHIE STUFF

Ordnance Survey data can be downloaded or ordered on DVD from <http://www.ordnancesurvey.co.uk/innovate/innovate-with-open-data.html>

QGIS is a free multi-platform application for working with GIS data: <http://qgis.org/en/site/>

Combining Postgresql with PostGIS produces a 'best of breed' open source GIS database. <http://www.postgresql.org/> and <http://postgis.net/>

RUSS HORE DEVELOPED THE SARLOC SYSTEM, NOW WIDELY USED IN MOUNTAIN RESCUE. HE HAS A LONG-STANDING INTEREST IN HOW IT SYSTEMS CAN HELP MR FROM A GIS POINT OF VIEW.



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DERBYSHIRE'S HIGH SHERRIFF DOES IT HIS WAY FOR CHARITY



Throughout August and the first week in September, David Coleman set about an epic 220-mile charity walk around the boundary of Derbyshire: 'The High Sheriff's Way'. Naturally, through the walk, he touched base with many of the Peak teams and even got to meet the Lego team! The supported charities were the Peak District Mountain Rescue Organisation, of which David is President, and the High Sheriff's Fund, which supports a number of causes.

Traditionally, each year the High Sheriff raises funds for a charitable cause. In ancient times, local people would 'beat the bounds' of their parish on a regular basis to establish where their boundaries were. David wanted to carry out a modern form of 'beating the bounds' of the county, or his 'bailliwick' in sheriff-speak!

Although Derbyshire is well-served by an extensive network of public footpaths, and some of the county boundary is followed by established paths, there is currently no established 'Derbyshire Round' long-distance footpath, and he aimed to create such a route, to be known in perpetuity as 'The High Sheriff's Way'. The plan was to walk as closely as practicable to the entire county boundary in sixteen stages, starting on Friday 1 August and finishing on Sunday 7 September.

We hope that, in due course, to run the whole story of the trip but you can keep an eye on his blog at

www.derbyshirehighsheriff.co.uk and you can still donate online at bmycharity.com/HighSheriffsWay. At the time of writing, he had raised £6,430.13, plus Gift Aid of £1,041.25.



LEGO TEAM ON THE MARCH WITH THE HIGH SHERRIFF © DAVID O'SULLIVAN PHOTOGRAPHY.

A VERY PERSONAL CHALLENGE: JOB DONE!

RAISING FUNDS FOR NORTHUMBERLAND NATIONAL PARK MRT

Last issue, we reported that Jack Rumis, a member of Northumberland National Park MRT, was about to take on his own, very personal challenge after suffering a stroke.

Jack, a 42-year-old retired Sgt Major, aimed to climb Scafell Pike to raise funds for his team, accompanied by his 13-year-old son, and fellow team member Jamie Patterson.

'His amazing determination and recovery were an inspiration,' said his wife, Victoria. 'Scafell is a personal challenge for him and his way of raising funds for mountain rescue, which he feels so passionately about.'

In September, we heard from Jack, thanking us for publicising news of his challenge and telling us how it all went.

'I am glad to inform you that I successfully completed my challenge of walking up Scafell Pike. The weather was good to us with clear skies and spectacular views, however, it got a bit chilly and windy at the top. We pitched our tents at the campsite at Wasdale Head, the top of Wast water.

An early start of 0530 was to be made so that we could get on our way before the mountain became too busy. The first third of the climb for me was all heart and lungs and slow going, but the climb eased off and we stuck to the easy route stopping every so often to catch our breath and take in the scenery. Once at the top we stopped for breakfast and photos before the knee-grinding descent. The camping and walking were just what the doctor ordered!

'I would appreciate if you could mention a HUGE big thank you to my friend Jeff Maughan and his two sons Charlie and Joe, and my son Jack for helping me reach the summit, and helping me raise £725 for my team.'

Consider it done Jack! Fantastic effort – hope the recovery continues apace!



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Touted as the 'world's toughest mountain bike race', the Tour Divide is a solo and unsupported ultra-endurance race that sees competitors ride 2,735 miles from Banff in Canada to Antelope Wells on the Mexican border in

later discover that 2014 had seen some of the worst weather conditions throughout the history of the race, including blizzard conditions on day one! For five hours the monsoon rains fell, thunder crashed overhead and lightning lit

telling myself, 'wet and warm'. I was camped a short way into the ascent of the Polvadera Mesa and would be riding uphill on a rocky and sandy dirt track for the next five hours. The sun came out for long enough that I was able to

team are among some of the finest, friendliest and funniest people I have ever known. I'd never before (nor since) experienced such camaraderie or commitment to a common goal and was amazed not only by the professionalism and commitment of team members, but by the diverse way in which MR teams are utilised in the UK - 'so much more than mountains!'

I left Wales at the end of 2008 to follow a career opportunity in the Middle East. I was sad to leave the team and wanted to keep a close association. Supporting their fundraising efforts, albeit from afar, seemed the logical answer. While the Tour Divide is not a 'charity ride' it seemed to be the perfect opportunity to try and raise some funds.

Following a failed race attempt in 2013, I dedicated every waking moment in the ten months preceding the 2014 race, to finish what I had started. I got a coach, I put my social life on hold and, if I wasn't in work or training, I'd be immersed in the race maps: Where are the bike shops? What are the escape routes? How far to the next resupply? You could say an element of obsession crept into my life!

I pedalled out of Banff on Friday 13 June with 137 other competitors, leaving my hotel as late as possible to avoid a pre-race chill, as the rain poured and the temperature hovered

around 7°C — far colder than the 45° temperatures I was accustomed to in the Middle East! I almost missed the start of the race, arriving at the very moment the race began.

The air was thick with excitement and nervous tension, a small crowd of spectators cheered and clapped as riders rolled by. I was already soaking wet and I felt physically sick as I entered the Spray River trailhead. There was some nervous chatter amongst



THE TOUR DIVIDE

TONY LITSON ON FUNDRAISING IN THE TOUGHEST WAY POSSIBLE FOR BRECON MRT

On 13 June, Tony rode his mountain bike from Canada to Mexico, solo and unsupported, along the length of the Rocky Mountains (4400km) and he did it to raise funds for Cystic Fibrosis and Brecon MRT.

New Mexico. Racers climb about 200,000ft (the equivalent of summitting Mount Everest from sea level seven times), as the route winds its way along the spine of the Rocky Mountains, closely following the Continental Divide.

The route is unmarked and requires racers to navigate through remote wilderness areas inhabited by grizzly bears and mountain lions. Opportunities to resupply food and water are often over 100 miles apart and competitors can be found in a petrol station, fast food restaurant or under a tree studiously reviewing their race map for the next source of water, food and shelter — with most racers inadvertently develop an encyclopaedic knowledge of the route.

On top of all this, I would

up the valley like a celebrity photo shoot. The deluge found its way into my bivi bag, quickly saturating my lightweight sleeping bag adding to my already dismal sleeping arrangements. I'd been sleeping in my down jacket for extra warmth since my sleeping mat had punctured some 20 days earlier when wild camping in Montana and now served only as ground sheet.

I lay there shivering, somewhere in New Mexico, miles from anywhere, everything soaked. Earlier in the race I'd heard news that two fellow racers had been airlifted after succumbing to hypothermia during the first few days which I had considered to be brutally cold and wet. I knew I had to get back on the bike and pedal hard: 'wet and warm' I kept

dry my clothing one item at a time by hanging it over my handlebars. I considered stopping so I could dry out my sleeping bag but, all too soon, the storm clouds appeared once again. It was 2.00pm and the next town was still 70km away. I had no choice but to keep moving... 'wet and warm.'

But what had brought me to this point? In 2006, aged 26, I moved from rural Devon to even more rural mid-Wales. Work kept me busy and my social life was almost non-existent. I was an outsider in a small town so weekends were often spent alone in the mountains, occasionally joined by my best mate who would drive over from Birmingham to join me for a blast around the Gap or Elan Valley. It was during this time I became aware of the Brecon MRT, after seeing their vehicles parked up in Pont-Ar-Daf car park, just below Pen-yr-Fan.

Late one night, I read the team website and submitted my application to join the very next day, going on to train with them for almost twelve months before becoming an operational team member. Now, I might be biased, but the men and women of Brecon



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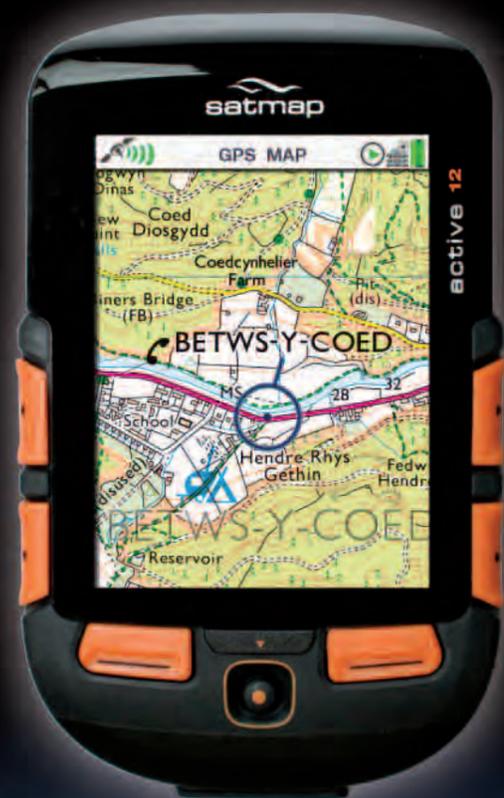
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CARDIFF HALF MARATHON WITH ADDED STRETCHER CARRY

TEAM MEMBERS RUN TO RAISE FUNDS FOR CENTRAL BEACONS MRT

Stretcher-carrying under extreme conditions of a different sort is fast becoming a speciality in South Wales. In June, a group of hardy Western Beacons team members carried a stretcher for an impressive 50 kilometres to raise awareness of their work and the team's 50th Anniversary, and early October saw members of Central Beacons MRT competing in the Cardiff Half Marathon, complete with team stretcher.

And the team's Facebook page reports that, having planned a 'steady pace', the runners managed to complete the race 'an unbelievable two hours eighteen minutes!' Support from the crowd was great and it's not too late to donate at www.justgiving.com/centralbeaconsmrt.

5 OCTOBER WWW.FACEBOOK.COM/PAGES/CENTRAL-BEACONS-MOUNTAIN-RESCUE-TEAM

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some cyclists, while others just pedalled in silence, no doubt wondering, as I was, what the hell they had gotten themselves into.

With a race clock that never stops, I needed to cover 120 miles a day to achieve my goal of finishing in 22 days. I was sleeping only three or four hours a night and suffering cold sweats and, by time I reached Butte Montana (ten days eleven hours) I was ready to quit. The daily mental battle to keep riding was like nothing I'd ever experienced. I eventually compromised and decided not to push so hard — instead of riding seventeen to nineteen hours a day, I'd only ride twelve to fourteen hours. The mid-pack racers were now two days ahead of me and I was a day ahead of riders at the back of the field.

After a final sleep-deprived push of 34 hours, covering 176 miles, 39 days, 5 hours and 41 minutes after cycling out of Banff, I was the 47th racer to arrive at the Mexican border. Only 34% of the riders that rolled out of Banff alongside me made it to the finish this year.

Between my 2013 and 2014 efforts, I raised £750 for the team.

Brecon train every Wednesday night and the next time I'm back in the

UK I look forward to gate-crashing a session to share adventure stories and catch up with old friends in the T'ai'r Bull.

In the meantime, I find myself back in the Middle East struggling to fill the huge void left by the Tour Divide. There is only one thing to do — find the next challenge!

FANTASTIC ACHIEVEMENT BY TONY AND YOU CAN STILL DONATE ONLINE VIA WWW.JUSTGIVING.COM/TD14BMRT.

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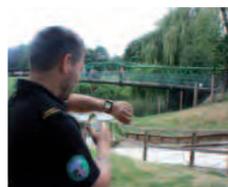
Your technical waterproof gear works hard for you against the elements, but after numerous wears its effectiveness will begin to diminish. Dirt and sweat reduce the Durable Water Repellency (DWR) and breathability of your outdoor clothing, leaving you vulnerable to wet weather. Cleaning your garments with Nikwax Tech Wash and proofing with Nikwax TX.Direct will restore their DWR, increasing their lifespan and keeping you dry and comfortable. Both Tech Wash and TX.Direct are easy to use in a washing machine at home.

If your item is relatively new, it may simply be dirt that is causing it to soak up water. However, cleaning your garments with regular detergent leaves water attracting residue, inhibiting their water-repellency. Nikwax Tech Wash thoroughly cleans your gear and revives DWR. You should be able to use Techwash 4 to 6 times before having to reproof with TX.Direct. This high performance waterproofing develops on air drying, so there's no need to tumble dry!

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VIEWRANGER AND SMARTWATCH AIDING THE SEARCH PROCESS

'Getting out a map and compass on a live search, with a mountain bike or even in a kayak, is somewhat restricted!' explains Duane Hasnip, of Cambridgeshire Search and Rescue. 'But Cambridge innovation is helping us carry out our work more efficiently and with greater ease.'

The ViewRanger app was one of the first in the world to be Android Wear enabled, meaning a range of vital data such as current coordinates, altitude, time, distance and direction, as well as navigation elements if following a route, can be viewed at a glance from the smartwatch.

'I think the Android Wear watches would be of immense use for us, particularly the foot, bike and kayak teams,' concludes Duane, having tested ViewRanger on an Android Wear smartwatch. 'The ability to quickly and accurately communicate a grid reference to search control, record a track and navigate to a waypoint, without the need for a smartphone is outstanding!'

Smartwatches offer a less intrusive way to access time-sensitive information through a quick glance at your wrist and they won't just be useful for SAR teams. Many sports require you to keep your hands free for both safety and enjoyment, but would benefit from having instant access to ViewRanger data. A smartwatch running ViewRanger completely transforms the app experience for these activities.

FOR MORE ABOUT VIEWRANGER, SEE VIEWRANGER.COM.



MISSING PERSON STATISTICS AND THEIR ROLE IN ANY MISSING PERSON INCIDENT

GED FEENEY MREW STATISTICS OFFICER, DAVE PERKINS & PETE ROBERTS

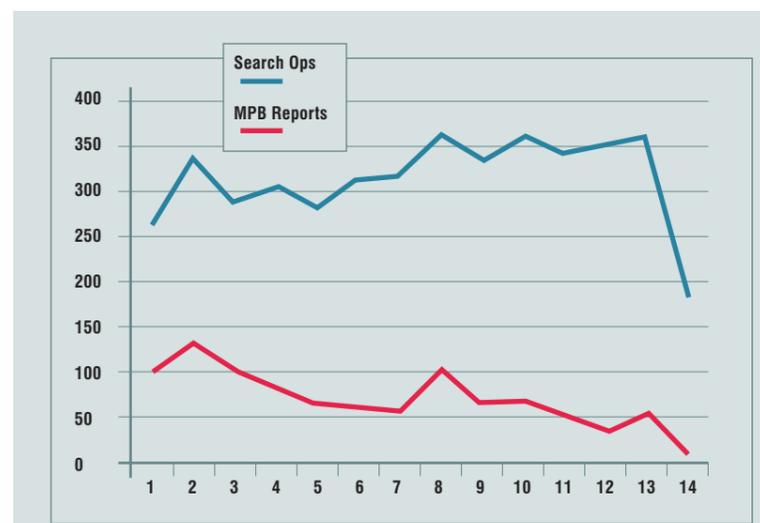
The authors have been collating data about missing person behaviour since 2000, gathering information from teams around the UK. Recent years, however, have seen a fall-off of data provided. They explain why they believe continued research to be important.

We believe the use of these statistics will have a central role in any missing person incident and will be routinely used in search management training. It is hoped that within MREW the UK Missing Person Behaviour Study (2011) will also have a prominent role. The statistics are derived from data provided by, in the main, mountain rescue teams within MREW and are freely available at the websites shown at the end of this article.

However, statistics are only as good as the data provided and the more data we receive, the more reliable and robust the information in the study. It also means we can interrogate subsets of the data to provide further useful information for search management planning.

We have been disappointed with the growth of the study as shown in the graph (right).

The data sent to Ged for the missing person study does not correlate with the number of missing person incidents reported and if we refer to the chart (below) we can see that the situation is getting worse. The percentage number of reports has shown a steady decline from a high of 40% in 2002 to just 15% last year and 2014 does not look to be any better.



THE PERCENTAGE NUMBER OF REPORTS HAS SHOWN A STEADY DECLINE FROM A HIGH OF 40% IN 2002 TO JUST 15% LAST YEAR, AND 2014 DOES NOT LOOK TO BE ANY BETTER.

This situation is a pity as this is your study, for your use and probably the largest on-going contemporary study of its kind in the world. Back in 2000 when we started the study we were cognisant of Bill Syrotuck's observations that there is no substitute for statistics derived from local data. At the time, in the mid-1970s, Bill was a leading light in the development of search management processes and in the UK we were reliant on US data. We believe his observations stand good today in 2014.

Reporting for the study is incorporated into MREW incident reporting procedures — which we believe are simple and straightforward to use — and does not make big demands on time. If you do report regularly then thank you but if not can we urge you to do so — your report now might help a missing person in the future. Ged is happy to receive backdated reports and to answer any questions about the process, or help solve any problems you might have.

For those who are interested, we intend to look critically at the study at the forthcoming 'Incident Management – Managing the Initial Response' course run by The Centre for Search Research (TCSR) in the North-East, in November (full details can be found at www.searchresearch.org.uk).

Author of SARMAN, Steve Wood of Mpyx Ltd will be joining us to look at the use of missing person behaviour statistics alongside SARMAN, and to introduce his latest Misper software. This will be your chance to have a say in shaping this most useful and valuable search planning tool.

THE 2011 UK MISSING PERSON BEHAVIOUR STUDY CAN BE VIEWED AND DOWNLOADED FROM THE PUBLIC-FACING SIDE OF WWW.MOUNTAIN.RESCUE.ORG.UK, UNDER 'SEARCH PLANNING', ALONG WITH A RANGE OF OTHER RESOURCES FOR THE SEARCH MANAGER. IT IS ALSO AVAILABLE AT WWW.SEARCHRESEARCH.ORG.UK.



THE USE OF MEDICINES IN MOUNTAIN RESCUE ENGLAND AND WALES

MIKE GREENE MREW MEDICAL OFFICER

Mountain Rescue has the privilege of administering a range of medicines. This is the result of amendments made to the Medicines Act and a Licence for Controlled Drugs which is held by the Medical Officer on behalf of MREW. These arrangements enable team members, who hold a current MREW Casualty Care Certificate, to treat casualties in the remote setting of mountain rescue at times when other health care professionals may not be able to access the scene and provide care.

Medicine	Episodes Used 2 years
Morphine	140
Diamorphine	43
Fentanyl	20
Ketamine	6
Paracetamol	55
Co-codamol	6
Codeine phosphate	17
Ibuprofen	22
Diclofenac	62
Buccastem	11
Metoclopramide	6
Ondansetron	7
Cefuroxime	2
GTN	6
Aspirin	10
Salbutamol	2
Glucagon	4
Glucose Gel	13
Adrenaline	1
Midazolam	3
Naloxone	1

The use of medicines was reviewed over a two-year period (2012-2013) using the MREW database in order to establish how these arrangements are currently used for casualty care and to inform the review of the 2014 Formulary.

There were 455 episodes of the use of medicines in two years. All medicines in the Formulary (Drug List) Group 1 and Group 2 were used with the exception of Ipratropium (used in asthma).

ANALGESIA

The most frequent indication to administer a drug was analgesia with 371 episodes of use. Six were for chest pain, the remainder for relief of pain in trauma. An opiate was used in 203 episodes. Where data has been recorded we know that the route of administration for the opiate was:—

Intravenous (IV): 80
Intramuscular (IM): 22
Intranasal (IND): 27
Fentanyl Lozenge: 20

Comment: It is encouraging to see that 54% of these cases received IV opiate which is in keeping with ICAR guidelines¹. There remains a significant (15%) who received IM medication. The use of IND (18%) is encouraging but perhaps smaller than expected from the interest shown at the time of the Analgesia Study² and the positive benefits which that demonstrated. Analysis shows pockets of adoption with North Wales embracing the technique most widely. IND has been used in five regions. There is mounting clinical practice in mountain rescue and its use is to be encouraged.

The use of Fentanyl Lozenges remains confined to three teams. Whilst this continues to show promise the clinical practice experience is limited and must be monitored at a local level by suitably experienced clinicians.

The database does not allow us to have a clear picture on when we have failed to administer

analgesia when this may have been appropriate. However, the number of fractures and significant injuries reported are significantly more than the episodes of analgesic use.

ANTIEMETIC

The most frequently used drug was Buccastem (11), with Metoclopramide (6) and Ondansetron (7) being used thirteen times.

Comment: Buccastem has found acceptance in practice although it is noted all episodes of use were in one region (LDSAMRA). Ondansetron is a versatile drug in acute medicine which is used by two teams (EDMRT, WMRT) who have active doctors. The number of episodes when compared with opiate use suggests a selective use of anti-emetics with such drugs which is keeping with good practice.

ANTIBIOTIC

Two episodes of use one for a compound fracture, the other a 'deep laceration'.

Comment: For the 2014 Formulary review expert opinion was taken from two microbiologist (one with experience in military medicine). On balance, the recommendation is to remain with Cefuroxime. Note that it is good practice to administer an antibiotic when a compound fracture is present.

GLUCOSE GEL

Used thirteen times, most often to provide a ready source of energy and only once for a

diabetic. In most cases therefore another source of readily available high 'sugar' food could be substituted for a gel.

GLUCAGON

Used four times in two patients. One was a diabetic who had a low blood glucose, the other for 'non-specific illness'.

ADRENALINE

Used once in cardiac arrest. There was no recorded use for anaphylaxis. It remains available in the Formulary for its essential role in supporting patients with life-threatening emergencies.

NALOXONE

Only used once and this was for a deliberate overdose. There were, therefore, no recorded episodes where it was required to reverse opiate analgesia. This might be a reflection of the 'safety' of opiate use in MR but the variable nature of reporting would make this a claim which cannot be based on evidence.

MIDAZOLAM

Used three times. Once for fits and twice IV as part of conscious sedation for joint reduction.

ASPIRIN AND GTN

Used in cardiac emergencies ten and six times respectively.

SALBUTAMOL

Used in one asthma attack and two other episodes of 'difficulty in breathing'. The latter two patients were > 60 years raising the possibility of alternative diagnoses.

MEDICINES USED 'OUTSIDE THE FORMULARY'

Ibuprofen was used by some teams in preference to Diclofenac. Given the concerns about the side effect profile of Diclofenac since the publication of the previous Formulary and the responsibility of MREW to maintain the safest medicines policy for patients and non-professional casualty carers, the decision has been made to change Diclofenac to Ibuprofen. There is no significant difference in its analgesia properties in the acute situation.

Analysis of the 'off-list' group suggests there are no outstanding omissions in the formulary which teams would wish or need to see included.

COMBINATION ANALGESICS

These have been used in six episodes which appears to be a team preference.

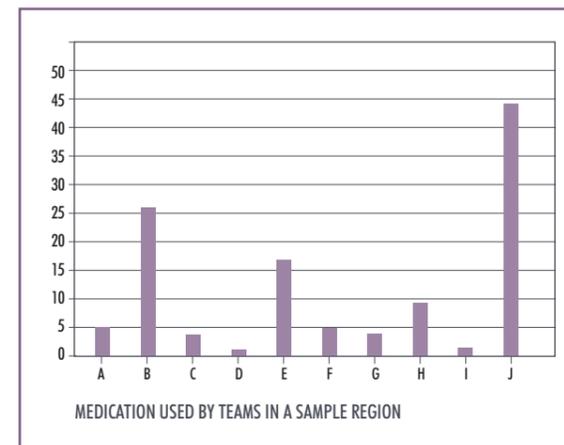
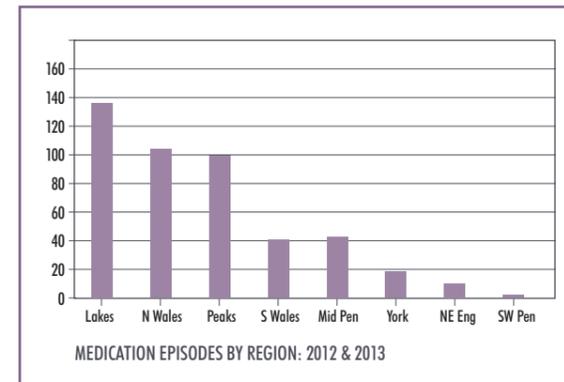
Of note is the use of codeine phosphate on seventeen episodes. Codeine alone, or in combination with paracetamol, has a role as part of a combined analgesic strategy.

Consideration was made to reintroducing this into the formulary this year, however, the current list provides for the needs of most individuals and has the merit of simplicity.

MEDICINE USE IN REGIONS AND TEAMS

The use of medicines occurs across all regions but with wide variation.

Individual teams differ in the frequency of drug use. However, even in regions the variability is not accounted for by workload or case mix. This would suggest that some common problems such as analgesia for trauma continue to be managed in a variable manner. Whilst some



teams are confident adopters of analgesia techniques, others are less so.

Comment: The limited data available does not allow detailed review of drug use at team level. It would be useful for each team to audit its medication use against the indications for drugs and the cases treated over a period of time.

THE QUALITY OF DATA

This review has been taken from the MREW database. There were some apparent anomalies in the analysis of data which suggest that not all teams are completing the MREW database and entering all their

use of medicines. This is part of the Clinical Governance process and as an organisation we all have a responsibility to monitor and ensure that the privilege we have to use medicines is used responsibly.

The new 2014 Formulary is available on the MREW website in the medical resources section. ■

¹ Ellerton J, Milani M. High Altitude Medicine Biology, 2014; 15, 1, p 9-14.

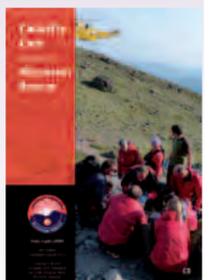
² Ellerton J, Greene M, Paal P. The use of analgesia in mountain rescue casualties with moderate or severe pain. Emerg Med J, 2013; 30, p 501-505.

'CASUALTY CARE REVISION IN MOUNTAIN RESCUE' 4th EDITION NOW AVAILABLE

Thanks to Andy Caple, and Langdale Ambleside, an updated version of this handy little book is now available. MREW affiliated teams can obtain free copies from andy.caple@gmail.com (other MR and SAR teams, cost price of £3, including postage).

Casualty Care Revision in Mountain Rescue is an aid for the learning and revision of essential skills in preparation for the Casualty Care certificate and life as a mountain rescue team member. It began with Andy making his own notes and observations from John Ellerton's definitive textbook. Before long, he was sharing these with team colleagues about to embark on the exam and an idea took shape. Having recently received a bequest, Langdale Ambleside team decided to do something for all of mountain rescue as well as looking after its own team interests and offered to give a copy of the book (normal retail price £8) to every member of every team under the MREW banner. Says Andy, 'I hope it's as useful to others as it is to me. It is not intended as a substitute for any book, training session or other learning process but as a complement to a wide variety of learning materials, literature and situations.'

Printed on waterproof paper, so very durable, it's bound on a neat spiral metal ring so the pages can be easily folded back on themselves making it easy to read and put down without closing. As with previous editions, to take advantage of this offer please email Andy with your team name, how many copies you need, and a contact name and postal address for delivery.





AMATEURS IN THE HIMALAYA

A HANDFUL OF IDEALISTS TRY TO ADD TO THE SUM OF HUMAN KNOWLEDGE

Until a few years ago, **Jean Turner** was a surgeon in the NHS. Then retirement allowed her to indulge a personal interest in the mountains and in expedition medicine. But how on earth did she find herself actually organising a medical research expedition to the Himalaya?

An almost serendipitous introduction to first rock then ice climbing, and perhaps a tendency to optimism, triggered a high-altitude enthusiasm which in turn led to various 4000m Alpine peaks and Kilimanjaro, among other adventures. Next step was an attempt on Aconcagua (6960m) by the Vacas route, with the secret hope of tackling the Polish Glacier. With a good fitness level and freedom from any previous significant altitude effects, I anticipated no problem with an additional 1000m, but the compulsory medical examination at base camp (4200m on our route) revealed my blood pressure had risen significantly but not alarmingly. And, after a camp-carrying return visit to 5000m on the second acclimatisation day, the duty doctor and I were horrified to find it consistently settled, despite his medication, at 215/115, compared to my normal 100/60. Everything else

was normal and I was feeling totally well and energetic, yet I had to admit that this blood pressure level was potentially dangerous. Any reader of this magazine can imagine my frustration as the group departed for the summit without me. The experience naturally prompted questions to altitude medicine experts, who assured me that BP is known to rise in some individuals at altitude, but is not thought to be clinically significant. Indeed one adviser to a major trekking firm told me that experts were trying to deter the Aconcagua doctors from measuring it, since they might be causing trekkers to waste money by turning back unnecessarily. Wondering whether anyone had reported such an extreme BP rise as mine, I embarked on an extensive online literature search, and one of my first finds was an Altitude Symposium organised by The

Lancet in 2003. The leaders' summing-up recommended that future studies should 'observe the complete time sequence of changes that occur in response to hypobaric hypoxia.' A few researchers had responded in part but did not include BP measurement, and a handful had used ambulatory blood pressure monitors (ABPMs), but none in a normal adventure holiday situation. All attempts to interest the real professionals in filling this research gap failed, and I had to accept I must be mistaken about its importance. Then an American friend of a friend died on Cho Oyu (8200m). Having reached the summit with no altitude problems and with an expert guide, he died in his sleep at the first camp on descent. Autopsy in the US cited brain haemorrhage from a small vascular weakness — for which very high blood

pressure is a recognised risk factor. Firth's review of deaths above 8000m on Everest 1921-2006 showed 70% occurring during descent from the summit or from turnaround close to it, but most bodies remain on the mountain and a precise cause of death is therefore unknown. Could there be a link to the shock tragedy on Cho Oyu? Concern was renewed and a weekend Expedition Symposium at Plas y Brenin suggested that it might even be possible to arrange further research myself if nobody else would. And, indeed, nobody would and no-one was encouraging. One expert advised that there was a vast range of complex, highly scientific research in progress (I knew that — I'd been reading it), and there was no longer any room for amateurs in this field. Still it seemed that simpler investigations had not all been covered; more and more people are taking high-altitude adventure holidays, and one of them had just died... and as my husband put it bluntly, had the doctors not checked my BP on Aconcagua, I might be dead too. Planning began. The medical side I could design, but such

an expedition had to be safe and I had never been to the Himalaya. From various trekking companies, I selected KE Adventure Travel, whose extensive Himalayan experience qualified them to help select a route with the necessary very gradual ascent from modest altitude through to extreme altitude. They arranged to lead us as a private group from Jiri Bazaar at 1800m over sixteen days to Mera Peak at 6476m. Funding was the next priority, as I hoped to recruit at least 40 volunteers. Being no longer attached to any university or NHS department, and aware of financial recession, I spent months sending my carefully-prepared research proposal document to every medical, commercial, mountaineering, charitable or national body which might conceivably be interested in helping and answered many further queries, ultimately to no avail. So, scrap the whole idea? But by now many friends, both medical and mountain-going, were encouraging, KE was offering its discounted group rate and Summits, Montane and Berghaus had offered discounted gear. With some trepidation, I embarked on recruitment. Friends from the Great Outdoors Challenge (a superb annual event which demands appropriate skills) and from Mountain Leader Training were among the first to volunteer; others came from the KE website, from a notice in the Cotswold store in Edinburgh, and by word of mouth. One, to my relief, was another doctor. All read the research proposal and signed informed consent for tests, and ethical clearance was obtained. Eventually we had fifteen volunteers, keen to get on together and make the project work. Despite having insufficient numbers for statistically

significant comparative research, a preliminary study seemed justified. Our two KE trek leaders allowed inclusion of their data where appropriate, giving seventeen participants in total, with a 9:8 split on both age (over/under 50) and gender. A few personal friends helped with donations towards purchase of medical equipment. Medical instruments had to be lightweight and low bulk (ie. digital), reasonably inexpensive and powered by replaceable batteries. They also had to be tested for accuracy, operator independence and timing in use, and calibrated where necessary. We took at least two of each. An eleventh-hour bonus was the offer by Spacelabs UK of free loan of three Ambulatory Blood Pressure Monitors (ABPMs), which were otherwise prohibitively expensive: two volunteers wore these each day, the third being reserved for checks as necessary. Each volunteer also carried a Lake Louise Score Sheet to record any symptoms of altitude sickness as they arose. The plan was to monitor heart rate, blood pressure (BP), oxygen saturation, respiratory function and core temperature on most days throughout our gradual ascent. I designed a timetable and record sheets for results. It sounds straightforward — how naïve I was! Clinical measurements must, of course, be taken in similar and reasonably comfortable situations. Ditch the ideal timetable, for a start: readings must be scheduled according to terrain, weather and circumstances. Fortunately, two participants were carrying accurate altimeters, recording and cross-checking altitude hourly so we could relate all clinical data to the altitude at which measurements were taken.

Clinical testing exclusively by the two doctors proved too time-consuming to fit with the Sherpa-led schedule, threatening a stress-filled trek for the medics, but an early period of instruction and checking demonstrated that any of our volunteers could produce just as accurate and reproducible results as we could. At about 4500m, despite our optimal acclimatisation schedule, altitude symptoms began to appear, participants turning around at various levels, so we no longer had enough instruments to cover all groups. We were, however, able to use the ABPMs on a few additional days, which proved important. Several of our findings are potentially useful to the mountain community. **MEASUREMENTS** The ability of all our non-medical volunteers to share the load of taking clinical measurements was tested and confirmed. This might be valuable not only for research, but also to enhance safety on adventure holidays: some trekkers already carry fingertip oxygen saturation monitors, which also check heart rate, and perhaps others should be encouraged to do so, including trek leaders. **ACCLIMATISATION** Altitude sickness is notoriously unpredictable and variable, both between individuals and in the same individual at different times, and symptoms have been reported as low as 2000-2500m: what is well known is that the single most important determinant is speed of ascent. With our very gradual net altitude gain, although no-one took preventive medication, there were no altitude-specific symptoms in the entire group until around

4500m. A possible drawback of this is that the long walk-in involved many long ascents and descents, with no rest days (thanks to a route alteration), rendering everyone perhaps more vulnerable to general weariness and minor respiratory infections. But we certainly confirmed the advantage of not rushing for the summit (Figure 1). **OXYGEN SATURATION** Our results confirm other reports of individual variability even without symptoms, of a consistent drop in level with increasing altitude, and of the possible predictive value of a drop early in the ascent. What is striking is that all our participants, without exception, show a sharp drop in oxygenation at altitude 3500-4000m, still without symptoms. Small though our numbers may be for statisticians, when all without exception are involved, this surely must be noteworthy (Figure 2).

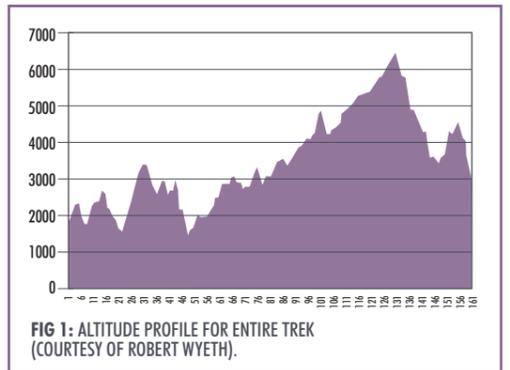


FIG 1: ALTITUDE PROFILE FOR ENTIRE TREK (COURTESY OF ROBERT WYETH).

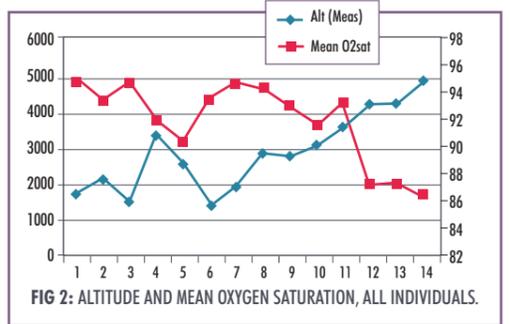


FIG 2: ALTITUDE AND MEAN OXYGEN SATURATION, ALL INDIVIDUALS.

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1. Basnyat B, Murdoch DR. High-altitude illness. *Lancet* 2003; 361: 1967-74.
 2. Firth PG, et al. Mortality on Mount Everest, 1921-2006: descriptive study. *BMJ* 2008; 337: a2654.
- Full details of the expedition, including many additional graphs and extensive list of references, will shortly be available online: information from the author: jmacraetumer@btinternet.com.
- This article was first published in *The Professional Mountaineer*.

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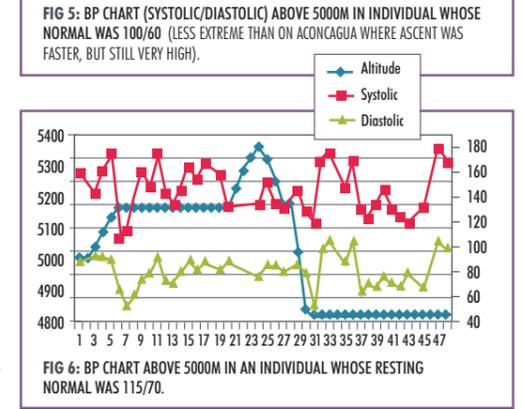
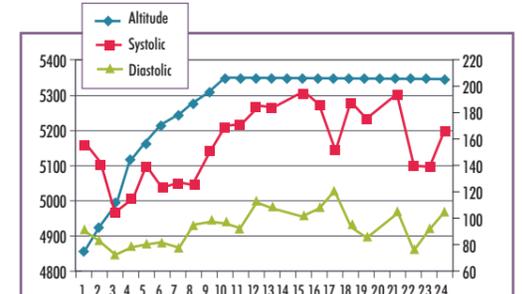
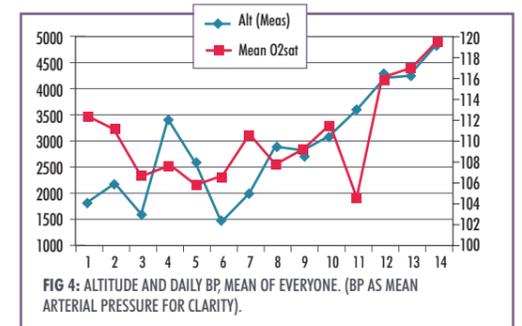
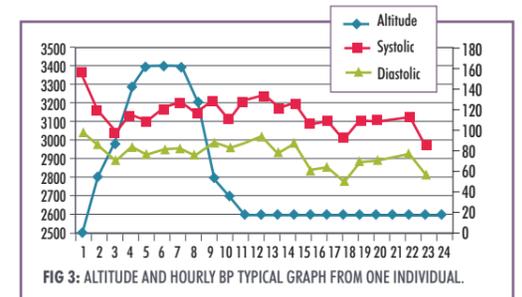


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BLOOD PRESSURE

Our records on both daily checks and hourly monitors showed no direct effect of altitude on BP below 3500-4000m, which we also attributed to our acclimatisation profile, but there is then a dip (due to the initial physiological mechanism) followed by a move upwards to settle at a higher level than previously (Figure 3 & 4).

Note the similarity in timing between the oxygen saturation and the BP changes in the group.

Is there a critical altitude at 3500-4000m, below which physiological effects of altitude can be prevented by sufficiently gradual ascent, and above which changes are inevitable, variability arising from the individual physiological response to such changes? Quite recently, a healthy 28-year-old died after ascent to 4200m, simply because no-one recognised the severity of her personal response to altitude.

BP AT EXTREME ALTITUDE

Above 5000m, we have hourly blood pressure records for only two individuals: in a third person, the monitor failed. But these two should perhaps ring alarm bells in the mountaineering community. Both had previously normal levels, but here — despite the long acclimatisation — both showed levels which in normal life would cause concern, and in both cases the maximum BP was delayed for a few hours after the maximum altitude reached, and persisted or recurred for several hours thereafter, despite rest and descent (Figure 5 & 6).

Neither individual had any specific symptoms of altitude sickness or indeed anything to cause concern. Could this delayed effect and lack of warning have implications for extreme-altitude mountaineers, and indeed for the hundreds who attempt Everest or other extreme-altitude adventures? Rather than discouraging doctors on Aconcagua from

checking BP, perhaps the authorities should be advising those elsewhere to follow suit, at least until more is known.

FINAL THOUGHTS

I have no wish to make exaggerated claims for the science of this small expedition. The hope is that someone with access to proper funding may extend the use of ambulatory BP monitoring at extreme altitude, to ascertain whether there is indeed a 'silent' risk here. And I would like trek leaders, and indeed trekkers themselves, to be aware of the need for particular vigilance as soon as an altitude of 3500-4000m is approached, in the hope that tragedies such as that mentioned above can be prevented.

Was the expedition worthwhile? Indeed it was: I met amazing, positive people to all of whom I am immensely grateful. We all had a wonderful, interesting holiday, and friendships were made and cemented. Would I do it

again? With hindsight, it's easy to say 'no' and admit that the real professionals were probably right to discourage me. The two years spent at the computer on preparation, organisation and data analysis, rather than out in the hills were sometimes a form of torture. And yet I think I would. One thing's for sure, I'd never have forgiven myself if I hadn't. ■

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NEED AN OUTLET FOR YOUR OLD ROPE? THIS JUST MIGHT APPEAL...



RESCUING THE MULE

Whilst mountain rescue teams in the UK fuss over their 4x4s and people carriers, rescuers in the remote High Atlas of Morocco have an entirely different method of transportation to take care of: the mountain rescue mule. **Glen Cousquer**, an International Mountain Leader who specialises in trekking and wildlife work in Morocco, Scotland and France, explains why they need your old rope.



Figure 1: Mules are often called upon to carry members of a party who become injured, sick or are otherwise unable to walk.

THE MOUNTAIN RESCUE MULE

In the remote High Atlas of Morocco and many other mountainous regions of the world, the mule is heavily relied upon as a means of transport. Narrow rocky paths, vertiginous drops and high cols are all grist to this mill. And yes, mules grind corn too (providing their teeth are in good health) so the metaphor is not inappropriate!

When accidents occur or when a member of the party cannot continue under their own steam, the mule is called upon to carry the casualty. As such they are a precious auxiliary of the mountaineer and of expedition teams.

Mules evacuate casualties on their own backs. Usually this will mean sitting the casualty on the back of the mule (Figure 1). I, myself, remember how, in 1995, wracked with stomach cramps and the associated chills, pain and fever of an attack of some Moroccan gastrointestinal complaint that cumin just did not touch', I was forced to succumb to the ignominy of finishing a trek on the back of a mule.

The British, French and a number of other armies around the world developed stretcher systems that allowed their casualties to be evacuated from and to dressing stations and beyond.

A THANKLESS SERVICE

These hard-working animals render valuable service but they can hardly be said to be rewarded for their hard work and loyalty in the face of danger. Many expedition mules are denied adequate grazing on expedition, receiving only a ration of straw and barley and

then left tethered in the sun (and then all night) to suffer the flies and frustration that is their lot.

Tethering itself causes frustration and, perhaps more worryingly, leads to rope burns and chronic injuries that can even affect the deeper tissues (Figure 2 and 3). Open wounds are not uncommon and leave these animals vulnerable to infections including tetanus.

A CALL FOR YOUR OLD ROPE

The work, I have been undertaking in Morocco over the last six years, as instructor at the national guide training school, as a consultant for the Donkey Sanctuary and as a researcher based at the University of Edinburgh, has focused on trying to understand animal welfare issues within the mountain tourism industry better.

The cotton hobbles distributed by SPANA, one of the charities I have collaborated in Morocco, are of no use to the muleteers of the High Atlas. They need to tether their mules and are not interested in hobbles or anything as short-lived as cotton. I have therefore had to

develop an alternative that retains the strength of the locally available plastic ropes but does not cause trauma when used.

In collaboration with various partners and by working closely with local muleteers, we have finally produced a tether that works and is widely accepted. The plastic

users of climbing rope with a way to retire their ropes! Indeed, you are invited to recycle your ropes by arranging to donate them to the Donkey Sanctuary's appeal for old rope.

So please help rescue these mules from tethering injuries by donating your old rope. ■



Figure 4: A climbing rope tether is constructed by creating a double loop of rope, knotted at one end. The knot allows the tether to be closed securely when passed into the loop. This means the tether is closed and opened without having to tie any knots. The knot simply has to be squeezed through the loop. The leather sheath produces additional padding and protection.

rope has been replaced with climbing rope that does not fray and is long lasting. This can be fashioned into a double loop that is sufficiently wide not to scissor into the skin (Figure 4). This in turn can be covered by a leather sheath that is prepared locally by the women's cooperative in Imilil.

This solution also allows us to provide mountain rescue teams, mountaineering clubs, climbing walls and other

Acknowledgements: I am indebted to Stephen Blakeway and Chris Garrett of the Donkey Sanctuary for their advice, support and encouragement over the years. I would also like to thank Susan Gould, Brahim Ait Tadrart, Mike McHugo, Professor Hassan Alyakine and the staff and students of the CFAMM for all their input, suggestions and many contributions — all of which have helped in developing this solution.



Figure 2 (left): Tethering injuries are to be found in almost every mule in the High Atlas. Destruction of the pigment cells that colour the hair results in white lines forming where burns have been inflicted. Full thickness burns will not see the hair grow back. Figure 3 (right): Both fresh and chronic tethering injuries can be seen around both pasterns in this mule. These are sadly common in mules in Imilil and across the High Atlas.

FURTHER INFORMATION IS AVAILABLE FROM THE DONKEY SANCTUARY WEBSITE:
WWW.THEDONKEYSANCTUARY.ORG.UK/BLOGS/GLEN-COUSQUER

A REVIEW ARTICLE ON ROPE BURNS IN EXPEDITION MULES IS ALSO AVAILABLE FROM:
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MELTING GLACIERS LEAVE THEIR MARK

JOHN GORDON

The previous article (*Mountain Rescue Issue 45*) described how glaciers eroded the mountain landscape and excavated large amounts of rock during the course of successive glaciations. What happened to this eroded debris? Much of it was transported away by the ice sheets as they flowed towards the coast and out across the continental shelf to the north and west and the floor of the North Sea to the east. However, as the last ice sheet melted and retreated on to the land and back into the Highland glens around 15,000 years ago, it left behind large amounts of rock debris, some of which was reworked by the huge volumes of meltwater released by the melting ice. The later mountain glaciers of the Loch Lomond Readvance (12,900 to 11,700 years ago) also formed the extensive moraines in many glens and corries that so

The last stages of the Ice Age have left their mark upon the Highlands in a form hardly less fitted to impress the imagination than that of the great ice sheets.

Archibald Geikie (1887)

impressed the imagination of the eminent Scottish geologist, Archibald Geikie.

GLACIAL DEPOSITS

Debris eroded at the bed of a glacier may be transported either frozen into the basal layers of the ice or dragged along underneath. The fragments of rock are ground down where they come into contact with other particles and the bed itself. They lose their angular shape, and a fine rock 'flour' is produced. Unsorted rock debris transported and deposited directly by a glacier is called 'till'. Till is formed and modified by a range of processes at the glacier bed including lodgement (where the debris is plastered on to the underlying surface when the glacier is no longer able to drag it forward), melt-out and deformation by the moving ice. Such 'traction till' formed at the glacier bed typically consists of

stones and boulders in a matrix of sand, silt and sometimes clay. It is highly compacted and contains sub-angular shaped stones that often have striated surfaces. Till forms a variable cover on the lower slopes of Highland glens and can often be seen exposed in sections along river banks or in forestry road cuttings (*Figure 1*).

At the margins of a glacier, till may be formed into mounds or ridges, known as 'moraines'. End moraines are formed by the dumping or pushing of debris at the front of a glacier and they often continue along the valley sides as lateral moraines. Recessional moraines are formed during glacier retreat and appear as ridges or alignments of moraine mounds. Where the glaciers flowed in valleys with cliffs along their margins, rockfalls also contributed debris that was carried at or near the glacier surface as medial moraines or

lateral moraines. Such moraines generally comprise coarse, less compacted debris and have few striated stones.

The Loch Lomond Readvance glaciers (see article in *Mountain Rescue Issue 39*) produced many striking end and lateral moraine ridges that can often be traced over several kilometres in the Highlands. Excellent examples occur at An Teallach (*Figure 2*), Loch Glascarnoch in the Fannichs, the north end of Loch Treig, Beinn Dearg west of Shenavall, and in the corries above Glen Brittle on Skye. Many other good examples occur in Glen Oykel south of Ben More Assynt, and in Glen Carron. In several of the corries in the Cairngorms (eg. Coire Bhrochain, Coire an t-Sneachda, Coire an Lochain and Coire nan Clach) and on Lochnagar, the moraines take the form of bouldery ridges or spreads of boulders on the corrie floors (*Figure 3*). Where the glaciers in the Southern Highlands extended into the Midland Valley, they formed large end moraines around the southern end of Loch Lomond, at the Lake of Menteith and at Callander. In the Southern

Uplands, small Loch Lomond Readvance glaciers formed end moraines at the Tauchers and Loch Dungeon in the Galloway Hills and at Loch Skeen.

The former presence of Loch Lomond Readvance glaciers is often indicated by 'hummocky moraine' (not to be confused with drumlins which are small streamlined lowland hills formed subglacially). This sometimes appears as a chaotic form of mounds when seen on the ground and is reflected in local place names such as Coire a' cheud-chnoic ('Corrie of the Hundred Hills') in Glen Torridon and the Valley of the Hundred Hills at Glen Fuaron on the south side of Glen More on Mull. It is also very well displayed elsewhere in Wester Ross and at Sligachan on Skye, over large areas of Rannoch Moor, along the A9 in the Pass of Drumochter and in Coire Ardair at Creag Meagaidh (*Figure 4*). When viewed from above or on air

photographs, the hummocks are often aligned in parallel rows, at an angle to the valley sides. These alignments indicate the former ice-margin positions as the glaciers retreated.

Erratics are glacially transported boulders or rock fragments deposited some distance (sometimes tens or hundreds of kilometres) from their sources. Often the rock type of the erratic differs from the bedrock on which it has come to rest. Erratics commonly occur in till, but in many parts of the Highlands, they frequently appear as isolated boulders perched on bare, ice-scoured rock surfaces (*Figure 5*). Good examples of Torridonian sandstone and Cambrian quartzite erratics are widespread in Torridon and Assynt. In the Drumochter Hills, granite erratics from Rannoch Moor to the west are scattered over the hills up to the summits. In Galloway, blocks of Loch Doon granite occur on the

summit ridge of Merrick. The dispersion of erratics from known geological sources is used to reconstruct the directions of former ice movement. Sometimes erratics have become a feature of local folklore, such as Samson's Putting Stone on the lower slopes of Ben Ledi, near Callander.

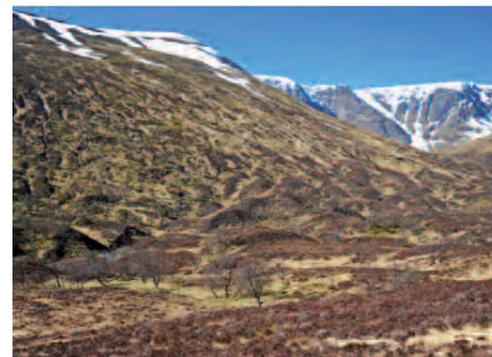
MELT-WATER LANDFORMS

Around 15,000 years ago, the climate warmed extremely rapidly in the space of a few hundred years from full glacial conditions to temperatures similar to those of today. Melting of the last ice sheet accelerated, releasing vast volumes of meltwater that carved river channels along and underneath the ice margins. These meltwater channels are easily recognised today because they are quite unlike modern river courses. Many are now dry and often run along hillsides at a shallow angle parallel to the



MAIN IMAGE: The Parallel Roads of Glen Roy, on the far hillside, are the shorelines of a glacier-dammed lake formed during the Loch Lomond Readvance. They were acclaimed by Charles Darwin and, because of their resemblance to similar features that he had seen in the Alps, played a key role in convincing Swiss geologist, Louis Agassiz, in 1840 that glaciers had formerly existed in Scotland.

LEFT: FIGURE 1: Glacial till deposit. **BELOW, LEFT TO RIGHT: FIGURE 2:** Boulder-covered lateral and end moraines, An Teallach. **FIGURE 3:** Boulder moraine, Coire an t-Sneachda, Cairngorms.



LEFT TO RIGHT: FIGURE 4: Hummocky moraine, Coire Ardair, Creag Meagaidh. **FIGURE 5:** Erratic boulder, Meall an Fhuidair.

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former ice margins. Some, such as the Poll Bhat and Clais Fhearnaig channels between Glen Dery and Glen Quoich on the Mar Lodge Estate in the Cairngorms, cut across spurs; and some even run uphill where the water was forced upslope by the pressure underneath the ice. The meltwater often formed major drainage routes which can be identified by systems of these channels, for example along the northern flanks of the Lammermuir Hills and Tinto Hill, the southern flanks of the Ochil Hills, the northern flanks of the Cairngorms (Figure 6), the Braes of Abernethy and in the Dinnet area of Deeside near Aboyne. Where the water followed pre-existing drainage routes, it cut channels and gorges that are now occupied by modern rivers, as at Corrieshalloch gorge, near Ullapool.

The debris carried by the glacial rivers was deposited as large accumulations of sand and gravel that was washed and sorted into layers by the water. The stones are more rounded than in till. Where meltwater tunnels under the ice became choked with sediment, sinuous ridges of sand and gravel, known as 'eskers' mark the former river courses. Generally these are landforms of lowland areas, but good examples occur along the northern flanks of the Cairngorms and at Dinnet. As the glaciers retreated, powerful braided rivers built extensive outwash plains of sand and gravel down valley from the ice fronts. Often these deposits were dissected by later river activity to form suites of outwash terraces, now preserved along the margins of many glens (eg. in Glen Feshie, upper Strath

Spey, upper Glen Roy, Glen Esk and Glen Clova). Where the sand and gravel buried areas of glacier ice, or where bodies of ice became cut off from the active icefronts, subsequent melting of the buried ice produced a hummocky landscape of kames (mounds) and loch-filled kettle holes (hollows) (eg in upper Strath Spey between Boat of Garten and Kincaig). Often many of these landforms — meltwater channels, eskers, kames, kettle holes and outwash terraces — occur together as they are all associated with the melting of the ice sheet; particularly good examples are found along the northern flanks of the Cairngorms (Figure 7), from Glen Feshie eastwards to the Braes of Abernethy and at Dinnet on Deeside.

Kame terraces are formed by meltwater streams depositing sand and gravel along the lateral margins of a glacier between the glacier and the valley side. Because they are associated with former glacier margins they may occur on valley sides unrelated to existing rivers and may be associated with meltwater channels. Good examples occur on the northern flanks of the Cairngorms (Figure 7).

Along the west coast, the outlet glaciers from the Loch Lomond Readvance West Highland icefield terminated at sea level near the mouths of the glens and produced a variety of landforms, including end moraines and large outwash plains, some of which built out into the sea as deltas. One of the best examples is at Moss of Achnacree, north of Oban. Other good examples occur at Corran Ferry,

Ballachulish and Loch Eil, where the glaciers formed flat-topped outwash deltas.

GLACIAL LAKES

Both during the retreat of the last ice sheet and during the Loch Lomond Readvance, glacier-dammed lakes formed in a number of glens. The best example is at Glen Roy, where three prominent shorelines, known as the Parallel Roads, were formed during the Loch Lomond Readvance by changes in the level of an ice-dammed lake (Main image). The sudden drainage of the Glen Roy lake produced vast floods of meltwater that found their way to the Great Glen and ultimately to the sea at the site of Inverness. Where meltwater rivers transported large volumes of sediment into such lakes, deltas were formed. Particularly fine

landscape with kettle holes when the ice melted.

CONCLUSION

The melting glaciers thus left a recognisable footprint in the form of a variety of moraines and meltwater features in the glens and straths. These distinctive features add significantly to the geodiversity of Scotland's mountain landscapes. The next article in the series will explore the landscape changes that occurred after the ice melted. ■

TOP, LEFT TO RIGHT:

FIGURE 6: Meltwater channels on the northern flanks of the Cairngorms. **FIGURE 7:** Lateral moraines, kame terraces, kames and kettle holes near Loch an Eilein, Cairngorms.

BELOW: FIGURE 8: Delta terraces in Gleann Einich, Cairngorms, formed in an ice-dammed lake and were later dissected by river erosion.



examples occur at Achnasheen and in Gleann Einich (Figure 8). Although dissected by later river erosion, the former deltas can be clearly seen as large flat-topped terraces. At Fersit, a delta built out into an ice-dammed lake in Glean Spean. Part of the delta covered the icefront, forming a hummocky

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INFLATABLE RESCUE TUBES DESIGNED FOR MOUNTAIN RESCUE

Inflated fire hoses are long established as an effective tool for water rescue and their use is now included on many water rescue programmes, in a variety of situations. Few mountain rescue teams will have access to inflatable hoses due to their restrictive weight/size and cost. The traditional style fire hose also has some inherent drawbacks, not having been designed for this purpose. Over the last three years, we have been designing a tube specifically for use in mountain rescue. From the outset we worked to the following criteria:-

- Affordable
- Highly portable (low bulk, light in weight)
- Durable and reliable
- Highly visible
- Easily inflated.

The resulting Hyperlon Rescue Tube inflates in around 45 seconds by hand – or two seconds from an air cylinder. The tube has a clip for creating an extended reach rescue loop and a pressure release valve (required if inflating from a bottle) and, to add further versatility, folds into a sleeve to create a lightweight sled designed for shallow water evacuation and mud/ice rescue. Weighing in at around 20kg, and packing into a 40-litre rucksack, this provides a highly portable and versatile package, easily carried into training or rescue locations. Sled and tubes received excellent feedback at the Mountain Rescue Conference and a recent Rescue 3 Instructors update and have been used successfully for extended reach rescue, stopper/hydraulic rescue, downstream backup and have excellent potential for ice rescue from frozen tarns in the hills.

The **Rescue Tube** provides a lightweight and versatile solution for:-

- Downstream back-up
- Extended reach rescue
- Ice rescue
- Rescue from hydraulics
- Inflated hose training.

The tube also converts into a **Rescue Sled** for:-

- Access
- Ice/mud rescue,
- Ground insulation
- Shallow water evacuation.



Testing the sled at Hurley weir. The tubes have also been used from a powerboat in lee shore rescue situations and to pick up casualties on the move remotely from the propellers.

For further information regarding sled or tubes please contact Howie Crook on the details below.

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DERBY TEAM CLOSER TO GETTING ITS NEW HQ AT LAST...



After ten years of trying, the team has found a location for their new HQ and planning permission has been granted for the building in Mackworth.

The team currently rents a garage from Severn Trent Water, which houses the vehicles and equipment but has no space for meetings or training (held in other locations which sometimes have to be rented for the purpose). In a novel move, they have turned to crowdfunding website site SpaceHive (<https://spacehive.com/landandaccessforournewhq>) to raise the £100,000 needed to purchase the land by December, as part of the purchase agreement. This includes the cost of the land, as well as the cost of designing and building the access to the property and adjoining land. The total cost is estimated to be £1,000,000 and the team has been supported by many professionals during the course of the project so far, many offering their services for free.

Crowdfunding was suggested as a way of raising the required funding within the timescales. SpaceHive is the world's first crowdfunding platform for civic projects and follows the same model as the more widely known Kickstarter, but only for civic projects such as this. People can pledge any amount of money to help reach the target and, if met, the pledged money is used to purchase the land. If the target is not reached and the team can't go ahead, then the participants do not pay the amount pledged.

The team is encouraging people to spread the word about the SpaceHive project as widely as possible through social media, to maximise exposure and hopefully gather enough pledges to meet the target. See www.derbymrt.org.uk for more details and wish them luck!

2 OCTOBER WWW.FACEBOOK.COM/DERBYMOUNTAINRESCUETEAM

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Twitter: @mountrescueuk

NEW TO THE MEMBERS AREA

SUMMARY OF THE AGREEMENT WITH VARTA BATTERIES

The summary agreement, product list and relevant order forms.

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TEAM MEMBERS LEGAL EXPENSES POLICY KEY FACTS

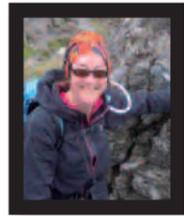
Key facts for the proposed new policy teams can subscribe to for their members.

TEAM MEMBERS LEGAL EXPENSES POLICY WORDING

Wording for the proposed new policy.

MREW: WHAT DOES IT DO FOR YOU?

An updated version for 2014.



MEMBERS ONLY, PLEASE...

JUDY WHITESIDE
EDITOR

It's almost two years since we set up the Facebook closed group and 678 have joined since, with a seemingly never-ending stream of people asking to be let into our 'club'. This group is administered by me, as magazine editor, and Neil Hayter, as social media editor. Team members should also know that we have a Members area of the website, to which your own team 'admin' has to approve entry. Both groups can be a valuable source of information, both provide a forum for discussion away from the public view and both are easy to join. Or so we thought...

But committees change, officers come and go, probationers are recruited, trained and made up (or not), incidents stack up, life goes on, things get forgotten or misconstrued.

And it's funny how things go in waves. Back in July, the edges were getting a bit blurred on Facebook with the group threatening to become little more than an extension to members'

has seen a rush of people forgetting their passwords, or not sure what to do when the appointed team admin leaves the team (presumably in a hurry), taking all passwords and log-in details with them.

We ran a series of articles, a couple of years ago, explaining everything you might wish to know about the website (as a member, that is) and there's also

sprinkling of fairy dust! And, in the main, the group is working, with a number of people setting up profiles just to join — often with not a single 'friend' to their name!

HOW TO JOIN THE FACEBOOK GROUP

Go to Facebook, find 'Mountain Rescue England and Wales Members', then click 'Ask to join'. We will then ask you to confirm which team you are a member of.

But beware. Depending on your privacy settings, my message to you may find itself marooned in your Facebook Inbox in a folder labelled 'Others'.

What often happens is this: I don't get a response because my message to you is 'hidden' in your 'Others' Inbox, so I delete your request. You then reapply, I remessage you, get no response again and delete your request. Again. You reapply again, I remessage you, get no response... and so forth. I think we can all agree this is not the most productive use of anybody's time. Six months (God forbid, once even NINE months) later, I get a message from you saying you've just found a pile of dusty old messages in an inbox you

didn't know existed. Sadly, thanks to the way Facebook promotes 'groups and pages you might like' to anyone and everyone, we're getting an increasing number of non-eligible applicants who clearly don't read what the group is about before clicking on the 'join' thingie. All of whom we're obliged to respond to, in order to ascertain team membership. Cue all manner of responses, from unsupervised children clicking buttons, through heartfelt apologies for not realising it was

a closed group but 'keep up the good work', to many an intention to join mountain rescue at some time in the future — alongside the odd genuine reply from team members.

So, if you do apply to join, first please check that you are still a team member, keep an eye on that 'Others' folder and be prepared to explain who you are. If we have any doubts — for example, you describe yourself as a 'pre-probationary', we'll check it out with the relevant team leader. And, once you're in, join in. Engage with it. Share information, make comment, solicit advice or opinion...

We'd also appreciate it if you kept an eye on the membership list. If you see someone in there who you think shouldn't be (they're not a member of an England and Wales mountain or cave rescue team), then let me know. We can investigate and remove them if appropriate.

When it comes to posting, anyone can do it — and upload files, too. But bear in mind that every time you post, every single member of the group (unless they've adjusted their settings) receives an email notification. Too many of these littering the mailbox and the purpose of the group becomes diluted, people stop using it and before you know it we're back where we started. So, please, if it's stuff that's really more suitable to your team page or personal profile — that's where it should stay.

Finally, it may be a closed group but use of abusive language or defamatory comments is unacceptable — and we've seen instances of both. Inappropriate posts are removed and persistent offenders will be blocked, and this goes for the website too. Speaking of which.

MREW WEBSITE MEMBERS AREA

As I write, there are 1500+ names listed as registered on the website. Scanning down that list though, there are roughly 75 of you who have registered two, three, or even more, times and one member who clearly suffers terminal password amnesia,

Scanning down the 1500+ website 'members', there are roughly 75 of you who have registered two, three, or even more times and one member who clearly suffers terminal password amnesia, having re-registered a stunning eleven times...

having re-registered a stunning eleven times. (I won't name names, but we're considering asking him to write an article about how easy it is to register with the Members area). Some of those listed are quite aged registrations — and some have never even bothered logging on. And if you've never logged on, then you haven't been downloading any resources or generally using the Members area as intended, which rather begs the question: Why bother putting yourself through all that password angst?

Often, these multiple registrations (Joe Bloggs 1, Joe Bloggs 2 etc) are where the signer-upper didn't select the correct MR team (Really? You don't know which team you've joined?), so never got approved and so tried again and again and again and again.

And, actually, there have been more multiple sign-ups than I note but some team admins are clearly more diligent than others in tidying up their lists.

Clearly there is a need to keep repeating the 'How to do the website' message but, before we do, it's interesting to note that very few of those listed engage regularly with the forums (in terms of actually commenting, much less starting a discussion) — and those that do are pretty much the same ones who engage with any Facebook discussions. I'm assuming this is because the majority prefer to merely observe, rather than expressing any opinion (which could be down to a number of things — lack of confidence, not knowing where you stand in any perceived hierarchy, the feeling that it's not really anything to do with you, to name but three) but hopefully that same majority do actively download stuff and check the area regularly for updates. Again, why bother?

secretary), who has been delegated by his/her team to approve, block or delete his/her own team members as appropriate. If any team member is unsure who is their own team's delegated approver, I have a list of all the contacts — although this doesn't help much when someone has left the team without transferring 'adminship'!

MEMBERS: HOW TO REGISTER

Go to the home page at www.mountain.rescue.org.uk. Click on 'Sign up', towards the foot of the left-hand navigation column, then 'Team Member Sign Up'.

Fill in the relevant boxes and complete the Captcha code, then click 'Submit'. You must enter your full name here — it is this and not your log-in username that's displayed on forum postings, should you dare to venture there. The full name is also relevant for identification — signing up as 'mountainman1974' might seem cool but your team admin won't know who you are and cannot approve you easily. (The same might also be said for some of the whacky Facebook personae we see!)

An email will be sent to your team contact, informing them that you've signed up and inviting them to either approve or block your application. Once approved, you will receive an email with an automatically-generated gobbledegook username and password.

You can now log in to the Members area using this username and password. Once in, there is a facility to change your password to something more personally memorable.

TEAM ADMINS: HOW TO APPROVE SOMEONE

When a team member asks to join, you will receive an email showing their full name and including a link to the website.

Click on the link and/or sign in as a member and go to 'MREW Team Admin Area' then 'My Team Members', where you will find a

list of team members existing and prospective. Click either Delete, Block or Approve.

If a team member leaves, please delete them. However, if they've moved to another team, don't remove them, email webeditor@mountain.rescue.org.uk about the change and he can sort it out at this end.

As a team admin, you can update 'My Team Profile'. The team name, region, web address, phone number and email will be displayed publicly under Organisation>Teams and all the information goes into the Team Directory.

The team admin can also transfer 'adminship' to another person so, if you're about to leave the team, do this before you sever all contact. To make the change, go to 'Change Team Administrator' and select a new admin from the list of members displayed. You will lose your admin rights when you log off or shut down your web browser. Only one team member can be admin at any one time.

USING THE MEMBERS AREA

Once you're in there, there's no end of things to do. Really. Things to download, calendars to check and update, forums to join, officers to contact...

MREW officers (and one or two others) can upload documents to Resources. If you're an officer, the web editor will have given you access. All you have to do is log in, go to 'Resources', then your

own area folder. Click on 'Upload a new resource', fill the required fields, browse your computer for the relevant file, then click 'Submit'. The date of upload is noted beneath each file.

Downloading from Resources hardly needs explaining, but just in case: click on 'Download', to the left of the file in question, and watch magic happen.

If there's something you think should be there but it's not listed, click on the link at the foot of each Resources page. This should take you to a form specific to the relevant officer. If the officer doesn't respond to you, please let me know and I will redirect your enquiry.

I think I'm right in saying that the calendar is updatable by any member — and every entry gets an associated forum post. This is the place to let people know what's going on in your area, important dates, events, courses.

LOST PASSWORD?

Subject of many an email! Before you contact us, click on 'Forgotten Password'. You will receive an email with a new piece of gobbledegook — sign in using this and remember to clear your computer's cache of any previously stored password!

Hopefully that's covered most of the stuff which regularly troubles you. You can download the original 'How to Guide to the Website' from the Members area. Just go to the Website folder in Resources. Happy browsing! ■

Beware... depending on your privacy settings, my message to you may find itself marooned in your Facebook Inbox in a folder labelled 'Others'. Unaware of this, you don't respond and I delete your request. You then reapply, I remessage you, get no response again and delete your request. Again. You reapply again, I remessage you, get no response... and so forth. I think we can all agree this is not the most productive use of anybody's time.

personal or team profiles — random postings about call-outs, successive photos and a growing number of 'interesting' video clips were crowding out the posts in which people genuinely want to constructively discuss matters mountain rescue. And the nature of Facebook is such that it doesn't take much drivel to push the important stuff off the bottom of the page. We addressed that with a still-pinned post and that particular wave appeared to break.

And so to the Members area of the website. The last few weeks

a downloadable PDF (in the Members area!) but it's probably worth repeating it here, now. So... potted update coming up.

FACEBOOK MEMBERS GROUP

The idea of the group was to improve communications across the board. People weren't using the website forums, emails and papers were disappearing into black space en route from exec to teams and any feedback from teams was more often than not filtered via the pub with a liberal

POST SCRIPT

As a result of writing this article, and realising quite how cluttered the Members area is with non-existent users, we've now addressed the problem. Seventy-five duplicate names (that have never logged in) have now been blocked **but not deleted**. We've also blocked 329 people who signed up no more recently than August, but have never logged in. That leaves 983 accounts still 'live', plus a total of 521 blocked accounts.

Please note, however, that as they are blocked, not deleted, they can still be reinstated quite easily by either us or your team admin so if you've signed up but never, ever logged in and suddenly feel a burning desire to do so and find you can't, please don't start pounding the keyboard, firing vitriol in our direction, demanding your membership rights — talk to your team admin first. But, if they've recently disappeared into the ether, drop us a line. We'll see what we can do to resolve things.

EDITOR@MOUNTAIN.RESCUE.ORG.UK

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