



*Britain's Stewart Watson at the CWIF 2010 finishing 4th over all in a World Class Climbing Competition hosted at the Climbing Works, perfect start to the season.*

— Alex Messenger

# Psyched!

The UK Competition Climbing Newsletter from the BMC Competition Committee





*Here it is... the third Competition Newsletter  
from the BMC Competition Committee*

# All About Competitions...

Here it is, the third BMC Competition Newsletter from the BMC Competition Committee, ably compiled by British Team Managers, Climbing Wall Managers, British Team Members and the UK's Competition Climbing Population.

The aim of the newsletter is to keep you informed on the UK Climbing Competition Circuit as well as upto date with what the British Climbing Team is doing, not only on home ground, but the world climbing circuit as well.

I would like to thank all the contributors for their articles and photos and if for some reason an article or photo has not been used it will be down to the sheer volume I have received, a big thanks to the supporters of the team, especially Five Finger Thing for supplying kit for the Bouldering Team.

This edition sees us introduce the sport of Dry Tooling, with articles from Pete Hill, Rob Gibson and Anne Arran and some stunning shots from Lukasz Warzecha, this hopefully will become a regular feature as more dry tooling comps happen around the country and abroad.

From the teams it is inspiring to hear very good early reports on how competitors are doing, with good performances so early on in the season and with the IFSC Bouldering World Cup in Sheffield and the World Youth Championships at the EICA Ratho, competition climbing in the UK will see some international super-stars grace our patch!

Enjoy Psyched! and a huge good luck to all the team members and people taking part in the next round of Competitions.

*Iain McKenzie*

*Chair, BMC Competition Committee.*



*Tara Hayes staying relaxed at her first International Competition,  
the Youth Color, Imst, Austria.*

— Carol Hayes



# PRESS RELEASE...

Latest news fresh from the bouldering team manager Nick Clement & Tom Sugden

Right: Team in their kit supplied by Five Finger Thing in Greifensee.

Below: Diane Merrick, Greifensee.

Bottom: Mina Leslie-Wujastyk, Greifensee.

Photos Credited to Stewart Watson.



## Stewart Watson 10th in the First Bouldering World Cup of the 2010 Season.

The first Bouldering World Cup of the 2010 season took place in Greifensee Switzerland between 14th-15th May. Seven members of the British Bouldering Team took part.

Stewart Watson put in an excellent performance and qualified for the semi-finals in 5th place and finished 10th overall. On one of the blocs in the semi-final Stew slipped off whilst trying to match hands on the finishing hold, if he'd matched hands he would have qualified for the finals in 4th place.

Other excellent performances from members of the British Team include:

Mina Leslie-Wujastyk 25th

Diane Merrick 27th

Dave Barrans 30th

The mens' final was won by the narrowest of margins by Austria's Killian Fischhuber who having tied with Adam Ondra in the final won on countback. The womens' event was won by Alex Johnson of the USA. For further details and a full set of results visit the IFSC website, <http://www.ifsc-climbing.org>

Stewart Watson is showing an excellent run of form, just recently over the weekend 24th-25th April he finished 4th in an IFSC promotional event, the 'Kitz Rock Boulder Cup' in Kitzbuhel Austria. Last Sunday he made a very impressive one day ascent of an 8c sport route called 'Der Schwarzer Schwan' in the Austrian Tyrol. Stewart was very close to flashing the route but fell near the top of the route but then managed to complete it on his first redpoint.

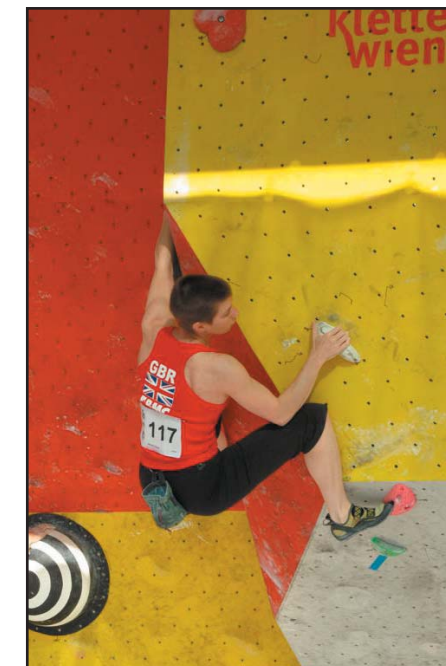
For further details and photos of Stew competing in the Kitz Rock Boulder Cup visit his blog at <http://stewartwatsonclimbing.blogspot.com/>

The next World Cup event is in Wien in Austria at the end of May, 7 members of the British Team are planning to attend.

By Nick Clement  
British Bouldering Team Manager



Psyched! Press Release



## Bouldering World Cup (Round Two) - Stew Watson 4th

The second Bouldering World Cup of the 2010 season took place in Wien Austria, between 28th-30th May and was attended by six of the British Bouldering Team.

As always a tricky set of qualifying problems saw strong performances from the British team with Dave Barrans and Stewart Watson joining the top 20 climbers through to the semi-finals. Continuing his excellent run of form Stewart Watson battled a world class field qualify for the finals in 3rd place. Dave Barrans narrowly missed the cut finishing 8th overall with a slip on the final problem costing him one attempt, without which he would also have qualified for the final.

A brilliant final saw Stewart finishing 4th overall, with eventual winner Killian Fischhuber battling Adam Ondra for top spot. The Women's final was won by Akiyo Noguchi of Japan.

Other excellent performances by British Team members:

Mina Leslie-Wujastyk 31st

Jon Partridge - 33rd

Diane Merrick - 39th

Ned Feehally - 43rd

The next round of the world cup event is taking place in Vail (USA) on the 4-5th June. For further details and a full set of results visit the IFSC website; <http://www.ifsc-climbing.org>

By Tom Sugden  
British Bouldering Team Coach

## BOULDERING WC CLIPS

### BOULDER WC 2010 REPORT #1 - GREIFENSEE

<http://www.youtube.com/watch?v=vH0KbJKcDM&feature=channel>

### BOULDER WC REPORT # 2 - VIENNA

<http://www.youtube.com/watch?v=zI90addgfNw&feature=autofb>

Here are a few clips from the first two rounds by Udo Neumann, his You Tube Channel is; <http://www.youtube.com/user/therealudini> where he is posting videos after each event.



Top Left: Stewart Watson on the Problem 4 in the Finals, Wien. (Still from Udo's YouTube Clip)

Top: Diane Merrick, Wien. (Stew Watson)

Above: Mina Leslie-Wujastyk, Wien. (Stew Watson)





## Youth C off to a promising start...

The Youth C Category of the GB Climbing Team entered the International Youth Open at Imst Climbing Hall in Austria last weekend 22nd and 23rd May.

There were climbers from all over the world taking part with teams entered from Ecuador, Israel, Poland, Czech Republic, as well as Austria, Belgium, Germany, Italy and UK. There were a host of other individuals from other countries too.

Our Youth C children, those born in 1998, or 1997 gave a great account of themselves with top honours going to Randy Roby who came 6th missing a super final by 2 points. Randy topped 8 of his 9 climbs and touched the top hold of the other route. Team GB was well represented by the Scots with Angus Davidson coming an outstanding 9th out of 54 in his first International and Nikki Addison 11th out of 36 in her first trip abroad.

The Team members were congratulated by one of the top German Climbers on their fighting spirit and this showed in their results with Tara Hayes 14th Billy Ridal 15th The Team were joined by William Bosi 23rd who fought to the top of 5 of his 9 climbs and Gabriella Stewart 19th who did very well in the younger category, and Sophie Harper 34th.

Ian Dunn Manager of the GB Leading Team said afterwards that he was really proud of the young climbers, they climbed superbly, dug deep when they had too, and all learnt lessons from a great week end. He also complimented them all on their good behaviour, professional attitude and Team Spirit which was fantastic to see in those so young. Well done.

*By Ian Dunn  
British Lead Team Manager*



*Back Row; Randy Roby, Sophie Harpur, Angus Davidson, Billy Ridal, William Bosi and Tara Hayes  
Front Row; Gabriella Stewart Nikki Addison*

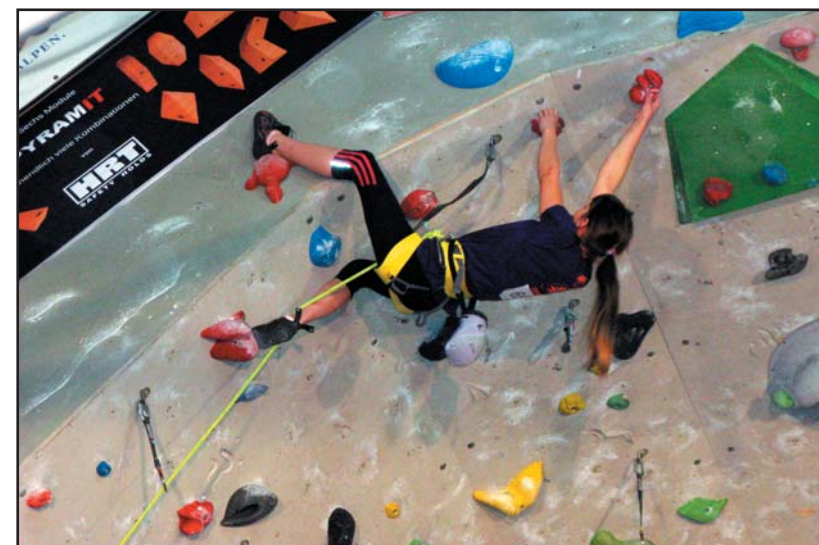
— Carol Hayes

Psyched! Press Release



>> *The prize giving in the Imst  
Competition Wall*

— Carol Hayes



>> *Tara Hayes on her sixth route (7a)*

— Carol Hayes



>> *Randy Roby on his second route (7a)*

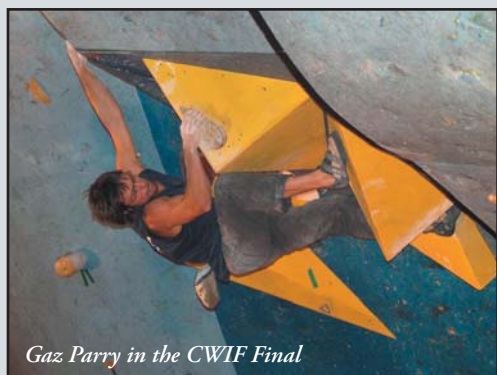
— Ian Dunn



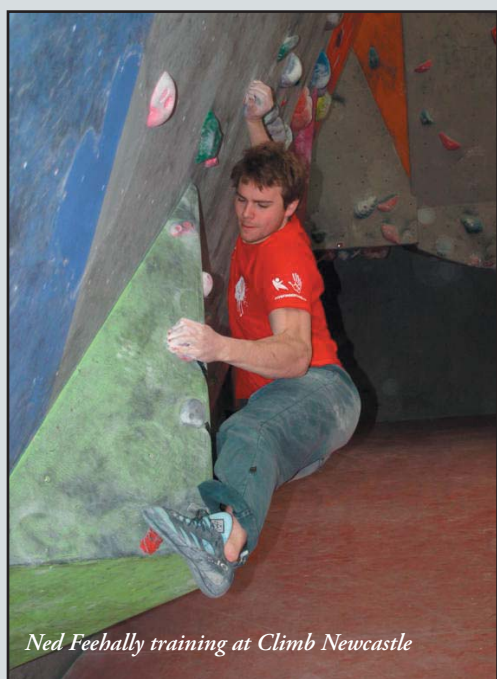
# The British Bouldering Team



*Mina Leslie-Wujastyk fitness testing at the Climbing works.*



*Gaz Parry in the CWIF Final*



*Ned Feehally training at Climb Newcastle*

## British Bouldering Team Pre-Season Training Report

Since the last issue of Psyched the British Bouldering Team have had four further Team/Squad training sessions and competed in a number of high profile British Bouldering competitions.

Over the weekend of the 5th and 6th December 2009 the Team and Squad had a training session at Climb Newcastle. The focus of the week-ends training was developing power. As outlined by the Team's Sports Scientist Dominic White MSc it is an important part of the Team's periodised training plan because in the majority of sports it is muscular power, that is the ability to apply force rapidly, that plays a key role in performance. Power training enables an athlete to optimize their muscle power output by building on the work done during a maximal strength phase and introducing a speed or time element into training. This is important in determining how successful climbers are at moving dynamically between holds and successfully latching that next elusive hold.

Saturday's session involved the Team completing a 2 hour circuit of 8 powerful boulder problems set by ex British Bouldering Team Member, Andy Earl. The problems had been set so the Team would have to climb dynamically between holds and ranged in grade from V7-V10 for the men and V5-V8 for the women. The Team also completed a power circuit comprising of 6 exercises including:

1. Campus Board, 1-5-8
2. Power Pull Ups
3. Campus Board, One Handed Jump and Catch and Pull
4. Stability Ball, Plank
5. Campus Board, Plyometrics
6. Jump and Catch on Holds

Sunday's session started with Dominic giving feedback on his previous blood lactate testing and outlining his future research plans with the Team. The Team then completed another 2 hour circuit of 8 powerful boulder problems.

The next planned Team training session in January had to be cancelled due to the weather conditions at the time. So the first Team Training session of 2010 took place at Climbing Works in Sheffield on the 13th February 2010. The day involved members of the Team and Squad completing a variety of power, strength and power endurance based fitness tests. The tests involved the use of campus boards, finger boards, system board, pull up bars and a rowing machine. The results of the testing will be compared with the original test results completed at the start of the pre-season train-

ing in September 2009. The results of this will be used to assess gains made so far in the pre-season training.

Dominic the Team's Sports Scientist also gave an overview of the current phase of training which involved improving Power Endurance.

The next Team Training session took place over the weekend 26th-28th February 2010 and saw the Team move into a Comp Specific phase of training.

Friday evening involved members of the Team and Squad taking part in the 5th round of the Boulder Leeds series at City Bloc. Dave Barrans put in an exceptional performance which saw him flash all 25 problems.

On Saturday the Team moved across to Blackburn and Boulder UK. The morning session involved the Team and Squad completing a set of World Cup standard Semi-Final boulder problems set by one of the owners of Boulder UK, Ian Vickers. In the afternoon the Teams' sports scientist Dominic White MSc gave a workshop on Tapering Training and Nutrition.

Sunday involved the Team and Squad climbing four boulder problems that were set to a World Cup Final standard. Dan Eaves MSc a Senior Sport & Exercise Lecturer (Psychology) at Teesside University and colleague of Dominic worked with the Team and Squad throughout the day on the psychological preparation required for competing at an elite level.

Saturday 20th March saw members of the Team and Squad competing in the CWIF 2010. This year's event saw over 160 competitors taking part. There was a strong international representation with members of the Dutch, Austrian, French, Polish and Italian Bouldering Teams all taking part.

Qualification comprised of 30 boulder problems and started at 9.30am and finished at 3pm. Members of Team put in an excellent performance and after a gruelling qualification round 6 Team members made it through to the semi finals including:

- Gaz Parry
- Ned Feehally
- Stew Watson
- Dave Barrans
- Diane Merrick
- Mina Leslie-Wujastyk

After an exciting semi final Gaz Parry and Stew Watson made it into the final. The final comprised of 3 problems with an observation period of two minutes per problem before the climbing started. One of the problems comprised of a novel starting position with the first two holds on the ground, meaning a handstand start was required followed by a sit-up to reach the first holds on the wall. The final was watched by a large crowd and streamed live on the internet. Gaz Parry and Stewart Watson put in an excellent performance and came 5th and 4th overall.

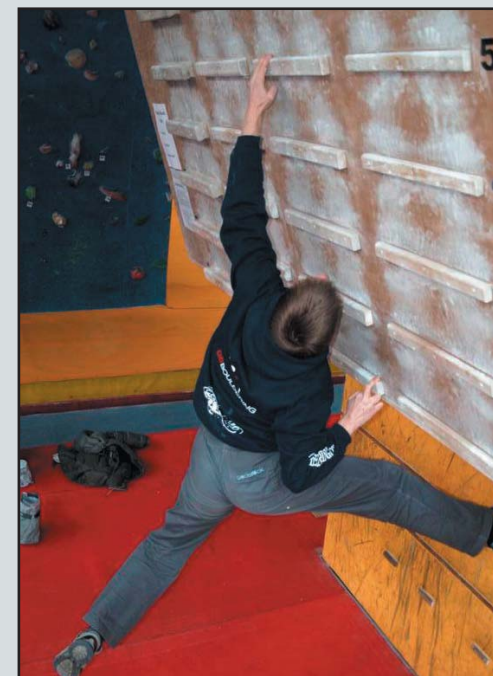
A big thanks must go to the Climbing Works for hosting such a world class climbing competition and to all the route setters for making the problems in the semi-finals and final exciting to watch.

On Saturday 10th April members of the Team and Squad took part in the Plywood Masters at Boulder UK in Blackburn. The competition comprised of 15 boulder problems in the qualification round and 4 boulders in the final. Six members of the Team and Squad made into the final and their results can be seen below.



*Gill Peet training at City Bloc.*

— Nick Clement Collection



*Diane Merrick fitness testing at the Climbing Works.*

— Nick Clement Collection



*Gaz Parry powering his way to 5th at CWIF.*

— Alex Messenger

Dave Barrans 1st  
 Ned Fehally 2nd  
 John Partridge 5th  
 Mark Croxhall 6th  
 Diane Merrick 2nd  
 Gill Peet 4th

Thanks go to Ian Vickers and Jamie Cassidy for setting a great set of problems and also to all of the management and staff at Boulder UK for putting on an excellent competition.

The Team's final Team Training session took place on the 18th April at City Bloc in Leeds. The morning session saw members of the Team and Squad complete a World Cup standard set of semi final problems. In the afternoon they revisited the semi final problems and worked them again in small groups. Other sessions involved giving the Team and Squad feedback from Dan Eaves MSc Sports Psychologist, reviewing the pre-season training and discussing issues regarding the 2010 World Cup season, which will see members of the Team and Squad competing at the following World Cup events.

14-15 May Griefensee  
 28-30 May Wien  
 4-5 Jun Vail  
 17-21 Jun Moscow  
 25-26 Jun Eindhoven  
 3-4 Jul Sheffield  
 30-31 Jul Munich

The British Bouldering Team would like to thank the following Bouldering Walls and managers and staff for providing excellent training facilities and allowing the Team and Squad to use their walls. Your continued support is greatly appreciated.

- Climb Newcastle, Andy Earl, Chris Graham and Darren Stevenson
- Climbing Works-Percy Bishton, Graeme Alderson, Sam Whittaker
- City Bloc-Ben Meeks, Martin Smith
- Boulder UK-Ian Vickers, Jamie Cassidy

They would also like to thank Dave Mcfarlane the Assistant Editor of Planet Fear for continuing to support the Team by attending Team Training weekends and publishing Team Training reports on the Planet Fear website. The Team would also like to thank Steve Sullivan of the John O' Gaunt Rowing Club in Lancaster for allowing them to use their rowing machines for fitness testing, Dan Eaves MSc for the work that he did with the Team at Boulder UK in February and Ian Vickers for providing the Team with valuable feedback at some of the training sessions.

Finally the Team would like to thank their clothing sponsor Five Finger Thing for providing them with clothing to train and compete in.

*Nick Clement*  
 British Bouldering Team Manger





# The British Climbing Team

## British Climbing Team Report

Since the last issue of *Psyched* the Junior and Senior Lead Climbing Teams have joined forces to be for the current year GB Climbing Team.

The first event of 2010 was the Foundry Selection Day.

Hosted at The Foundry in Sheffield, each climber had 5 routes of approximate EYS qualification standard allocated to them. If they completed three they were picked to go abroad to Imst and Vienna EYS competitions. The Seniors helped out on the day and also enjoyed the great routes set.

The following climbers climbed very well and made the trips.

### Juniors

Ed Hamer, Robert Mackenzie, James Garden.  
Natalie Berry

### Youth A

Luke Tilley, Jonny Stocking, Paul Williamson, Jonny Field.  
Shauna Coxsey, Kitty Wallace

### Youth B

Dylan MacKenzie, Steven Addison.  
Eleanor Hopkins

In the Youth C category there was some great climbing by the youngest members of the Team where Angus Davidson and Billy Ridal outclassed all of the Youth B boys on one of their routes.

The Foundry set a superb set of routes and a big thanks to Rob Napier and Dan Walker for these and to Neil Bentley for allowing us to use the centre on a busy March weekend. The other surprise on the day was the Team Manager in Sunderland kit (when he supports Newcastle) to raise money for former team member Beth Monks who had a very serious accident last year and we are trying to buy an all-terrain wheelchair. Over £300.00 was raised thanks to everyone involved.

### Leading Ladder Final

The Team also performed really well at the Leading Ladder Final with an outstanding climb by Adam Watson who nearly completed the 8b hardest route on his first go, narrowly beating Drew Haigh into second place by a quarter of a point, it really does get that close in competition climbing! All results are on the BMC website.



*Jonny Field and Paul Williamson  
analysing their final route  
in the SYCC*

— Will Carroll



>> *Natalie Berry back on the wall after a 10 week break due to a hernia operation*

— Will Carroll

### Next Events

#### 5th and 6th June

Imst EYS & Arco Rock Junior.

#### 24th July

Youth Open, EICA Ratho.

#### 22nd- 27th July

Joint Team training with French Junior Team, EICA Ratho.

#### 14th and 15th August

Vienna EYS

#### 9th -12th September

World Youth Championships, EICA Ratho.

#### 9th and 10th October

British Lead Climbing Championships, EICA Ratho.

#### 27th November

Youth Open Competition (Team Trials) venue to be decided

#### 28th November

Team Selection meeting

### French Training Camp

The Junior Team also had a joint Training Camp in Aix with the French Team over Easter. All those who attended were really impressed, learnt a lot, and definitely understand why the French keep producing champions! Some weren't so happy with the 6.45am run!

When you have three full days of training organised by Francois Legrand (multiple world champion) you can't fail to train to your maximum and our Team really were put through their paces. We even had a day on the fantastic cliff of Chateaufort.

### Sponsors

By the next issue of *Psyched* we should be able to announce a New Team Sponsor watch this space!

*By Ian Dunn  
British Climbing Team Manager*





>> Article provided by Junior Team member Rachel Carr.

# Junior Team Training; Aix



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An "ensemble" of some of Britain and France's best young climbers at the CREPS training camp.

— Charlie Ellison

## British Junior Team Member Rachel Carr gives us the low down on the recent Aix trip.

When we first arrived to meet the French team we were expecting them all to be completely serious and superhuman when it comes to climbing, but after climbing with them I realised that they were a lot like us.

On the first day they did make us get up at 6:45 to go for a run. We ran for 10 minutes and then had to go get breakfast. We began by being split into two groups, the youth b (14-15) girls; junior girls and youth boys (16-17) were in the morning group with Tom Randall and the rest were with Ian Dunn.

I started off with Tom. We did a practice comp against the French which consisted of three routes; the first of the three was demoed whilst we were put into isolation for the last two. I did well on the first by getting almost equal with the French girls and almost finishing the route. On the second the rest of the British girls did well and came close to equal, and on the third I came equal with all of the French girls.

### (Lunch-Rubbish!!!)

In the afternoon we went into our groups and had a bouldering session where there were three circuits that we had to attempt. It wasn't a competition; it just gave us a chance to meet the French team. They seemed to all be extremely good at boulders and beat the British girls.

### Next day - Crag

The crag was good but very busy as a lot of the French team were there. I only managed to get one route in because I had to wait so long to get on the routes, but I think the others were more successful. It was raining which ruined it for me.

### Final Day - Back at the wall.

We went into our previous groups again and did similar things. In the morning Tom gave us two routes to do. The first was the first route from the first day, he told us to do it till we fall and then work it till we fell a second time then to come down. I got a lot further moves wise but not a lot further hold wise. The second route was a grade easier and we were told just to try and onsite it.

After that hour and a half we switched round. We had a big board with everyone's names on it with boulder number and attempts on it for us to fill in. There were ten boulders all number for each category and all very hard. Both teams struggled on them but the results were roughly the same for completion but a bit different for attempts.

### Afternoon

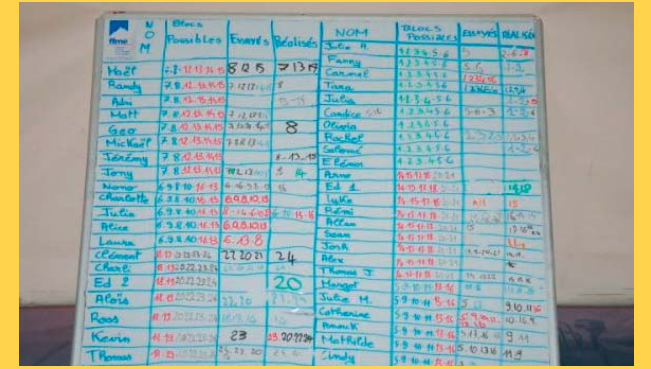
We split off into our groups for a final time. We started with an explosive test to see how fast we could work each muscle. It was basically three push ups, running up steps, jumping two feet up steps, three pull ups and running up steps again. Then we did a campus test, where we went on the largest campus board holds and had to campus up them two at a time one handed whilst trying not to use momentum to pull yourself up.

Then we went with Tom along with the rest of the groups and did core work. We started with sit up, dish, and crunches. We then combined all three and made an exercise of that. We did lots more, which killed my stomach muscles and left the French team screaming very loud. Afterwards we did some back and side muscles in small groups of two or three.

Then we all came together for the final time for a torture session.

We went for an eight minute run in teams of threes. We started at different positions around the track and the first person was given a t-shirt. It was a kind of relay except you were always moving, and when you were passed the t-shirt you had to sprint to pass it on to the next person. We had to do that twice and my calves were killing me.

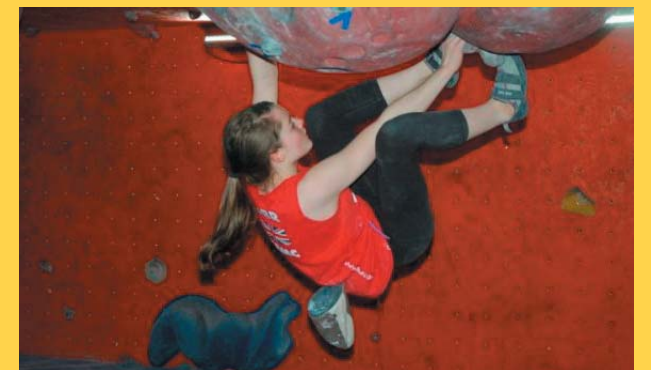
The trip was an overall success, we were told by our coach for the trip some things we needed to work on. I was told I needed to work on my massive shoulders to make them bigger and also that I needed to work on climbing backwards and my power endurance. So I've asked Neil and Robbie to help me work on that.



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A chart keeping tabs on routes and exercises completed

— Charlie Ellison



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Alice waterhouse displaying good roof climbing technique.

— Charlie Ellison



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Team GB relaxing after some intensive training.

— Charlie Ellison



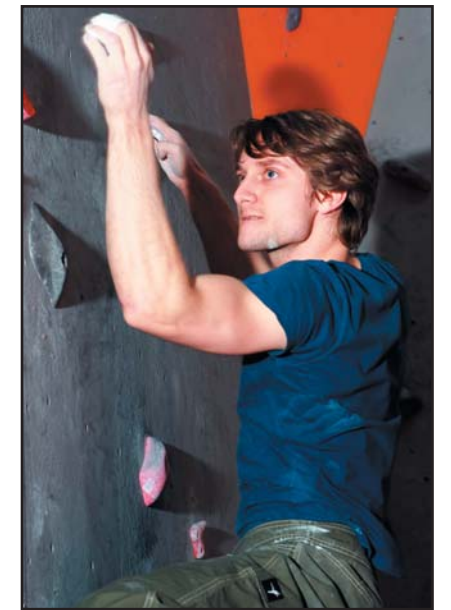
*Jon on Electric Boogie, Magic Wood; Switzerland.*

— Nick Harvey

Psyched! introducing...

*Jon training with the British Team at Climb Newcastle.* <<

— Dave MacFarlan



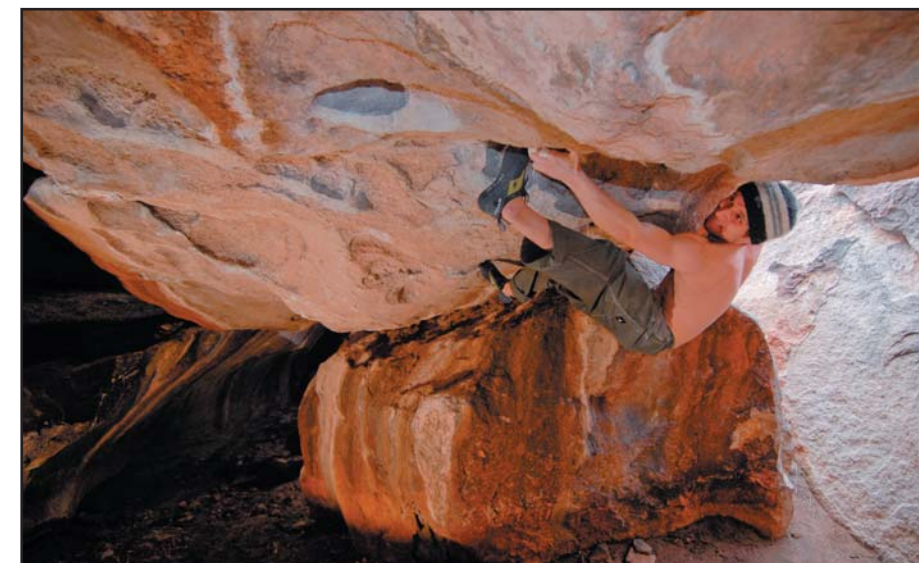
# Introducing; Jon Partridge

**In this section we will introduce members of the British Climbing Team, members of the Management Team and Volunteers who all play an important part in UK Climbing Competitions, here we have British Bouldering Team member Jon Partridge.**

I suppose my climbing career is all down to my parents really. I remember it was during the school holidays and they were looking for something to keep me entertained.

My local leisure centre had just opened a climbing wall and they were offering free taster sessions for kids to try it out. Having exhausted every other activity on offer there my folks signed me up.

I can recall to this day the feeling of pure enjoyment I got when I first pulled on. I loved everything about it, the people, the difficulty, adrenaline and sense of personal achievement. No other sport had come close and I think I have been chasing that feeling ever since.



>> *Jon on Rumble in the Jungle, Hueco Tanks; USA.*

— Nick Harvey



*Jon taking part in the 2009 BBC's at Cliffhanger, Sheffield.*

— Alex Messenger

I was about 13 and struggling academically in school. I think my parents saw climbing as the key to my life and they used sessions as motivation for me to do homework and revise. I spent pretty much all my free time down there punting away trying to copy what all the strong guys were doing.

My local wall was always really into comps and they held regular bouldering and leading leagues, I entered these and did ok so I thought I would try the larger events. I entered the Southern Indoor Bouldering League, BRYCS and BBC with mixed success.

I really enjoyed the competitive environment and it seemed to bring out the best in me.

I continued with comps for a few years but when I turned 16 and moved into the senior category I got totally shot down. I was totally out of my depth competing against the likes of Malcolm Smith and Ben Moon and quickly lost interest and shifted my interest to real rock.

It was not until 2007/8 that I decided I really wanted to try comps again. I thought that I would enter the BBC 08 and use it as a test to identify how I needed to improve. I ended up qualifying for the final and coming 7th. Following this I was asked onto the Bouldering Squad and was probably the proudest day of my life so far.

Last year was my first season competing internationally and it was amazing. I did three world cups and the BBC where I finished 5th.

This year I have been given a place on the Team and I aim to compete in at least 6 internationals. The team have given me great support and direction in my training which I feel has made a lot of difference.

I feel like I'm still learning the ropes in the scene and I know I have a long way to go until I'm in a position to do well but I am totally up for it.

I feel really privileged to compete for my country and hope to show improvements this year.

Currently, I live just outside London and have a full time job. I find that I have to be extremely structured and disciplined during my sessions due to the lack of time. I spend most of my time training at the Westway, The Climb and my local gym.

In terms of goals for 2010, I really want to make the podium at the BBC's and make a semi final at a world cup. In the long term I have a very long list of projects on rock to do and my competition goal is to win a world cup event.

*By Jon Partridge  
British Bouldering Team Member*

Jon is sponsored by Evolv and Metolius.

[www.thebmc.co.uk](http://www.thebmc.co.uk)





*British Lead Climbing Championships 2009, EICA Ratho.*

— DBM

*Eleanor at Chateauvert.*

— Eleanor Hopkins Collection



psyched! introducing...

# Introducing; Eleanor Hopkins

Here we have British Junior Climbing Team member Eleanor Hopkins.

Three years ago my local club wall in Callander hosted a round of BRYCS (YCS as it now is). There was a sign-up sheet and I thought everyone would take part so I put my name down – only one other club member entered! I was happily working my way through the challenging 4+s at the wall practising for the comp when Bob Calvert, the wall manager, came in and said that he had been speaking with the route setters, the grades started at 6a and we had better get started on those! Doing pretty well on the 4+s and even the 6As now!

I joined the Ratho BRYCS club soon after I started climbing and that was about the time I started to drag my parents out to Ratho one or two times a week. Ratho was by far the best wall I had been to since I started climbing, the Callander wall is very small, the space was originally going to be a cupboard until they knocked out the ceiling to make it a top-rope wall but has good tufa and features. The BRYCS club really helped me train for competition and I managed to move my BRYCS final place from 27th to 1st equal in 2008 in one year because of their help.



>> *Team Training on the Hanger Wall, EICA Ratho.*

— Martin Hopkins







Psyched! introducing...



*Strength and Conditioning Training at Heriot Watt University.*

— Martin Hopkins

I was also able to attend some coaching sessions from Neil Gresham and Steve McClure which I have really enjoyed and found them very useful and motivational. However, the most important factor has been the support and advice and encouragement of local Ratho coaches and climbers – impossible to name-check them all, but they know who they are. My current BMC coaches are Neill Busby and Neil McGeachie, Robbie Phillips is also helping me a lot and Niall Considine from Heriot Watt University is advising us on strength and conditioning training, which is a major step forward.

I suppose that it was after the 2008 BRYCS that I began to get more serious about climbing, I have been lucky to be climbing at the same wall as Natalie Berry and many other top junior climbers who inspire me to train harder and climb better! When I was younger there was lots of people at Ratho who were climbing insane grades which I thought I was never going to be touching on but it just shows when you get stuck into training it's amazing what you can do in such a short space of time!

In September 2008 Neil McGeachie said that I ought to attend team selection in December – “just to get my face known”. I worked really hard for it but was quite surprised to make the team selection and became an aspirant seeing as I had only started lead climbing two or three months before, and was petrified to try a 6b on lead at the start. This really opened up a lot of doors for me and I got really focused on my training and started to do harder competitions like the Leading Ladder final and BLCC. I competed in the Imst Colours Open in Austria, I managed to come 25th, midway up the field: my first taste at climbing in competition with people from all over Europe. It was an amazing experience and it was really interesting to see how all the other competitors climbed, can't wait to do something like that again! Others climbed better than me, but I felt that, with training, I would be competitive against those climbers.



*British Lead Climbing Championships 2009, EICA Ratho.*

— DBM

I really enjoy how I feel when I'm climbing, especially when I'm climbing well. Even if I don't get a route, if it's a good route I really enjoy working at it. However, as much as I enjoy climbing, I know that a lot of other training is needed – core, flexibility, strength and conditioning, endurance – it all makes a contribution. Overall, I think it is 50% on the wall and crag and 50% off. I haven't done loads of stuff outdoors but I really enjoyed Chateauvert with the French team at Easter. I plan to get down to Malham again for a couple of weekends and out to Ceuse this summer, maybe the weather here in Scotland may be good enough one day to get out on a local crag!

I compete because of the enjoyment I get out of it, because when you come 1st in a competition you know that you have climbed to the best of your ability and you get this huge adrenaline rush before, during and after the climb! You know that it is all down to this route and all your training is down to maybe 30 or 40 moves and you just focus on the moves so much. But you also know next time you can get even further and climb to higher standards and harder grades. The feeling when you get the route is just amazing, because you always want to be on top.

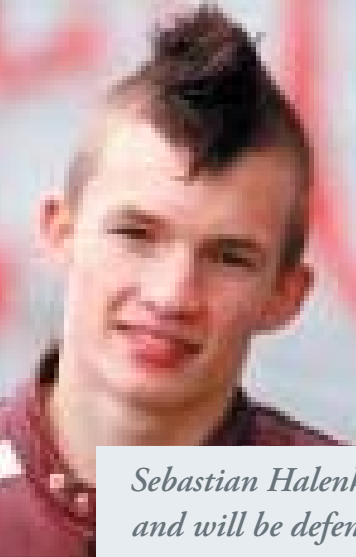
Looking forward to Imst and Wien – ‘Psyched!’

*By Eleanor Hopkins  
British Junior Climbing Team Member*

*Scottish Schools Competition 2010, Glasgow Climbing Centre.*

— Kevin Howett / MCofS





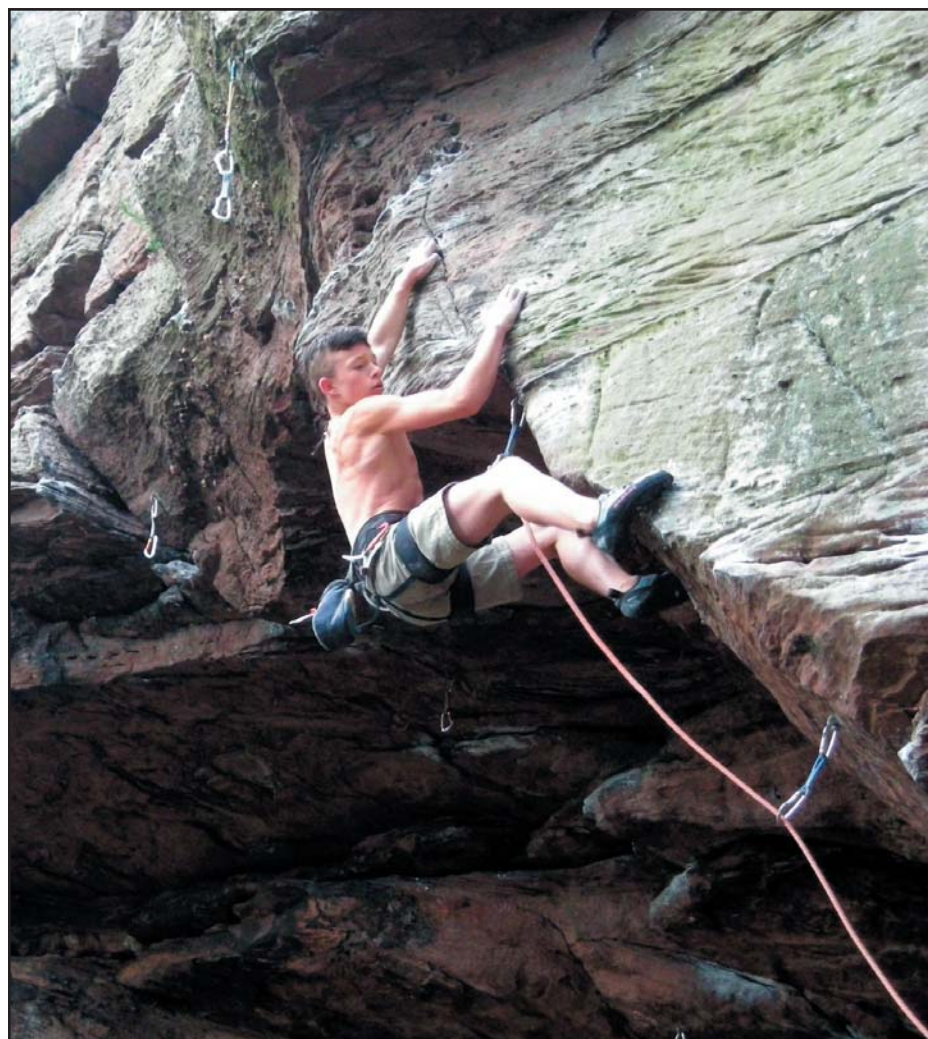
# Foreign Correspondence

*Sebastian Halenke, is the current youth B world Champion, and will be defending the title he won in Valence last August at Ratho on September 12th.*

*He's a very calm young man, who comes across as very laid back and cheerful – right up until it's his turn to compete, where total focus takes over.*

*So here, in his own words (with a little translation from me, Ian Walton), is the story of a climbing phenomenon (well, how else do you describe a 14 year old who can onsight 8b?.....)*

*And yes, before anyone asks, the hairdo is real!*



**Hi Sebastian - who are you and where are you from?**

Hi, My name is Sebastian Halenke, and I live in a town called Giengen an der Brenz, in Southern Germany. I am 15 years old and I am a student at the Robert Bosch Realschule. Giengen is a small, sleepy town that is only known as the birthplace of Steiff Teddy Bears.

**So what brings you to England?**

My girlfriend. She lives here and I am visiting her family for the week.

**When and how did you start climbing?**

My parents always liked the outdoors and walking and mountaineering, so I started with that when I was very young. But they were not sport climbers. I first tried sport climbing at a wall in Germany when I was 8, and have climbed regularly since I was 10. My parents are from East Germany originally, and my father was a good runner.

**How did you start competition climbing?**

A friend invited me to the Regional Championships and thought I would like to enter. It was right to enter, because I won!

**How old were you then?**

I was 12. I have only been competing for 3 years.

*Sebastian Halenke on Vosges du nord, Grotte du Brotsch, „L'angle nicarnat“, 7c*

— Doreen Halenke

*Sebastian at the EYS Munich, 2nd Qualification route.*

— Heiner







*Sebastian Halenke at the German Championship Darmstadt, Final route..*

— Hennin Holzapfel



*Sebastian at the German championship,  
Leipzig, Final route..*

— Hennin Holzapfel

**Why so soon? You could still compete with Juniors for a few more years.**

That is where the very best are, and I want to prove that I am one of them!

**Is there anyone you fear in competitions?**

No! They can all be beaten. There are many very talented climbers there, but nobody is unbeatable.

**How long do you see yourself competing?**

As long as I enjoy it, and keep winning. I have no plans to stop yet!

**Do you enjoy bouldering, or are you strictly a route climber?**

I also enjoy bouldering, although that is usually training for me. At the moment I concentrate on lead climbing, but when I am old enough to enter international bouldering competitions, I might try them as well.

**Do you think climbing should be in the Olympic Games?**

Of course! The Olympic Games is the dream of every sports competitor! It would be brilliant for climbing, and raise the standard of competition climbing for everybody.

**Do you enjoy competitions?**

Yes! I am a very competitive person, and love the feeling of winning and showing people that I am the best.

I love coming out last in the final, and knowing that everyone's eyes are on me, and showing everyone that I am the best!

There is always for me a very good atmosphere, and I like the people who compete in these events

**Do you take part in any other sports?**

Not seriously. I play football and some other sports at school, and I used to cycle a lot, but don't take part in anything else outside of school. My life is now climbing.

**So after your success in the regional championship, how did you go from that to world champion in only 3 years?**

After the good feeling of winning the Baden-Württemberg regional championship, I wanted to enter more competitions, and so the next step was the National Championship, in which I finished second in 2008. I was then invited to join the national squad and so took part in my first international competitions in 2009. So far that has gone very well; I finished second in the European Youth Series, and won the World Championship.

**That must have been your best achievement?**

Yes, I was very proud to have won that.

**So what does the future hold for you in competitions?**

I am still in the Youth B age group, so I want to retain my world championship and also to win the European Youth Series in 2010, then in 2011 I want to move up to the seniors.



### Do you think it would change climbing?

Yes, but only for the better. Competition climbing would develop more, but I don't believe natural climbing would change much. Compared to competition climbing, it is already well developed. Maybe competition climbing would be able to attract some of those excellent climbers who don't currently take part in competitions, which would be brilliant. It would certainly improve the standard of training and coaching – there would be much more professional support available. I don't criticise anyone currently involved by saying that, it's just that with better resources, people could provide much better support for everything – coaching, injury prevention, training techniques.

### Who has been the greatest influence on your climbing?

Timo (Preussler), my coach. He is the most stylish climber out there, and has shown me how to climb properly and in control. I have not been climbing seriously for long enough to have any other real heroes or influences. But of course none of it would be possible without the continued support of my parents, who drive somewhere nearly every weekend for training or a competition.

### Do you admire any other sports people?

Anyone who really enjoys what they are doing- people like Usain Bolt.

### Do you have any ambitions outside of climbing?

Apart from spending more time with my girlfriend, not really. I am still too young, and want to be a professional climber and coach. Nothing more.

### How much do you train?

I train 6 times per week, 4 climbing and 2 fitness sessions, between 3 and 4 hours per session. This can be difficult because I travel nearly 100km to the climbing wall 3 or 4 times a week with my father or Mother. It takes a lot of time!

### So what do you do when you are not training?

School, talking to my girlfriend on the telephone or on facebook, playing guitar or going for walks.

### Do you want to do any mountaineering, or long alpine routes?

No! It is too cold in Durham, never mind the Himalaya! Warm rocks are for me!

### Do you have any sponsors?

Only Scarpa personally, and Vau De and Edelrid through the German National Team. I haven't yet looked for sponsors, as you don't get much as a junior anyway, and I want to be free to do what I want for the moment. Some support would be nice, though.

### You keep mentioning your girlfriend - How did you first meet your girlfriend, given that you live in Germany and she lives in England?

Through climbing! Her brother was a competitor at the EYS round in Ratho last September, and I sat next to her. Many competitors exchanged email addresses and facebook messages with each other, and from that we talked more and more and realised we really liked each other – she then came to visit me in January, and it has gone on from there. This is my first time on holiday in England, I have only been once before and that was for a competition last September.

### Is it important that she is a climber?

Very. I am totally committed to climbing, and if she didn't understand climbing, then it would be very difficult. And if she wasn't a climber, or from a climbing family, we would never have met!

>> *Sebastian at the World Youth Championship Valence, Semi final.*

— Christoph Gabrysch

*Sebastian Halenke on La Balme,  
„La corde à sauter“, 8b.*

— Doreen Halenke

### So what do you think of England (and Scotland!)?

Very cold! I hope sometimes it is warmer than this! Very friendly people, and of course, I hope to spend a lot more time here. I hope to return later in 2010 and do some of the outdoor routes as well and train at the climbing halls for the World Championship in September in Ratho.

I especially liked the beach – we don't have such a thing in southern Germany, and we found many nice fossils, which I like very much.

### When will you be coming back here?

As soon as possible! I hope to be back very, very soon, and definitely will be over here for three weeks in the summer, training for the World Championships.

### Where do you see yourself in 10 years time?

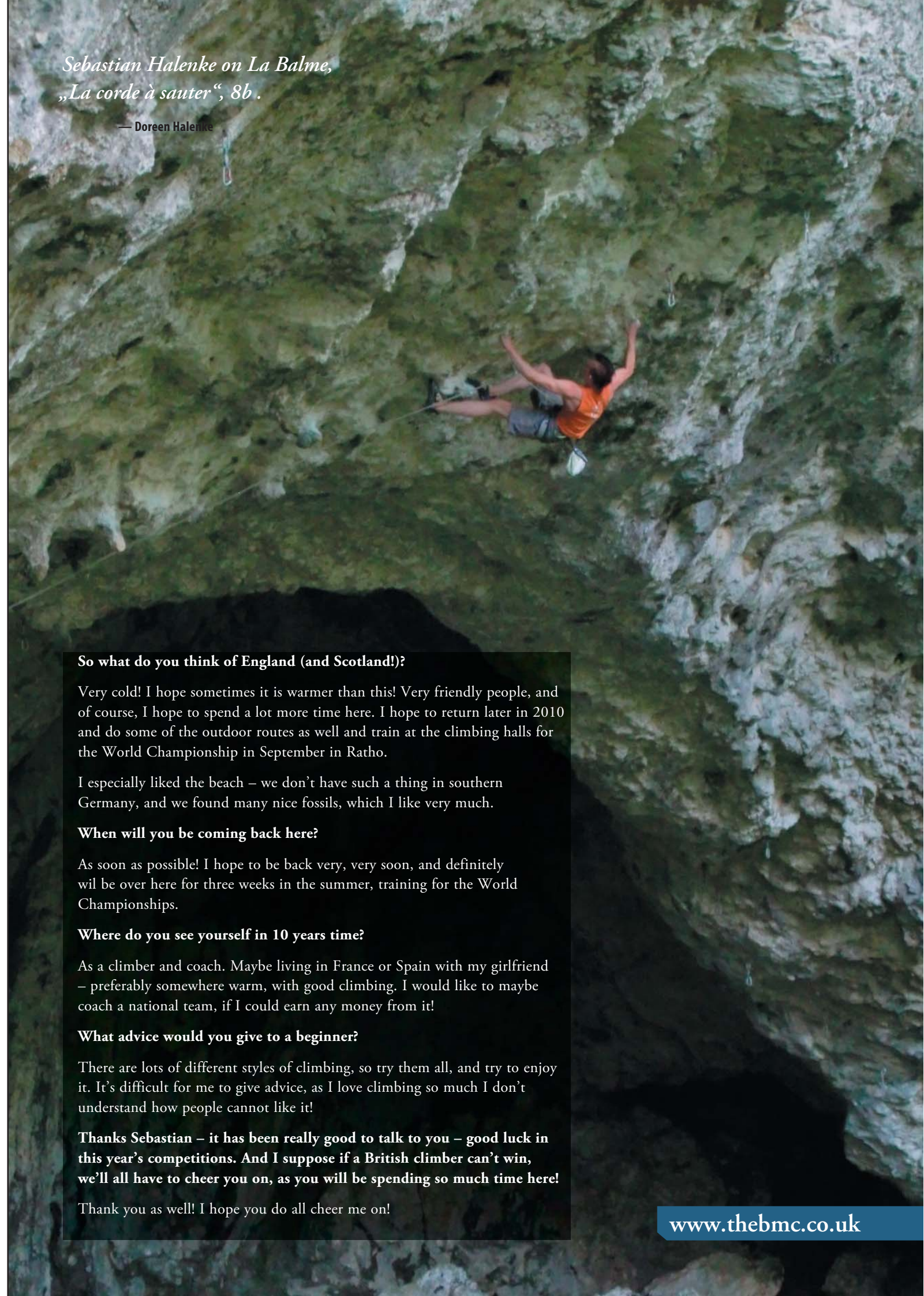
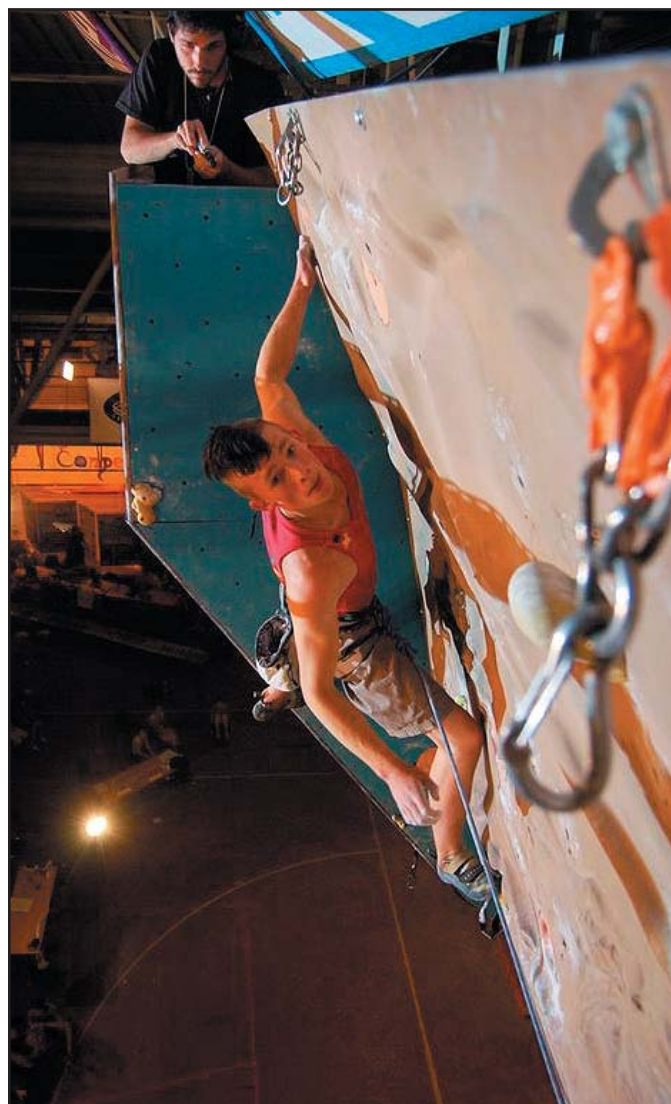
As a climber and coach. Maybe living in France or Spain with my girlfriend – preferably somewhere warm, with good climbing. I would like to maybe coach a national team, if I could earn any money from it!

### What advice would you give to a beginner?

There are lots of different styles of climbing, so try them all, and try to enjoy it. It's difficult for me to give advice, as I love climbing so much I don't understand how people cannot like it!

Thanks Sebastian – it has been really good to talk to you – good luck in this year's competitions. And I suppose if a British climber can't win, we'll all have to cheer you on, as you will be spending so much time here!

Thank you as well! I hope you do all cheer me on!





# Psyched! ...mixed up

*Steven Addison during first round of the STS  
2009 in Dundee.*

— Lukasz Warzecha/LWimages

**STS**  
Scottish Tooling Series

Vertical World, Dundee 3rd October  
11th October

[www.thebmc.co.uk](http://www.thebmc.co.uk)





Responding to the demand for organised drytooling events in the UK, well known mountain instructor and tooling aficionado Pete Hill has set up [www.drytoolinguk.com](http://www.drytoolinguk.com). Despite only having the company and associated website up and running since the end of last year, Pete has found himself very busy with events and enquiries about future workshops, tasters and competitions.

Pete, who is based in the Northern Cairngorms as well as the somewhat flatter lands of Hampshire, set up the business following the success of the Scottish Tooling series, in which he has been competing for some time. "The Scottish series has been tremendously successful and has been a great event to take part in" says Pete. "The problem was that, once the series had finished there were no other local events for the participants to move on to".

Some climbing walls have started their own drytooling sessions, but these are often

only for a couple of hours each week. DrytoolingUK.com now provides a complete package for walls, with everything from paperwork and risk assessments through to route setting, equipment and staffing if required.

2010 has started well, with events at Shropshire climbing centre and Kendal wall, Southampton, hosting a 2-day event in April. At the time of writing a number of other facilities across the UK were getting ready to finalise dates.

"The great thing about drytooling is that everyone can have a go, even if you have never picked up an axe before. The taster sessions are designed so that anyone wanting to try it out can do so, and they receive a bit of coaching along the way".

The events, which are most often run over a weekend, include workshops. These allow climbers who want to improve their technique get coaching on



*Calshot event.*

— Pete Hill Collection

axe techniques and movement, and are designed to de-mystify manoeuvres such as Stein pulls, short-tooling and figures of 4 and 8. Master-classes are the next step up; ideal for climbers who have already used axes on winter ground, coaching their use in the drytooling environment.

Competitions, which are the main focus of the weekend and normally run all day on the Saturday, are open to everyone. Routes are set so that climbers who have never used axes before can have a good day trying out various routes and techniques, and more testing lines are set for experienced competitors. There will often be a variety of obstacles such as wooden logs, tyres and chains included to provide problems for the competitors and entertainment for the audience!

The number of indoor drytooling events is showing a healthy rise, and the first large event of the year was held at the Shropshire Climbing Centre over 5-6 Feb. The Friday night was very busy, with a high volume of participants taking part in either workshops or taster sessions. The Saturday morning started with a workshop, with the competition beginning at 12.00. Due to reasonable weather outside, this was (quite understandably), not as busy as the previous evening. However, a small but select group gave their all on a variety of problems, from short bouldering routes to overhanging lines with a variety of obstacles including car tyres and swinging logs.

A contingent visiting from Shrewsbury did exceptionally well, all coming in the top 3 places, with 3rd being tied with a local, Dan Hall. The results from the shortened entry categories are below:

Shropshire Climbing Centre Results: 6th February 2010

POSITION NAME

- 1st Rob Davies
- 2nd Tom Barrett
- Joint:
- 3rd Jon Blake
- 3rd Dan Hall

Prizes for this event were provided by the climbing centre and Lyon Equipment, for whose support we are very grateful.



The weekend of 12-13 Feb saw the Lakeland climbing Centre at Kendal hosting an event. Friday night was popular, with a number of workshops, tasters and a masterclass being held, and these were repeated in the early part of Saturday. Participants in these were also able to take part in the competition heats, which then led to a final on Saturday evening. This was held on the large main wall, and saw 9 male and 4 female finalists face a fiercely overhanging route, including obstacles such as logs, tyres and chains. Ewan Turner was the only person to reach the finishing hold, with a number of other male and female competitors not far behind. Plenty of support was given to competitors by each other as there was no isolation for the final, giving a really good atmosphere to the end of the event.

Lakeland Climbing Centre Results: 13 Feb

MALE

POSITION NAME

- 1st Ewan Turner
- 2nd Dylan Johnston
- 3rd John Foster

FEMALE

POSITION NAME

- 1st Louise Humphries
- 2nd Sarka Teskova
- 3rd Crystal Crooks

Prizes were again very kindly provided by Lyon Equipment.

Events are advertised on the [drytoolinguk.com](http://drytoolinguk.com) website.

If you have any UK drytooling competition news, drop me a line at [pete@drytoolinguk.com](mailto:pete@drytoolinguk.com)

By Pete Hill  
[www.drytoolinguk.com](http://www.drytoolinguk.com)

>> *Calshot event.*

— Pete Hill Collection





MCoS Supporting  
Scottish Climbing

### The Scottish Tooling Series 2009

This was another highly successful year for this very popular series of events. All the venues - Avertical World Dundee, Ratho, Extreme Dream Aviemore, Glenmore Lodge and the Ice Factor - put on a great show with routes designed to amuse, entertain, challenge and, in one or two instances, destroy! All of the events were run as 'stand-alone' competitions, with prizes in a variety of categories. However, if competitors took part in three or more events, they could go on to have their best scores tallied for an overall series placing. Results for all the series can be found at [www.scottishtoolingseries.co.uk](http://www.scottishtoolingseries.co.uk)

All events involve leashless climbing, with 4-season mountain boots being used in place of rock shoes. The event at Glenmore Lodge is the most unusual, however, in that it takes place outside on two granite towers. This means that crampons can be

worn, which makes the whole climbing experience much more like mixed climbing. Mark Chadwick, who set the routes for the 2009 event, even managed to get a huge plug of ice hanging from one of the towers for a bit of realism! Talking of ice, some of the routes at the Ice Factor take place on the indoor ice wall, where obviously crampons are used. These routes make a nice variation to the more delicate ones in the main climbing wall area, although just thumping the ice doesn't help much with solving the problems!

Pauline Sanderson, who coordinated the series for a number of years with great skill, ability and humour, has now stepped down. I have taken over as joint-coordinator for 2010, along with Neil Silver who runs the STS website. We hope that we can take the series on from the heights that Pauline elevated it to, and with this in mind we are now well into organising the 2010 rounds. Our thanks, and that of all competitors, must go to Pauline and her helpers for all the work over recent years.

The STS is using five venues for

2010, as before, but with one major change. Sadly, now that Extreme Dream in Aviemore has reduced its size it won't be able to host an event this year. This will be a great loss, as Scott Muir and his staff have been instrumental in getting the series as popular as it has become. However, a new venue has agreed to take part, and Transition Extreme in Aberdeen will now be part of the series. It makes sense to have a venue in that part of the country, particularly with so many good climbers in the area. It is also a venue that can offer a whole variety of routes and has plenty of space, and the staff are very keen. The dates for 2010 are: Avertical World Dundee October 9th, Glenmore Lodge October 23rd, Transition Extreme Aberdeen October 30th, Ice Factor November 13th and Ratho November 27th. Details of how to book with the venues are on the STS website.

By Pete Hill  
[pete@drytoolinguk.com](mailto:pete@drytoolinguk.com)

Psyched! Mixed Up...



>> *Rob Gibson during the final round of the STS 2009 in Kinlochleven.*

— Lukasz Warzecha/LWimages



*Anna Wells during first round of the STS 2009 in Dundee.*

— Lukasz Warzecha/LWimages

### Calshot Workshop and Competition April 23-24 2010

Calshot climbing wall, near Southampton, makes a great venue for competitions and workshops, as it has a huge main wall and lots of other areas where boulder problems etc can be set up. The staff are also very keen and supportive, which makes a huge difference to the all round enjoyment of an event.

Even though this event coincided with the warmest weekend of the year so far, a good number of climbers turned up to take part and the atmosphere was fantastic. Friday evening consisted of a workshop and taster session, with another workshop happening on the Saturday morning followed by the competition. A number of routes were set, being either bottom-roped or traverses on the overhanging bouldering wall, and judicious use of chains, tyres, logs and a caving ladder kept the

competitors guessing! Notable during the day was the great spirit that everyone taking part displayed, urging each other on and giving the event a really friendly atmosphere.

Another section of the weekend was the free use of Schmoolz drytooling training axes. These proved to be very popular, as they use a cunning loop of rubber to hook onto holds and thus have no sharp parts. Although not part of the competition itself, a number of entrants used them as part of their warm-up routine and found them very effective.

A figure of four competition was also held, with male and female categories, the winner being the person with the highest number of one-arm hangs.

Prizes were donated by Cotswold and Peglers, and with on-going equipment support from Lyon and Petzl the competitors were well looked after.

Competition winners are as follows:

#### Male:

- 1st Terry Finlay
- 2nd John Hogan
- 3rd David White

#### Female:

- 1st Lisa Paling
- 2nd Rachel Nicholls-Lee
- 3rd Kirsty Edgar

#### Junior:

- 1st Helen Horsell
- 2nd Holly Sutton

#### Figure of 4 comp - spot prize:

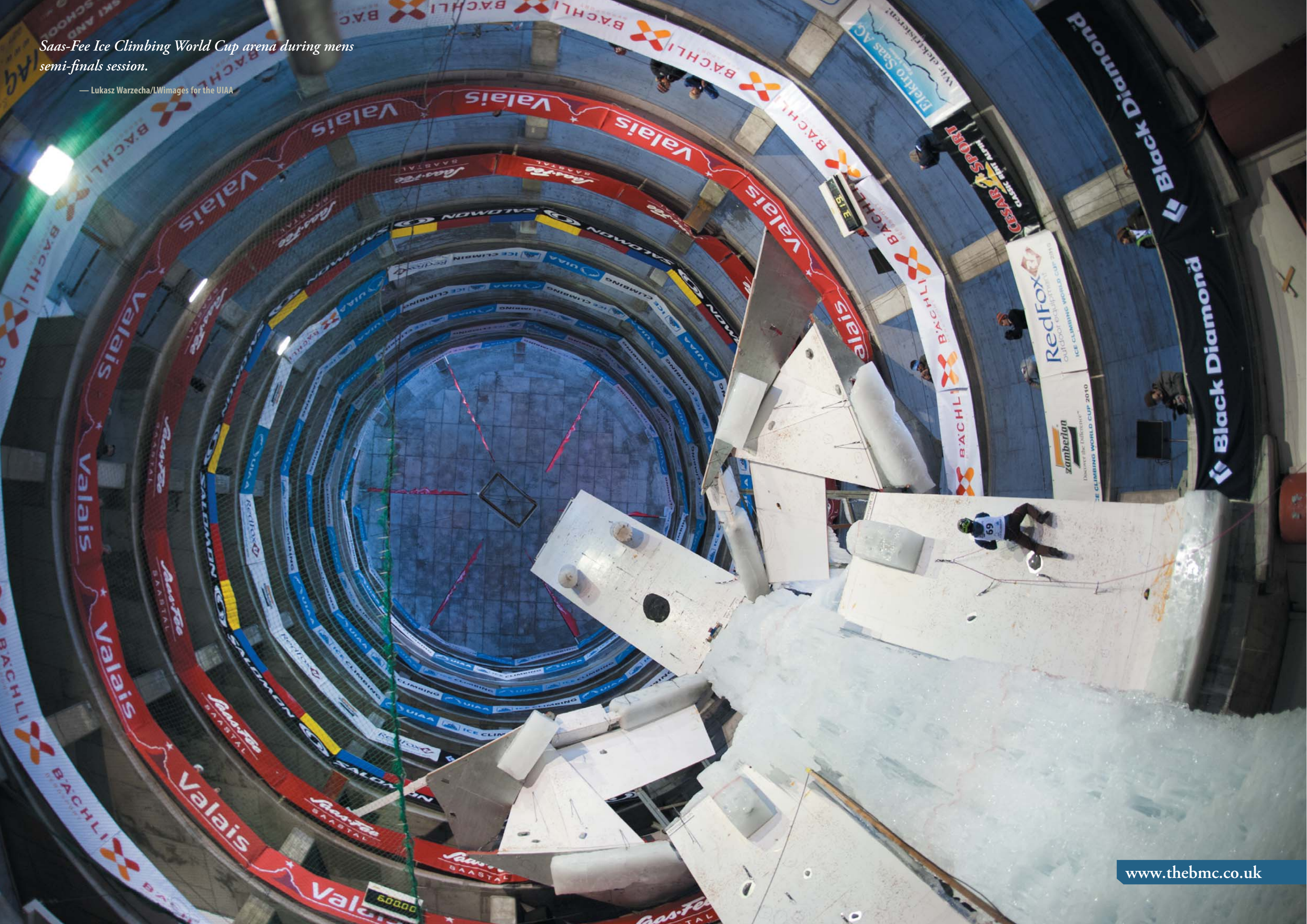
- Male Terry Finlay
- Female Lisa Paling

As always, any drytooling news can be sent to me at [pete@drytoolinguk.com](mailto:pete@drytoolinguk.com)



Saas-Fee Ice Climbing World Cup arena during mens semi-finals session.

— Lukasz Warzecha/LWimages for the UIAA





## UIAA World Cup Ice Climbing competition 2010

2010 is the second year that I have competed in the World Cup, last year I took part in all three rounds and was ranked 20th. This January the competition series had four rounds; Kirov (Russia), Val Daone (Italy), Saas Fee (Switzerland) and Busteni (Romania). I would like to have climbed in every round but I also wanted to climb some entertaining hanging ice so finances and time limited me to the Kirov and Saas Fee competitions.

### Getting to the comps.

To compete in Kirov a Russian visa was required and I soon found that the visa application process was going to be time consuming. The first stage was to get an invitation from the appropriate Russian agency (in this case "The Department of Physical Culture and Sports of the Kirov Region") together with a covering letter, photograph and completed application form. The application form included questions such as "Do you have any specialised skills, training or experience related to fire-arms and explosives or to nuclear matters...etc...."

Eventually I even had to provide three months bank statements as I was not in full time employment. Then there was the problem of getting back in to the UK from France after posting my passport to the Russian Embassy in London. Finally, following several days of admin and a Christmas eve visit to the agency in London my visa arrived via courier the day before my flight to Moscow. The minimum this procedure will cost in the UK is 72 GBP (much less in other EU countries) who knows how much the final bill was including travel, postage etc.

I knew getting a visa could be a pain but I was keen to visit Russia; Moscow and Kirov. A quick Google search of Kirov revealed that the town of half a million inhabitants was named after Sergey Kirov, a Bolshevik revolutionary, assassinated probably on Stalin's orders. The Kirov River port went bankrupt in the late 1990s and all its river boats were sold to other regions!

Approximately 1000 km east of Moscow along the Trans-Siberian mainline it was going to take two days travelling from London.

Finding flights that arrived early enough to catch the sleeper train was difficult, so I flew the day before, stayed overnight in Moscow then caught the train the following day. This meant that I would be climbing after a night on the train, not ideal! Better to arrive the day before if possible. Flights from London to Moscow 207 GBP. The sleeper train was good but quite expensive, I think by booking in advance a better price

can be found. It was interesting to spend the Russian Christmas eve travelling to a climbing competition.

The competition organisers asked for 240 Euros to provide an all inclusive package of transfers, accommodation and food for 4 nights (2 of them on the train) not including the 35 Euros to enter the difficulty competition. This seemed expensive to me and I arranged some transfers myself (with lots of help from my Russian friend Pavel Dobrinskiy). Without much difficulty I was able to travel from the airport using the Express train (250 Rub appx. 5 GBP) and around Moscow using the Metro. Eventually I didn't save much on the price of the package as I still payed the organisers for food, accommodation and the sleeper train. Hotel Sputnik in Kirov is the place to stay as it is near the climbing structure.

Competing at Saas Fee was much simpler!! Drive to Switzerland and stay: with friends or in hostels/apartments.



Article written by Rob Gibson.

— Lukasz Warzecha/LWimages

Markus Bendler in the qualifying session, Busteni, Romania.

— Lukasz Warzecha/LWimages for the UIAA





### The Competitions

In Kirov a climbing structure has been built in the big void below a ski jump as it was -25 deg C when we arrived there was no problem making ice on the climbing structure but unfortunately there was none for the difficulty qualifier.

The route was set using plastic holds on wooden panels (kicking monopoints in to the panels was allowed) 6 minutes was allowed to attempt to onsight the qualifying route that I guess was about M7. For the finals route new ice daggers were winched in to place for each competitor so they could all swing in to fresh ice as they climbed providing their picks were sharp enough to penetrate the bullet hard ice. Out of 58 competitors (36 Russians!) from 13 countries I was the only 'official' UK competitor. Competitors received varying amounts of support from their climbing federations, I understand that the German, Austrian, Swiss and US federations generally did not help their athletes while the Russian, Danish, Belgium, Dutch, Spanish and Korean all gave some amount of financial support to their national athletes. It seems strange to me that some federations do not support competitors representing their country.

More competitors took part in the competition at Saas Fee (95 competitors from 21 countries) and this classic event attracted big crowds of spectators for the Saturday night final.

Disappointingly I did not qualify for the semifinal at Kirov, I timed out 1 clip away from qualification in 24th place. My climbing style means I am more suited to endurance routes rather than powerful ones and I was barely warmed up after 6 minutes climbing time. The route was technical though and I found it hard but climbed slowly and it was this that cost me a place in



*Park Hee Yong crusing for the victory in the final in Busteni, Romania.*

— Lukasz Warzecha/LWimages for the UIAA

the semifinal. I am sure some training on plastic holds prior to the competition would have helped.

Even more disappointingly I missed qualification again at Saas Fee, I felt this was my best climb so far in all competitions but again missed out by a small margin (I clipped the clip that would have put me through seconds too late). Of course the leading athletes avoid these little problems by topping out within the allowed time!

World wide there are many very good climbers who enthusiastically take part in the World Cup. Their climbing backgrounds vary from people who train mainly indoors on plastic holds in bouldering caves to those who seek out the most aesthetic mixed lines in the mountains, others have put up long bolted routes involving many meters of roof climbing aiming for hanging ice and a rest.

In Saas Fee I think I glimpsed the future of ice climbing competitions when Korean Hee Yong Park blasted his way up the finals route 2 minutes faster than anyone else only to fall in to third place when a slightly twisted axe placement popped. If half a dozen powerful athletes can regularly perform like this then ice climbing competitions will have a genuine appeal to climbers and non climbers.

By Rob Gibson

UIAA - Ice Climbing



*Han Jung Hee during the qualifying session in Saas-Fee, Switzerland.*

— Lukasz Warzecha/LWimages for the UIAA

[www.thebmc.co.uk](http://www.thebmc.co.uk)



First European

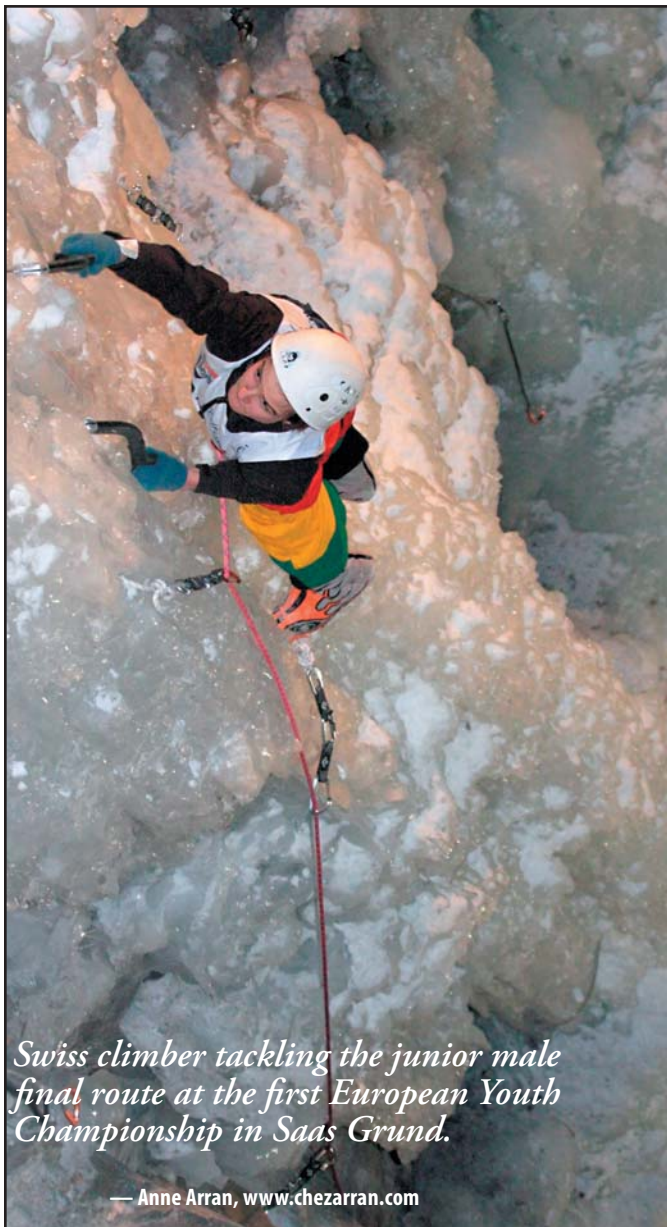
Youth ice climbing championship

and UIAA Youth 'coaching the stars'



*Swiss finalist looking chilled in Saas Grund.*





### Ice thrills competitors of first-ever youth event

President of the UIAA Youth Commission, Anne Arran, interviewed three key people involved with the first ever UIAA European Youth Ice Climbing Championship which took place from January 16 to 17 in Saas Grund, Switzerland.

She spoke to the winner of the women's competition, a former World Cup star coaching at the event and a route setter.

#### Liubov Mikryukova, age 16, women's winner

Liubov, aged 16, grew up in chilly Kirov, Russia and started rock climbing six years ago when she was just ten. It wasn't until the age of 14 that she started ice climbing. "Ice is my favourite. I was inspired by seeing an Ice World Cup and thought I'd like to try it. It's incredible, it's mine, I have unusual feelings for it!" I asked Liubov a few questions about how she is able to thrive in this harsher sporting environment, and about the first European Ice climbing Youth Championship.

#### What about the competition here – how was it?

Here in Saas Grund I like all the routes, rock and Ice but my hands are like ice when I clip so it's hard. But the comp is amazing, very exciting good routes on ice and the rocks.

#### Have you led any ice falls outside?

So far I have only done routes with bolts or preplaced ice screws. We only do ice in the winter. At home there is a wall where we can climb all year and it has holds for climbing with ice tools. I have only done one route outside, I don't think it was very hard. In the finals of the competition it was my second mixed M route on rock ever! I have little experience of it.

#### What do your friends think of it?

I have many climbing friends in Russia but many don't like ice climbing because it's dangerous and cold. But I like it, it's my addiction!

#### What advice would you give to other young climbers if they wanted to try ice climbing?

This is not just a hobby, it's a way of life. It's risky but an amazing feeling after you climb – must be tried! It is hard to express how it is. Our youngest team member is 15 years old.

#### What are your future ambitions?

I want to visit Italy, France and Romania. I want to see different types of ice – I want to learn all about it - I am a very curious person. Oh and I want to become a famous sports person and get the gold!

### Urs Odermatt – 35 years old, former World Cup winner in Norway –UIAA Youth "Coaching with the Stars" coach

Urs started climbing in 1990 when there was only primitive coaching. "You just had to survive but then we had some serious training in the gym. I won a World Cup in Norway but think my best achievement was coming second in the Russian speed climbing championships."

#### Top tips from Urs

"Beginners should climb as much ice as possible. If you have a good axe it knows what to do. Hold it in a relaxed way and give a swing with the hand, almost as if you were throwing it. When it bites into the ice grip it and lock. Hang on a straight arm. (Making it only a short time that you are gripping the axe hard uses less energy.) These days you need to be a world-class climber to be top class in ice climbing competitions; to have the [full] repertoire of moves.

"On rock, M climbing, if you have a hook, don't replace the axe once it's in. On rock you can really feel the hold so it's possible to move your hand, but with the ice axe you only have visual control of seeing where the axe should go.

"Climbing on ice is similar to rock but it's less dynamic and you use the figure of 4 move a lot more. There are many lock-in moves so you need to be strong at this, but training on the campus board can ruin the elbows!

"It's necessary to be able to cope with very cold temperatures, down to - 30 degrees in Kirov. Those who weren't used to it didn't do so well".

#### Future ambitions

"At the moment I like very long ice lines with as many pitches as possible! You can have nightmares before them but when you survive you think it's OK. I never talk about planned trips. My next target is about 1 hour from Zurich. It is the biggest waterfall in Europe – 1800m of ice fall. It has no name – I'm not going to tell you where it is. We have tried it before but the conditions on the top are either too cold or avalanching so it's difficult".

*The specially created ice wall for the competition and coaching from Ines Papert and Urs Odermatt .*

— Anne Arran, [www.chezarran.com](http://www.chezarran.com)







**The ice and mixed Guide for Switzerland; Gabriel Voide –route setter – the philosophy behind the competition.**

Gabriel has been the Saas Fee ice competition organiser for the past ten years. He stopped this year to look after his young children, taking a step back to concentrate on the route setting. Voide says “the main idea was to have a European Championship but then we see the climbers are of all levels. We had no idea how they would climb because this is the first competition. The competitors also may be good in climbing competitions but have perhaps only climbed twice before using an ice axe.

“Now they do really interesting moves; one Swiss climber was afraid to climb on lead, but she really pushed the limits today, I am sure she must have done her hardest climb! We think that 14 years of age is a good age to start because they have a good basis of sport climbing already and also hitting the ice is hard for some of the girls until this age. The good thing about these youth camps and competitions is that it will encourage a new generation of adult competitors. Before we lost them after a certain age.”

**Did you make the routes the right standard?**

The route setting was pure gambling – after the first climb for the girls we made it much easier and for the boys a little bit easier.

**How did you make an ice wall in a car park for Saas Fee?**

It took us all autumn to make the ice construction for Saas Fee. We make the suspended ice blocks in a big fridge and then pulled them up so they sit in the roof.

*By Anne Arran  
President of the UIAA Youth Commission*

*Anne and John are Ex British team members and they offer top sun rock accomodation for the British Team and their families 50% off climbing accomodation at Chez Arran [www.chezarran.com](http://www.chezarran.com) for team members and their families outside July, August & Christmas in Ariege French Pyrenees*

*Visit this excellent climbing spot in Ariege, French Pyrenees, best known for Stevie Haston climbing F9a at the age of 52 in the Grotte de Sabart - a very very overhanging cave. Check their blogspot for photos <http://chezarran.blogspot.com> and <http://cafma.free.fr/plan.htm> for topos.*



*Russian speed climbing axes worked well in Saas Grund full results [www.theuiaa.org](http://www.theuiaa.org)*



*Olympic diver Nick Baker putting Tom Newman and Ned Freebally through some pain (helped by Drew Haigh!)*

— Tom Randall Collection



Psyched! training...



# Core Madness

by Tom Randall

psyched! training...

The phase “core conditioning” has very much come into vogue over the past few years, often accompanied by the ever present balance ball. Many climbers have also become aware that this is an area of their body that needs to be kept in shape if they are to achieve their potential in climbing. It’s not uncommon now to regularly see people at the wall doing sit-ups, leg raises or side planks, even if they’re not trying to on-sight the latest 8a!

As many of you will feel they are clued up on core conditioning, I thought it best to perhaps shake the tree a little and see if you knew these facts;

1. Core conditioning is not training just your “abs” or “six-pack.” The core actually comprises muscles groups running all the way from your upper torso to your lower hip region.

2. Not every exercise is as good as you might think at training your core - many actually achieve relatively low muscle stimulation. Why train in the wrong way, when you can train intelligently?

3. Different exercises will target different muscle groups within the core. For example, you will achieve a very different training effect by doing simple stomach crunches, compared to V-sits.

4. Core conditioning can and should be used as part of your everyday warm for climbing. For example, Nick Baker from the British Olympic Diving Squad will do 1 hour of core condition work before every training session, merely to prepare for a training session!

Before giving you a list of exercises to go away with, I’ll just remind you that an effective programme of strength and conditioning work will, amongst many others, increase your range of movement, reduce the risk of injury to lower back, improve your footwork and massively help your climbing on steep sections of rock or plastic.

## Simple Starts

Some of the most simple and popular abdominal exercises need only a little tweaking to become essential weapons in your core armoury!

1. Stomach crunches. Try doing these with your legs pointing straight up towards the ceiling, with your legs straight i.e. your heels will point to the ceiling. Alternatively, you can perform the basic crunch lying on your hip (rather than your bum and lower back), to target the obliques.
2. Dishes. An oldie, but a goody. You should aim to alternating sets of dishes (static or with some movement) on your back and stomach. If doing static, aim for 30-60sec holds or 20 movements if doing dynamically.
3. The plank. Yes, you know it well! This one has many variations, but all will work your core extremely effectively. Start with basic planks, where you support your body (face pointing towards the floor) on your toes and elbow, maintaining a “plank-like” position. You can move onto raising alternate legs and arms in this exercise or try walking your arms or legs outwards from your centre of gravity.



Top; Tom Randall at home doing half levers.

Middle; Female Team working their core.

Bottom; Tony Musselbrook demoing one of Nick’s crazy Russian core exercises. Hard core!

— Supplied Tom Randall

## Getting Spicy

Once you’ve mastered the basic drills and are able to do these with little effort 3-5 times per week, then you may be ready to up the ante! I would recommend using a combination of simple or more complex exercises so that 75% of your conditioning is simple and the remainder is more intense.

1. Push-ups. Not often associated with core conditioning, but this exercise is a little beauty. Ever tried doing 20 press-ups after you’ve done 100 sit-ups or 20 leg raises? Not easy is it? That’s because push-ups aren’t just about triceps and pectorals. Once you’re cruising them try extending your legs into a star position, with your arms also wide apart or perform them with balancing on just one leg or one arm if you’re feeling confident!

2. Bar-work. There are many, many exercises that can be carried out on a pull-up bar or a set of jugs. One of the most simple and effective is the leg raise. To do this, hang straight-armed from the bar (very important, as this isolates your core more effectively) and raise your feet to your waist level, with either straight or bent legs. An advanced version of this is to carry on raising until you touch the bar with your toes. A spotter is recommended for this exercise.

3. Knee-bar work. If you can find a suitable location for this, then this may end up forming an invaluable part of your workout. Essentially, this involves performing a single or double knee bar and doing any combination of sit-ups, twisting crunches or position holds (with or without weights).

## Structuring

As a keen practitioner of above training and having seen the benefits that have been reaped by myself and many member of the British Team over the last few years, I’d like to pass on a few basic rules of thumb:

1. Build up your strength and conditioning slowly. If starting from scratch, then aim to add this to your training 2-3 times per week for the first 3-6 months with a total volume of repetitions per week of around 500. Once you have established a foundation, you should work towards 4-5 sessions per week and a total of 1500-2000 repetitions. I currently do 5000-7000 per week, so I promise the gains can be had with dedication!
2. Keep a very close eye on any minor tweaks that you suffer in your obliques area (running down the side of your body) as these muscles tend to pick up injury quite easily and also more difficult to get rid of without adequate rest.
3. Work on all areas of your core. Don’t ignore your obliques, hip flexors or lower back in particular. Keep a healthy balance and you can’t go wrong.
4. During the preparatory period of your training season, keep your exercises fairly non-specific to climbing and the intensity low (but volume high). Once you enter your performance cycle, then switch to climbing specific exercises e.g. bar work and knee bar work and drop the volume of repetitions.
5. Lastly, if you’re ever in doubt, then speak to your coach or have a quick browse in Google and you’re bound to find some sense!

By Tom Randall  
British Junior Team Coach



Pete Whittaker doing “bat wedge” hanging sit-ups with the secret “calor-gas” training product(TM) ....!

— Supplied Tom Randall



Rob Haigh on the parallel bars.

— Supplied Tom Randall



*Maja Vidmar in the isolation zone  
before the final of the 2009 World  
Cup in Barcelona.*

— Lukasz Warzecha/LWimages





# The Insider; Part 3

Pre - comp	Part 1
Isolation	Part 2
Mental Edge	Part 3
Comp Tactics	Part 4
Comp Fallout	Part 5

In this third article I'll share some tactics I use to keep my mental edge during the competition. It starts by focusing on the present as you're leaving the transit zone. Stop wishing that you had done some more fingerboarding, running or circuits or wish you had eaten less cake. Don't wonder if you've warmed up enough. The most important skill that a good competitor has is the ability to focus completely on the task at hand.

It is imperative that you realise that all the blocs/routes are do-able. I've seen many comps where competitors are only there to gain a bit of experience and don't really think that they can complete any of the blocs or routes. What they don't realise is that sometimes setters set a relatively easy problem, but because they've convinced themselves that they're not good enough to climb anything they don't. It doesn't matter if so-and-so has fallen off a route, maybe they're

injured or made a mistake or are having a bad comp. It doesn't mean that you can't do it.

I deal with the pressure of a competition by being an optimist and turning everything into a positive sign. For example, if I know that the climber before me has flashed the boulder problem I think 'Great, that means I should be able to do it too!' instead of 'Oh no, that means I have to flash it too.' Conversely, if the climber takes their full amount of time to climb- and I know that this means that they've not done it first go or at all- I will think 'Great, this is a good opportunity to get ahead of this competitor' instead of 'Oh no, this is a hard bloc that I might not be able to do.' You get the picture.

Now, this is easy to do before the first problem, but it's often quite hard to keep it up throughout the competition especially if you've not topped out on the previous route or problem. However, it's this mental stamina that will distinguish champions from lesser climbers. Most competitions are not decided until the very end and anything can happen between the first route or problem and the last one. One trick that I used to help control my emotions between blocs was to listen to a song that always makes me feel happy and energised and to visualise a time when I was climbing at my best. Just closing my eyes and re-living those moments is often enough to put aside any negative thoughts about the last



*Sabine Bacher, Bouldering world cup Moscow*

— Wilhelm



*Russia's Evgeny Ovchinnikov taken at the Barcelona WC 2009.*

— Lukasz Warzecha/LWimages

bloc and focus on thinking positively about the next ones.

When I won the British Bouldering Championships in 2008 I was pretty sure that because I had messed up the second bloc and not flashed it, I had lost the competition. However, I forced that thought out of my mind and just focused on doing my best on the next bloc. When I came up to the last bloc I was still convinced that the title was out of my reach but I was

determined to do the best I could on that bloc.

And that's the final point about competition climbing. Always do the very best you can and you will never be disappointed. I've never ever regretted any ranking I've had where I've tried my hardest, and I mean really tried. So don't let yourself down and try your best putting 100% effort into every move.

*By Audrey Seguy*

*British Bouldering Champion 2006, 2008*

*British Lead Climbing Champion 2008*

*BMC Vice-President*

Audrey is sponsored by Prana, Metolius, Evolv and The Castle



# Imst; a competitors journey

We arrived at the Imst Kletterhall just before 8am after being woken by the church bells situated 10 metres from our hotel chiming loudly at 6am.

The wall was impressive with a maximum height of 22m allowing 28m of climbing on an arched overhang of 18m.

The competition began with a climb on the steep left arch with only 2 of the 6 routes of the day on the flat back wall.

By the time we arrived Tara was feeling sick and weak with nerves which only worsened as the hall filled with some of the best young climbers from around Europe (and some from as far as Israel and Ecuador). She was scheduled 11th to climb but found it difficult to understand exactly what was going on as the announcements were in German, strongly accented English and mostly drowned by the noise in the climbing arena!

Tara settled down to read the routes and found her new binoculars invaluable for assessing the holds.

With one climb under her belt and the competition well under way Tara started to relax into the routine. The second route was steep and difficult with an awkward clip from an upside down position. Only 7 climbers successfully topped out with Tara making the last hold but unfortunately unable to clip and dropping 1 valuable point.

After a long first day of competition and 6 climbs completed Tara was still only 1 point down from the leading

*Tara looking composed on one of her qualifying routes.* <<

— Carol Hayes



*I was requested to write this article by the editor of Psyched! and hope that other young climbers can learn from Tara's experience.*

group and determined to climb even harder the next day.

After a relaxing swim, meal and a good nights sleep, day 2 dawned hot and sunny.

With three routes to go Tara was positive and hoping for difficult and more technical climbs as opposed to the powerful routes of the previous day.

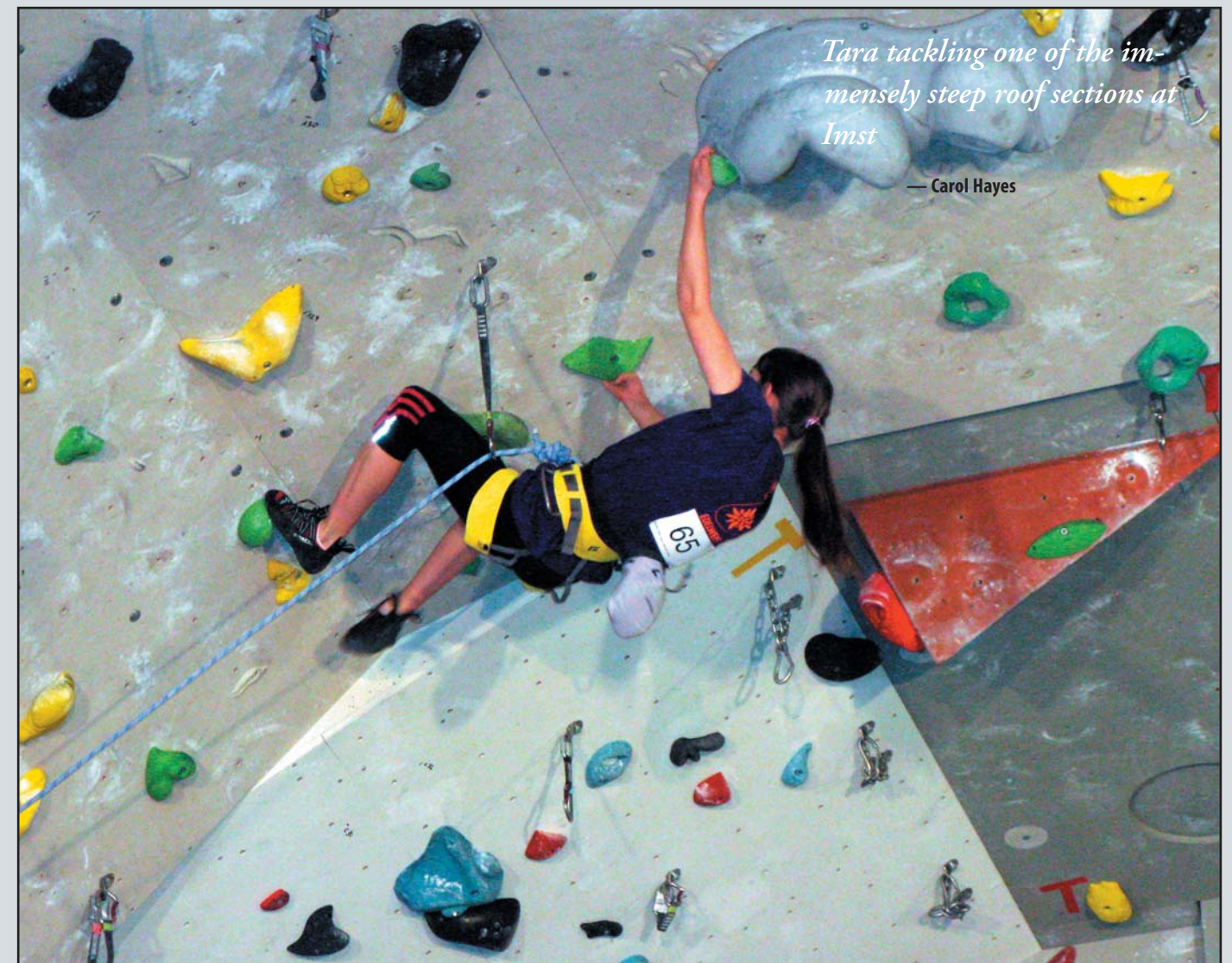
She arrived at the Kletterhall relaxed and after a cardiovascular warm up organised by Team coach Ian Dunn she settled down to watch the route

demo for her most difficult climb of the weekend.

Unfortunately the remaining routes were again more powerful than technical and panic set in as she was told with only 10 minutes to go that the climbing order had been changed overnight - she was to be first up.

Despite this Tara dug deep and achieved a good score but got flash pumped owing to the lack of time for climbing specific warm up. The group was small and owing to the difficult route and climbers falling low down

Competitive Edge



*Tara tackling one of the immensely steep roof sections at Imst*

— Carol Hayes

it wasn't long before Tara was called to climb again. 'I'm not ready, I'm still pumped!' she confided.

She didn't know that she could have requested more recovery time and unfortunately lost valuable points on the next and penultimate 8th route of the competition stating 'I couldn't hold on, my grip just opened'.

Tara was then told by the organisers that she hadn't had enough rest and climbing was delayed on the last route for 10 minutes.

The final route was relatively easy with most competitors topping out but after her disappointing 8th route Tara slipped from 7th position to 14th and was understandably disappointed with her result as she had consistently climbed within the top 8 on all but 1 of her routes.

We arrived home exhausted at 2am after what Tara described as a 'fantastic experience'. Although unhappy with her overall result Tara woke the following morning saying 'I am disappointed but I know what I have to do and am really looking forward to my next competition in Arco'

In the 5 days since we returned from Imst Tara has thrown herself into training with renewed vigour and is even more determined to succeed.

The event was an emotional roller-coaster but Tara has gained much from the experience and loved being part of the Team abroad.

She would especially like to thank Mattioli Woods Pension Consultants for their financial assistance in helping her and the rest of the Tower Competition Climbing Team, Leicester.

## Tara's tips from Imst:

To keep calm and be ready for anything!

Remember that every point counts

Be sure to be fully warm and ready to climb at any time (in case the start order is changed)

Ask for more time to recover if needed!

To work harder at strength endurance on steep routes

*By Carol Hayes  
Parent*

Tara is sponsored by Boreal, Mattioli Wools PLC, Get Vertical UK and supported by The Tower, Leicester.





*Gerome Pouvreau, Thomas Caleyron, Stew Watson & Gabri Moroni remain focused in the Final of The Climbing Works International Festival 2010.*

— Dominic Worrall





*Gerome Pouvreau celebrates winning CWIF 2010.*

— Dominic Worrall

### CWIF – An inside view

The Climbing Works International Festival is a day like no other for us. An organisational and logistic exercise in trying to make sure the event goes off without a hitch. You only know you've succeeded when no-one complains.

The day started at 8am with Graeme opening the door to the already milling competitors. In all, we had 200 people from 16 different countries entering the CWIF. We had closed entry about 10 days before the competition but we must have turned away at least another 50 requests. It's amazing to see how far a comp can come in 4 years.

CWIF 2010 officially kicked off at 9am on the pink Holdz qualifying circuit and finished when the Men's winner Gerome Pouvreau latched the final hold at about 9.45pm. In between that the competitors got whittled down to 16 men & women for the Semi's and then down to the final 5 for the big one.

The 30 problem qualifying circuit was there to whittle down the 200 for the Semi's but it was also there for ordinary joe climber to boulder beside some of the best in Europe. It's also a bit of fun and we had 70's lycra making a comeback and a team comprising of 4 Ron Fawcett's from across the decades. At the end of the 6hr qualifying round, 168 had fallen to the wayside. For them there was disappointment, anger, relieve (from the long days climbing) burgers and beer. For the 16 men & women, it was a time to refocus, refill energy reserves and concentrate on the serious end of the competition.

The semi-finalists headed to the Berghaus competition wall for a mix of problems set by 4 IFSC + 2 of Britain's most experienced route setters. For the crowd there were huge moves, scary falls, successes, failures, surprises and a few tantrums.



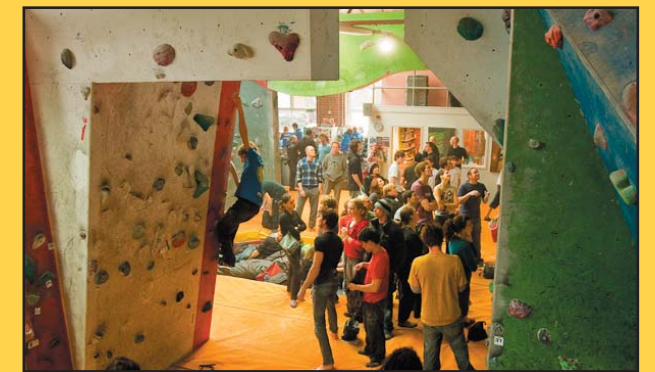
*Percy Bishton and Chief Judge Tim Hatch before the grand final.*

— Dominic Worrall



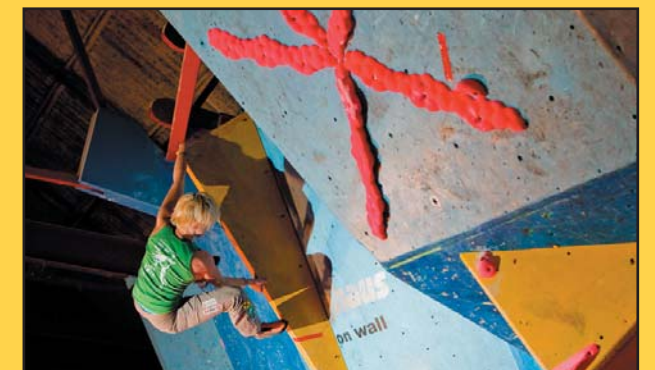
*Gabri Moroni - The Italian Ginger Ninja and member of Team WAD, aka Team Climbing Works.*

— Dominic Worrall



*Just some of the 200 competitors on the qualifying circuit.*

— Dominic Worrall



*Johanna Ernst on Women's Final problem 2*

— Dominic Worrall





*Ron Fawcett & The Ronettes.*

— David Simmonite

The final was an amazing experience with 5 Men & Women battling it out to be CWIF champion. Both came down to the final problems with a packed crowd lifting the roof as both Georme Pouvreau & Chloe Graftiaux latched the finishing hold for the win.

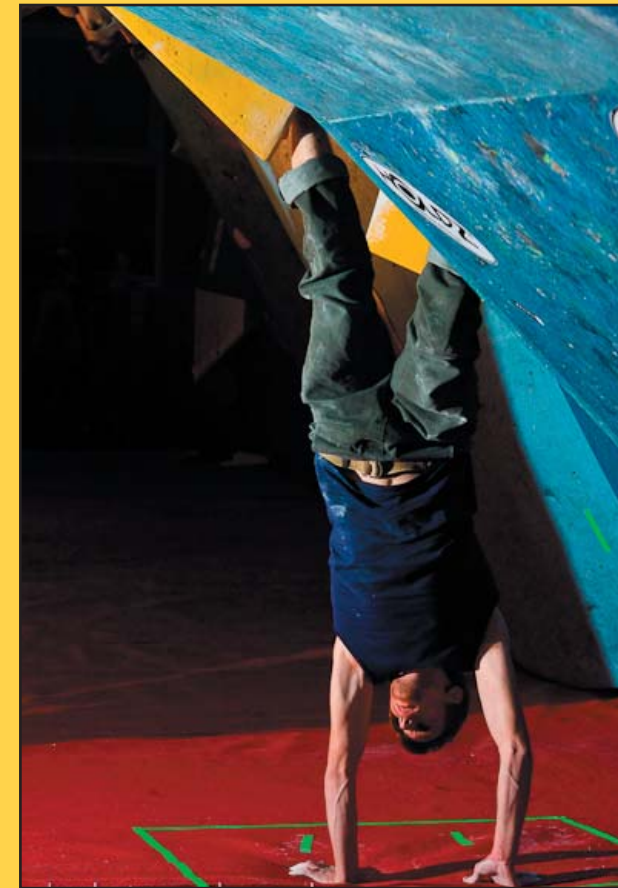
In four years the CWIF has gone from attracting the best of Sheffield to the best of Europe. Jerome Meyer, Gabri Moroni, Johanna Ernst, alongside the best of British talent were all in attendance.

From the inside, it's all about organisation, timing and a bit of luck. The day ran like a dream...to those watching from the sidelines anyway, and that's what matters. To those in control it was sometimes a close run thing but it all came together and the event was a huge success.

Leaving the wall finally at 11pm to venture into the city centre for the late night / early morning after-party all I could think about was 'how are we going to top that next year?'. Well, we've come up with an answer. A 2 day event. CWIF 2011 will take place on the weekend of the 5TH & 6TH March with the qualifying on the Saturday and the Semi's & Finals on the Sunday. This will allow us to make the CWIF even bigger & better and again, much more than just a competition.

Keep an eye on the website for more news on CWIF 2011 as the year progresses.

Article by Brian McAlinden  
Climbing Works General Manager



*Gabri Moroni getting to grips with the unique start to Men Final problem 3.*

— Dominic Worrall



*Gaz Parry on Mens Final problem 3.*

— Dominic Worrall



*The large crowd watching the finals of CWIF 2010*

— Dominic Worrall





# Scottish Youth Climbing Championships 2010

EICA had sectioned off the old comp wall and part of the hanger wall for the qualifying and final routes and the route setters had set out to ensure there were no climb-offs required for the finals with routes starting a 6a and going all the way up to 7b+. After a group warm up hosted by EICA's very own 'Green Goddess' Alan Blunt, route setter Robbie Phillips kicked the day off by demoing all 12 qualifying routes in succession. "I'll never complain about 4 by 4s again" said a rather rosy-cheeked Robbie after the final route. "Trying to climb like someone half your height isn't easy".

But the route setters had underestimated the quality of the climbers taking part with nine achieving a perfect 180 score on the boulders and ten achieving a perfect 300 on the routes. Dylan Mackenzie, Steven Addison, Rory Cargill and Robert Davidson all managed to flash everything.

Thankfully however, final routes and boulders were sufficiently tricky to filter off the top 3 in each category to go through to the final climb. Going into isolation was a first for some of the climbers, but they took it in their stride, marching out with confidence to cheers from the crowd. The 8-10s had a 6c green on the old comp wall and went off at the same time as the 11-13s on the hanger wall who were faced with a tricky half-height red 7c.

In the Girls 8-10 Rhiannon Freireich and Keri MacLennan reached the same point and had to be separated on their qualifying scores. Hannah Grindley who had qualified first, but put a foot on the wrong hold in the final climb, was third.

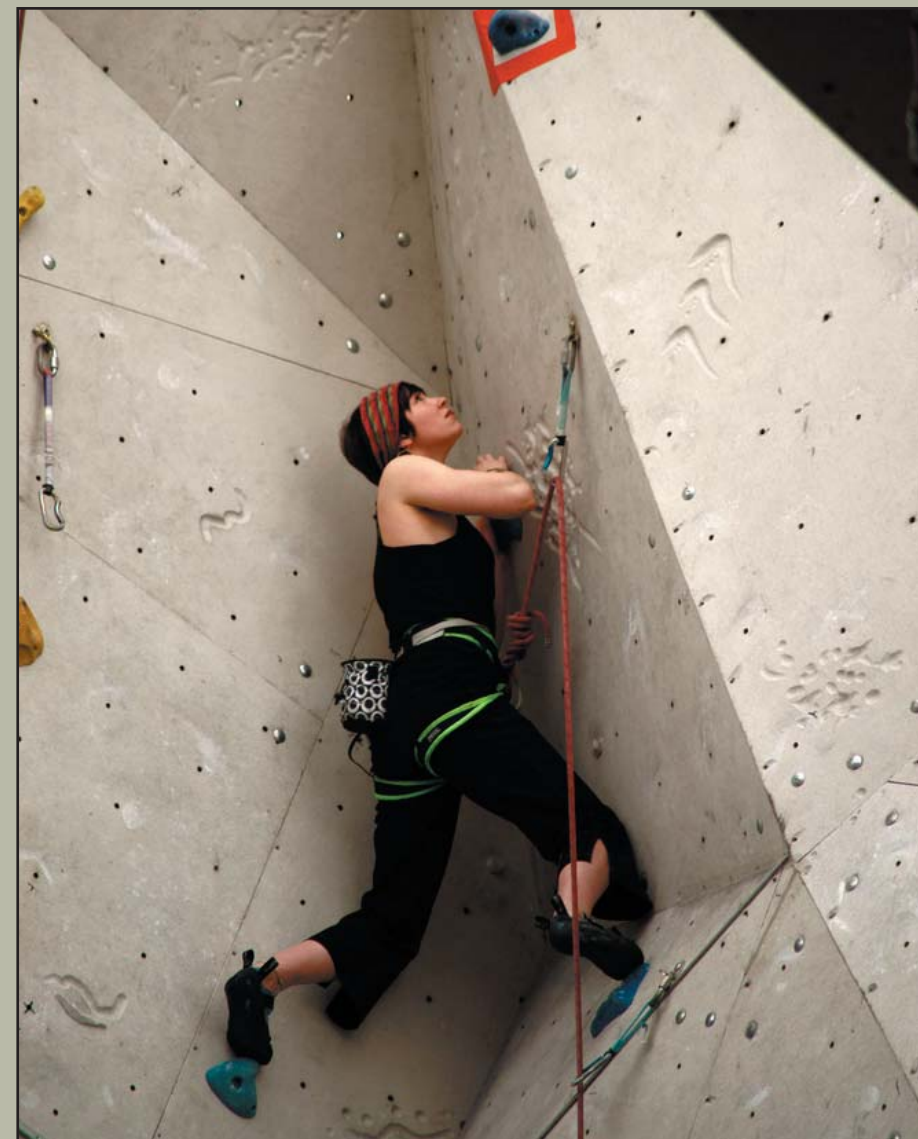
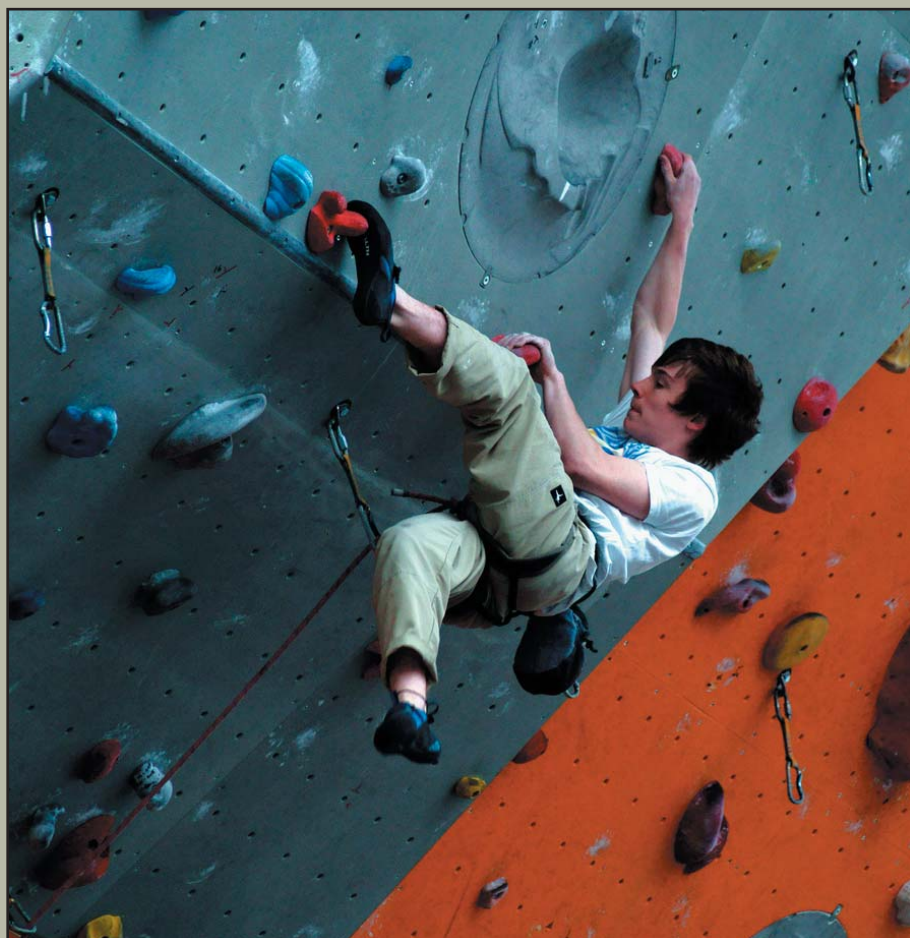
*Paul Williamson showing good technique.*

— Will Carroll

*The Scottish Youth Climbing Championships is organised by the MCoS and there were 62 climbers on the day. The qualifiers from the North and South Scotland YCS rounds; some of our Scottish GB Climbing Team Youth B & C members and nine sign-ups for the newly introduced 17-19 open groups. Rumours that Natalie Berry asked MCoS to introduce the 17-19 category because she liked the amazing trophies are totally unfounded, but it was great to see our top GB climber back in harness after a 10 week break due to a hernia operation. Natalie, who first competed in YCS ten years ago, said "It's great to be able to compete at a Scottish level again. This new category fills a gap between the YCS and senior competitions."*

The 11-13 groups saw GB team Youth C members Nikki Addison and Angus Davidson demonstrate why they were wearing the GB team kit. They both did exceptionally well on the testing hanger wall climb. Nikki took first ahead of Dawn Longworth

and Sophie Harper, while Angus finished ahead of William Bosi and Ruairidh Macaskill who had to be separated by their qualifying scores after both reached the same point.



>> *Natalie Berry remaining focused.*

— Will Carroll

The 14-16 and 17-19 categories were all on the same hanger wall red 8a so each climber had the full attention of the audience. The 14-16 Girls was dominated by GB Youth B team member Rachel Carr who finished several moves ahead of Ellen Barber and Amy Anderson.

The 17-19 Girls was closer, but GB Team Junior member Natalie Berry took the honours ahead of GB team Youth A member Ellen Macaskill and Jessica McCaskey.

The route had a crux at a roof volume that brought several of the climbers off the wall, so when 14-16 Boys' Steven Addison cruised past this move a huge cheer went up. This success gave him first place over fellow GB Youth B team member Dylan Mackenzie and Alisdair Johnstone.

The 17-19 Boys category finished the day in style with Paul Williamson flashing the route to rapturous

applause. Fellow GB team Youth A member Jonny Field couldn't match this performance but took second place ahead of Christopher Matthew.

On a North/South split the South took 5 first places ahead of 3 from the North, but the North secured 14 podium places to 10 for the South. Whatever the geographic split it is clear that Scotland has a strong group of climbers to take onto the European and World scene this year and in the future, and competitions like the Scottish Youth Climbing Championships allow them to demonstrate their skills and showcase the sport to the population. Organiser Simon Tait said "It has been a brilliant day. Our volunteers were great, we had a lot of EICA customers stop to watch the competition and the young climbers and their families all demonstrated great sportsmanship in success and defeat."

## Future Youth Competitions

Several Scottish climbers are heading off to the Colours Festival (22/23 May) and EYS first round (5/6 June) in Imst in the coming weeks.

The YCS final is at EICA on 12th June where the top 3 climbers in each category from North and South Scotland will compete against climbers from across England, Wales and Ireland.

There is a BMC Open Youth Leading competition for ages 12 years and up at Ratho on 24th July which will be used to select the GB team for the World Youth Championships at EICA in September.

*By Avril Gall*





*Rachel Carr cruising up the Comp Wall.*

— Will Carroll

**British Junior Team Captain and Assistant Psyched! Editor Natalie Berry takes time out to catch up with Rory Whyte (aged 7), a young climber who is super Psyched! on climbing.....**

“I was really excited to be climbing in the Scottish Finals and to be in the Scottish Team. My coach Neil McGeachy told me to enjoy myself and make new friends. The first boulder problem I was really happy about because I topped it. I also topped the second boulder problem. Then we did our first route and I also topped it. The last boulder problem was really hard and I kept falling off at the same place.

After the last boulder problem I spent a long time looking at my next route. It looked really hard because it had a reachy move at a ledge and everyone seemed to be falling off there. After all that time we found out the bigger kids hadn’t finished climbing that route and we had to climb our very last route next. I looked at the route and started up the route and the rope was very slack and I was worried the rope was too slack and I would fall far and I decided I would jump off. I was really upset when I realised I wasn’t even half-way up the route. The last route was hard for me and I came off that too.

I wanted to finish every route I climbed and was upset I didn’t. My Dad told me we were staying to cheer our Quickdraw club-mates on in the finals and then I said “well done” to Rory Cargill after he got his trophy for first place. When everyone went away me and Dad practiced climbing on a slack rope and I thought it was OK. The day afterwards I started leading and now can’t wait for the British Finals and I’m not worried about slack ropes any more. Even though I didn’t do as well as I wanted I had a really great day and made more new friends.”



*Rory getting into the zone at the SYCC, EICA Ratho.*

— Whyte Collection



# Alpkids on the Blocs



*Developing future British Bouldering Champions at Cliffhanger 2009.*

— Kenny Stocker

For any event promoting climbing the de-facto climbing feature has become the mobile collapsable tower. It is relatively convenient to transport and quick to erect. Kids get to dress up like real climbers with a harness and a helmet before racing up (or being pulled) up the wall. These features are always popular, they give the kids a quick fix but nothing more than that. In short we thought that this format was quite limited and didn't really give a good experience of what climbing is and totally excluded the parents. We had a few ideas of our own, so we built a bouldering wall and took it along to Cliffhanger.

Cliffhanger takes place each year and has as one of its main attractions the British Bouldering Championships. It is watched with interest by both experienced climbers and other visitors with little or no experience of climbing. While we may take it for granted that we understand what is going on, a newcomer to the sport can find it quite difficult to understand how the scoring works and who is winning. For these passers by it is an interesting spectacle, but why leave it at that?

Our idea was to create a climbing feature that provided a link between climbing outdoors to the competition. It had to be just as interesting to kids who knew how to climb well as it was to kids who had never climbed before. To top it off it had to be engaging to parents, after all why should they get excluded from all the fun?

Cliffhanger was the first high profile event in the UK brave enough to bring a bouldering competition outdoors, a format common enough in Europe thanks to its more reliable weather. Climbing makes more sense outdoors, even if it is on plastic and Matt Heason let us put our little wall adjacent to the competition wall, a master stroke that immediately made the connection we wanted to what was going on on the main stage, albeit on a much smaller scale.

We wanted the kids to enjoy themselves, but we also needed a structure so Dan from UptoSummit.com and Pete from Alpkit devised a 30 minute format in which parents would not be left out, infact they were key to the programme as each child had to be accompanied by their parent. Every session started with a safety briefing followed by some warm up exercises. At the end of this each child and parent team received a boulder mat, a chalk bag and a score sheet. The kids then had 20 minutes to complete as many problems as they could with their parents spotting them. The wall itself was set with 8-10 problems with coloured holds, just like the main wall!

The scoring sheet was a nod to the bouldering competition taking place on the main wall, but the focus of our format was not really to encourage competitiveness, what we wanted to do was to give kids and their parents a deeper insight into what bouldering is about, to develop trust between climber and spotter and to highlight the awareness of safety while climbing. Obviously teaching good spotting technique was central to this, even though the wall was only 6ft high many of the kids had not climbed before and in their efforts to top out they would easily lose sight of the dangers.

What we found was that the kids were really focussed on the problems, they enjoyed the challenge of working out the movements and enjoyed pulling the mats around the wall. The parents were extremely supportive and attentive spotters. Even the parents who didn't climb were soon offering their kids advice, or providing a cheeky leg up! Although 30 minutes is a short time it was long enough for the kids to get involved without losing interest. Where needed Dan and Pete were available to offer expert direction.

In the brief time that the teams spent on our wall we hope that they had fun while at the same time learning what a bouldering mat is, understand what a spotter does, recognise the importance of warming up and have developed a bond between climber and spotter. We hope that many will explore the sport further, locate a climbing wall close to where they live or get involved in some of the youth events run by the BMC throughout the year. Who knows, maybe one of these kid will be a future British Champion!

More info about this year's Alpkids on the Blocs at Cliffhanger: <http://www.alpkid.com/alpkid>

*By Kenny Stocker  
Alpkit*





From the office... IFSC



*Jakob Schubert, Sean McColl and Adam Ondra during the route preview at the World Cup round in Barcelona*

— Lukasz Warzecha/LWimages

## IFSC REPORT ...



*The impressive World Cup round in Barcelona*  
— Lukasz Warzecha/LWimages

### The first report from the IFSC for Psyched!

The 2010 season has just started but we're already looking forward to 2011, with the confidence born from the final IOC recognition granted at the beginning of the year.

Another step to establish a culture of Sport Climbing; to break the equation between climbing and alpinism and make people understand, to fight the idea that what we do is dangerous, that ours is a sport that can be as safe as many other, and a lot more fun.

There are many ways to convey a message nowadays, and we're working hard to develop them all, and to consolidate the public of our competitions aiming also at the broader audience outside the field.

2010 is the year when – for the first time – the IFSC will step on the field of competitions to organize, in cooperation with the National Federations and local organizers – the live webcast of some major calendar events: Wien, Eindhoven, Chamonix, Arco and the European Championship in Imst and Innsbruck. Communication is the main issue, because the substance is already there: the events are improving and becoming all the more spectacular, while athletes are incredibly raising the level.

The IFSC newsletter, started in February 2010, together with the IFSC presence on Facebook, or the newly launched IFSC channel on YouTube ([www.youtube.com/ifscchannel](http://www.youtube.com/ifscchannel)) are tools of this commitment to communication that will highlight the greater maturity of our sport and the efforts made to improve the quality of the events, offering what can be truly called a show, spectacular and breathtaking; something you won't take your eyes off until it's over.

In 2011 and 2012 the IFSC will boast two major World Championships, reflecting ideally the path of the sport from its birth – Arco is an established tradition in sport climbing competitions (and outdoor) – to the present days, moving from the crags to the capitals – Paris Bercy, already stage of the 2008 European Championship.

*By Elena Corriero*  
IFSC Sport Administration

[www.thebmc.co.uk](http://www.thebmc.co.uk)



# from the office...

Well, having just returned, grizzled from a month in the wilds of Alaska to another amazing issue of Psyched! So far it has been quite a frantic start to 2010 competition season and it's already June!

The competition season kicked off with the BMC Leading Ladder Final at Leeds Wall and the first BMC National Disabled Climbing Competition at Climb UK Rochdale, both of which were great successes, proving that you don't need to be an elite level climber to enjoy climbing in a competitive environment. Both of these comps. gave the competitors the opportunity to meet like minded climbers and have a great time pulling hard on plastic!

We are now gearing up for the Final of the BMC Youth Climbing Series at EICA, Ratho and the British Bouldering Championships at Millhouses Park Sheffield. The YCS final will be the combination of the organized chaos and psyche that only 150 super keen young climbers from across the UK can create. And with the IFSC Bouldering World Cup taking place on the same wall as the BBC's one week later, the national's will be a great opportunity for the British Team and other championship aspirants to cut their teeth on international standard problems.

Internationally the bouldering season kicked off with rounds in Switzerland and Austria with the British Team putting in solid efforts all round culminating with Stew Watson missing the podium by the narrowest of margins in Austria! Hopefully this is a sign of good things to come, with multiple team podiums in future rounds of 2010. The first European Youth Series events kicks off as this issue goes to press, with 6 juniors competing, we should expect some good results from them.

In other news straight from the top of the BMC, we have just had word from the BMC's executive committee that the British Team's have been granted some extra funding for 2010, designed to cover the huge expense of travelling to international competition, which is normally footed by the competitor's themselves. The very welcome injection of £20k will fund the top climbers from each of the teams to international competitions throughout 2010, which will be a much needed boost to the teams 'psyche'!

As always if you are keen to get involved in competition climbing as a competitor or volunteer and want more information, please contact me at [rob@thebmc.co.uk](mailto:rob@thebmc.co.uk)

*Rob Adie*  
BMC Competition Officer

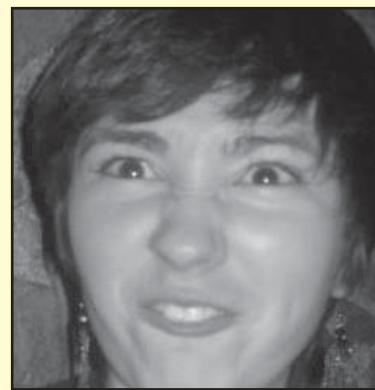
# Psyched!

## production team



∨  
∨  
*Edited and Produced by Iain McKenzie.*

— Chair of the BMC Competition Committee



∨  
∨  
*Natalie Berry, Assistant Editor.*

— British Junior Team Member

# events...

## BMC YOUTH CLIMBING SERIES - NATIONAL FINAL

The BMC Youth Climbing Series National Final.

12th June 2010

Edinburgh International Climbing Arena, Ratho.

[www.thebmc.co.uk](http://www.thebmc.co.uk)

## BLOC PARTY - LEEDS

Back for its second year after such a great success in 2009... Bloc Party 2010 is here!

Qualifying Starts at 2pm and lasts until 6pm, spot prizes will be distributed during this time, with lots to go around and a great chance of getting some new climbing gear.

Qualification consists of 40 problems from pink (kids) to Salmon (world cup) so there'll be something for everyone.

12th June 2010

The City Bloc in Leeds.

[www.citybloc.co.uk](http://www.citybloc.co.uk)

## BMC BRITISH BOULDERING CHAMPIONSHIPS - SHEFFIELD

Britain's premier bouldering competition will take place the weekend before the Cliffhanger outdoor festival in Millhouses Park, Sheffield.

26th - 27th June 2010

[www.thebmc.co.uk](http://www.thebmc.co.uk)

## IFSC BOULDERING WORLD CUP - SHEFFIELD

The IFSC Bouldering World cup will showcase the Cliffhanger outdoor festival in Millhouses Park, Sheffield.

3rd - 4th July 2010

[www.ifsc-climbing.org](http://www.ifsc-climbing.org)

## YOUTH OPEN - EDINBURGH

The Edinburgh International Climbing Arena will host the 2nd BMC Open Youth Competition on the 24th July 2010.

This lead climbing competition is designed to be a fun and relaxed competition which is open to young competitors born before 1st January 1999.

The Open Youth Competition is open to anyone who is eligible to compete for Great Britain (i.e. holds a GB passport). Others may be invited at the discretion of the BMC.

Team managers will be looking at performances' in this event as it will be used as part of the continuing monitoring process for the GB Climbing Team. Consequently, results will be considered, and will count, when selection for next year's GB team is made in November.

24th July 2010

[www.thebmc.co.uk/openyouth](http://www.thebmc.co.uk/openyouth)

## IFSC WORLD YOUTH CHAMPIONSHIPS - EDINBURGH

The IFSC World Youth Championships will take place at the Edinburgh International Climbing Arena, Ratho.

9th - 12th September 2010

[www.ifsc-climbing.org](http://www.ifsc-climbing.org)

## BMC BRITISH LEAD CLIMBING CHAMPIONSHIPS - EDINBURGH

Britain's premier lead climbing competition will take place at the Edinburgh International Climbing Arena, Ratho. The event will also be used as a Senior Team Selection day.

9th - 10th October 2010

[www.thebmc.co.uk](http://www.thebmc.co.uk)

This Newsletter has been put together by Competitors, Wall Managers, the BMC Competition Committee and the Volunteers that tirelessly help out at Competitions and events around the country.

If you would like to get involved or contribute to this Newsletter, either by sending an event your wall is running, a report on a competition you have taken part in, or just a general update on what is happening, we would love to hear from you.

Please Email:  
[competitionnews@bmcvolunteers.org.uk](mailto:competitionnews@bmcvolunteers.org.uk)

If sending photos through please make sure they are Hi-Res JPG's with the appropriate credits attached, articles and profiles should be sent as Word or Works documents and photo's accompanying an article should be sent separately.

If you would like to subscribe to receive a PDF Version of this Newsletter direct to your inbox, please send an Email to the above address with the word "subscribe" in the subject box.



We have a Facebook Group where most walls are keeping an upto date event listing and the Psyched! team send out messages for information, join us there! Search Facebook for Psyched! or visit;  
<http://www.facebook.com/home.php?#/group.php?gid=165601148022>



We are now on Twitter will be keeping an upto date record of how the International Competitions are going, who has qualified and any immediate action, direct from the Competition, join us at:

[http://twitter.com/Psyched\\_Team](http://twitter.com/Psyched_Team)  
or get updates via SMS by texting:  
follow Psyched\_Team  
to 86444 in the United Kingdom

**The Deadline for submissions for the next Newsletter is 17th August 2010.**



# BMC BRITISH BOULDERING CHAMPIONSHIPS 2010

26-27 JUNE 2010

MILLHOUSES PARK, SHEFFIELD

See Britain's best climbers battle it out for the title of British Bouldering Champion!

Sheffield City Council

ENTREPRISES

In association with

perkinslade

Want to compete? Want to watch? For more information go to:-

[www.thebmc.co.uk/bbc](http://www.thebmc.co.uk/bbc)

Photos: Alex Messenger

