



*Natalie Berry cruises through the roof in the Senior Female final in the BLCC's at Ratho.*

— Alex Messenger / [www.alexmessenger.co.uk](http://www.alexmessenger.co.uk)

# Psyched!

The UK Competition Climbing Newsletter from the BMC Competition Committee



*Magdalena Roeck pulling through the roof showing just how big the Competition Wall is at the EICA, Ratho, during the World Youth Championships.*

— Lukasz Warzecha/LWimages



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

# All About Competitions...

Here it is, the fourth 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 Mountain Hardware and the Epicentre for supporting the Leading Team (Article at the back) and Five Finger Thing for supplying kit for the Bouldering Team.

From the teams it is inspiring to hear very good early reports on how competitors are doing, with good performances through the season, and with Stewart Watson and Ed Hammer doing very well in their groups next season looks set for improvement.

The IFSC Bouldering World Cup was in Sheffield and the World Youth Championships at the EICA Ratho there was some fantastic results, the British Bouldering team finished 2nd in Sheffield!

As always, all the articles and photos are submitted and the views in the articles are that of the author.

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.*

## Leading Team Managers Report

Since the last Issue of Psyched! there have been some excellent developments within the Team.

Firstly as hinted in the last Issue of Psyched we have a New Sponsor – MOUNTAIN HARDWEAR and the EPICENTRE, this is great news for the Team and we have a really cool set of kit that the members can wear with pride. The Technical Vest has been a big hit and the down jackets the Elite have look very smart. Mountain Hardwear have immediately made a big impact producing two video clips that show the camaraderie within the Team and these were produced and directed by Matt Pycroft and Lukasz Warzecha and are a real step in the right direction regarding raising the profile.

The start of the year saw some great results at the first EYS at Imst with Shauna Coxsey coming 6th and Ed Hamer coming 10th this was followed by the results of Randy Roby coming 6th at Imst Youth Color and Angus Davidson taking 9th in his first event abroad.

With the momentum of the New Sponsor and some good results everyone looked to the next bid event which was a Youth Open, held at Ratho on 24th July. The only problem was we had invited the French Team to join us for a training camp which included entering the competition! How did we do? Well we had winners in Natalie Berry winning the Junior Girls and Jonny Stocking winning Youth A Boys. Ed Hamer and Charlotte Garden also made podiums in third place in Junior Boys and Youth A Girls. However we certainly didn't match up in Youth B though Sarah Pashley made an excellent effort which saw her promoted to the Team for The World Youth Championship in September. The other great news was the tremendous battles in Youth C between Tara Hayes and Molly Thompson-Smith and Angus Davidson and Billy Ridal.

The training camp with the French Team built on the friendships that we had made at Easter and also saw some great competition preparation for the forthcoming World Youth Championships. Again Francois Legrand freely gave information on how he became the greatest competition climber of his generation and everyone went home tired and psyched for the next competition.

In August the Team departed for Vienna for the second EYS of the year. Again we showed we are making progress with Luke Tilley coming an excellent 6th place Ed Hamer also making Final in 10th and Natalie Berry and Kitty Wallace just missing out on a Final in 11th and 12th Vienna was a great trip, good results and somewhere we can hopefully do well in the future.

The Big Event in the UK was The World Youth Championships held in the EICA Ratho in September. With 600 climbers taking part it really is an enormous festival and the climbing was outstanding. Unfortunately we didn't get any finalists however Catherine Whiteman, Natalie Berry, Kitty Wallace and Ed Hamer all progressed to the semi-finals. The Worlds is a big step up in standard from the EYS Series with so many talented climbers from countries such as Japan, China, USA, Korea etc taking part and to make the Final in your category you truly have to be world class.

On the 3rd of October I was having my breakfast to be shaken by the news from Julia Wallace that Kitty had just won the EYS in Bulgaria. I was so surprised as Kitty was still recovering from a broken ankle which had happened June at the BBC's and it was a fantastic result for the Team. Kitty had also beaten all the top contenders in her category in her first year something only matched by Johanna Ernst, Katharina Posch and Magdelania Rock. Not only that Ed Hamer made his third EYS final coming 10th again! And Luke Tilley was so close to making the Final too, missing out by one point.

October was a busy month for the Junior Team as the weekend after Bulgaria was the BLCC. The Junior's were on the Saturday and for the first time ever we had International Categories for our British Championships. This was a resounding success with the biggest entry ever and some outstanding climbing. British Champions this year were: Juniors Ed Hamer and Natalie Berry Youth A Luke Tilley and Kitty Wallace, Youth B Jonny White and Rachel Carr Youth C Angus Davidson and Molly Thompson-Smith. The following day saw the Senior Competition and the Junior and Youth A were allowed to enter to try to bridge the gap between Junior and Senior Competition. Not only did they bridge the gap but they totally dominated the event with Ed Hamer taking Senior Champion followed closely by Luke Tilley, Dave Barrans came third and Jonny Field fourth in the male event and Natalie Berry won the Senior Women's title followed closely by Kitty Wallace and Michaela Tracy.

A meeting was held after the Senior competition to look at the way forward for the Senior Team and a meeting has been planned at Awesome Walls Liverpool for the 4th Dec to further the discussions started in Ratho.

The Team management had for awhile been looking at ensuring that those going on trips abroad were up to the International Standard. Obviously there is justification to send competitors for experience but it is a waste

*Ed Hamer in the 2010 BLCC's at the EIAC, Ratho.*

— Alex Messenger / [www.alexmessenger.co.uk](http://www.alexmessenger.co.uk)

of money and valuable training time to go abroad and come back with poor results. With a small number of competitors and excellent results in Bulgaria the same was tried for Anancy. The team was Ed Hamer, Luke Tilley, Paul Williamson, and Kitty Wallace. A team of very psyched individuals and again Ed and Kitty made Final. Luke uncharacteristically made a mistake on a technical route after climbing very well on his steep first qualifier. It is obvious that you need to be good on all types of climbing to make EYS Finals as vertical climbs have been set in both Vienna and Anancy. Ed climbed to a season's best of 8th place and Kitty also took 8th place. On the Sunday Francois Legrand took us to a bouldering wall where we had a great work out to finish the week end off!

With only Kranj left we have possibilities of three climbers finishing in the top ten in Europe for this season, you can be sure I will be giving them the best support I can and also encouraging the rest of the Team to climb to their full potential. The weekend after Kranj, is the Youth Open in Liverpool which forms a major part of Team Selection for the 2011 Team and we start all over again in the New Year.

This has been my first year as Team Manager; I have seen some outstanding climbing, we have had great support from our sponsors Mountain Hardwear and The Epicenter, I have been helped and assisted by the Management Team of Jane Newman and John Ellison and coaches Tom Randall, Mark Pretty, Drew Haigh, and Ged MacDomhnaill, and most of all the parents who have brought their children around the country to attend training sessions. Lets hope we can build on these successes in 2011.

*By Ian Dunn  
Lead Team Manager*

# Psyched!

Leading Section

# The British Lead Climbing Championships

The British Lead Climbing Championships took place at the Edinburgh International Climbing Arena in Ratho for the second consecutive year over the weekend of the 9th/10th October. Having just hosted a fantastic World Youth Championship event a few weeks prior to this competition, the task of organising yet another competitive spectacle in such a short space of time - albeit on a very much smaller scale - must have been a challenge. However, as per usual the staff, organisers and volunteers all put in a great effort which added the BLCC 2010 to the centre's ever-growing list of successful national and international events, confirming the arena's true "International" status.

The Junior event took place on the Saturday with a very healthy turnout of young climbers (in all categories apart from the Junior Females, in which I was well and truly in a class of my own!) The routesetters (Neil McGeachy, Tom Randall and Mark Pretty) had worked extremely hard in setting 12 routes, which would enable Juniors to compete on the Sunday in the Senior category if they wanted to. Demos started early on a what was a very cold morning in Edinburgh, and everyone was sporting their finest down jackets and frantically warming up in an attempt to brave the cold. My first qualifier was a very technical route up the left hand side of the old competition wall. Teetering on tiny edges and slopers I made it to the top and breathed a sigh of relief. Fortunately my second route was much less intimidating despite being very steep! An incredible number of kids topped their qualifiers (it was certainly not the case that they were too easy either!) which clearly displays how much potential we have in British youth climbing at the moment. As usual, some of the most inspiring performances that I witnessed came from the Youth C category, where up-and-coming talent such as Angus Davidson, Billy Ridal, William Bosi, Nikki Addison, Tara Hayes and Molly Thompson-Smith all fought hard and never gave up. I sometimes wish I could turn back time so that I could once again experience that stage of youthful exuberance! In the Youth A category Kitty Wallace and Luke Tilley were leading after topping both their routes, with Ed Hamer qualifying in the top spot in the Junior males. In Youth B Female the battle looked set to be between Eleanor Hopkins, Rachel Carr and Sarah Pashley, who all seemed equally capable of taking the title judging from their qualifying performances.

After a long day of qualifying, the finals arrived. Isolation was as busy and exciting as it always has been during Junior competitions, and everyone was attempting to make a guess at what routes they would be put on. Fortunately for everyone else, they were given a steep route on the new competition wall. However, I drew the short straw, and as the only Junior Female competitor was given a particularly nasty grey 8a+ route up the slab section of the old competition wall, not too dissimilar in style from my first qualifier! This type of technical and balance-orientated climbing is most people's idea of a nightmare in the competitive environment; the slightest slip or misjudgement - most often due to nerves - can be fatal for even the most experienced of competitors. I started up the climb, knowing that whatever happened I would win - it was, after all, just Me, Myself and I. My greatest enemies! It was an odd feeling having no-one to compete against but I imagined myself to be competing against others and managed to regain some psyche. A few precarious movements later and I was approaching the top roof section. I breathed a sigh of relief as I felt more comfortable on the steeper terrain...only to be informed "one minute, Natalie" by the commentator. Seeing as I was the only competitor in my category, I decided to be rather stubborn and ignored the time warning after minute was over. After I fell Ian (the commentator) said "We thought you might ignore us!" I might have been the only one, but I felt that I had put in a good effort nonetheless.

*Jonathan Field in the 2010 BLCC's at the EIAC, Ratho.*

— Lukasz Warzecha/LWimages

Unfortunately due to the time that I climbed, I didn't get to watch many of the younger climbers as I was still in isolation. However, Ed Hamer climbed like a beast to win the Junior Male category, on what was a very powerful route. Luke Tilley in the Youth A category did not disappoint with his attempt on the same route, getting agonizingly close to the top. Kitty Wallace continued her winning form (just back from Bulgaria where she won the European Youth Series round!) by smoothly topping her steep final route. Local girl Rachel Carr pulled out all the stops and won the Youth B category, with Sarah Pashley and Eleanor Hopkins finishing in 2nd and 3rd Place respectively. Jonny White from London powered through his route to take the title in Youth B boys. In the Youth C girls, Molly Thomson-Smith clinched the victory with a gutsy performance, and Edinburgh local Angus Davidson made the entire arena proud with his win in the Youth C boys category.

All in all a very gutsy day of climbing from the Junior's...we then had the next day to look forward to, where the Seniors would be battling it out for the British title.

Tired and slightly weary from the previous day's competition, I walked into the arena (which is becoming increasingly cold now as winter falls!) and found to my delight that there would be more than just myself to be competing against in this event. Indeed, not only would I be up against some older, very experienced competition climbers and boulderers but also a few super strong junior Gb Team climbers such as Kitty Wallace, Michaela Tracey and Catherine Whiteman, as well as Jennifer Brown and Rhoslyn Frugtniet, the youngest climbers of the group but certainly strong contenders for making finals in what would be their first senior competition. After an interesting demonstration by Neil McGeachy on yet another technical, slabby climb, we were all a bit nervous anticipating what our route would be like. I was 8th up to climb so made sure that I watched the climbers before me, who were all doing very well and making it look deceptively easy! I reached for the best hold on the route just after the trickiest slab section and yet again breathed a sigh of relief. The trickiest part was over, yet as I was nearing the top I timed out slapping for the second last hold. Kitty Wallace climbed in her usual controlled style and was incredibly close to topping, yet like me timed out just before the hold I slapped. So after route one I was in 1st Place by a "+" (a touch of a hold) It was set to be a very nerve-wracking day of competition. Our second route was steep and included a stalactite volume in the roof. After wrapping my legs around the volume and moving off onto the next sequence and topping out I thought to myself that this must be one of the most radical competition routes I have ever climbed! Kitty also topped out and Michaela and a few other girls came very close.

In the Male category the main competition throughout the day was between 6 men: Ed Hamer, Luke Tilley, Dave Barrans, Jonathan Field, Adam Watson and Alan Cassidy. This strong crew topped both of their qualifiers with ease and made the finals. Their first route was an altered version of my steep second qualifier and my technical final was their second qualifier. What is interesting here is that Ed, Luke and Jonathan are juniors who competed the day before yet still managed to hold their own against the older, more experienced guys. It was set to be an exciting final.

*Air time, a competitor falls whilst fully going for it....*

— Alex Messenger / [www.alexmessenger.co.uk](http://www.alexmessenger.co.uk)

The BMC BLCC's 2010

*Atmospheric, the 2010 BLCC's at the EICA Ratho.*

— Alex Messenger / [www.alexmessenger.co.uk](http://www.alexmessenger.co.uk)



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

Isolation closed and we received news that both men and women would be climbing the same route - a very unusual decision. We wondered what kind of route would be in store, and as we walked out to observation it was a competition route of a kind I've never seen before (certainly not in the UK, anyway!) It was about 60 moves long and meandered from the bottom right hand side of the new competition wall up and left through the roof and across, finishing at the top left. It was good to be able to read the route all together with the guys and as we walked back to isolation there were whispers of "I'm gonna beat you!" between the men and women! Isolation was very tense, much less relaxed than the junior equivalent! I was called out to climb and sat in the transit zone hearing the cheers for Kitty. I knew she had done well by the length of time she had been on the wall and from the excitement of the crowd. I tied-in, chalked up and was whisked off to start my climb. Deep breath, first move and I'm off. Trying to keep calm and composed whilst absorbing what I needed from the crowd and the commentator. I'm used to this wall, it's my home wall. A few moves before the tricky crux section and I power through some shouldery locks, trying to grab a big pocket in the best way possible before jumping for the next hold on a volume and touching it. I am lowered down to rapturous applause and I find out that Kitty and me had both reached the same point. My first thought was "SUPERFINAL!" but then I realised that on countback I had won, from our very close result on the first route.

Lots of hugs and happiness later I was sat down watching the men's finals. Ed Hamer set the standard when he cruised the entire route before falling just short of the chain after 58 moves! His famous power hat even fell off halfway across the route and we saw his hair for the first time! (sorry Ed!) Luke Tilley looked set to top out, just not quite reaching the same point as Ed but still looking very controlled all the way along. Young Scot Jonathan Field put in a great performance and reached a point far along the roof. Dave Barrans used his bouldering power to overcome some big moves and despite having competed in a bouldering competition the previous day managed finish in 3rd! Adam Watson achieved 5th place and Alan Cassidy 6th after misjudging the sequence slightly, yet still looking smooth up until the point where they fell. So the top spots went to Ed, Luke and Dave, with Jonny not far behind in 4th.

After two long and hard days Rob Adie delivered the final presentations and everyone agreed that EICA Ratho and the BMC had hosted and organised yet another successful prestigious event. Many thanks go out to the staff and volunteers who helped out (especially Calum Forsyth for his belaying duties and general work as a dogsbody!) I can safely say that the future of British competition climbing is in safe hands...bring on the senior World Cup in Ratho in November 2011 (but bring a duvet jacket, gloves and a scarf!)

*By Natallie Berry  
British Team Member*

*Kitty Wallace in the 2010 BLCC's at the EICA, Ratho*

— Lukasz Warzecha/LWimages

*Natalie Berry in the 2010 World Youth Championships  
at the EICA, Ratho*

— Lukasz Warzecha/LWimages



# The World Youth Championships 2010

World Youth Champs

## The World Youth Championships 2010

*The World Youth Championships for 2010 took place at EICA Ratho, Edinburgh from 9th-12th September. After almost two years of planning, this event was set to be one of the most spectacular competitions ever held, especially with it taking place in the world's largest indoor climbing arena! The massive team of numerous organisers, planners, officials, judges, routesetters and of course the volunteers who put in a fantastic effort to really allow this event to be a well-organised and memorable one! Team GB put in a fantastic effort and did our country proud in what was for many their first international competition, with the added bonus of it being held on home territory!*

Now for the climbing...

With over 500 competitors from almost 40 countries from around the world, the routes had to be challenging, and the routesetting team of Simon Margon and Aljosa Grom from Slovenia certainly did not disappoint! On the day of the first qualifiers we had some great positions with many of the GB Team members placing in the top 30. Jonathan Stocking, Paul Williamson, Jonathan Field, Ed Hamer and Kitty Wallace came agonisingly close to finishing after putting in a fine effort. Robert Mackenzie showed true power and determination on his route, displaying his natural aptitude for competing (he never gives up, he never gets nervous!). Eleanor Hopkins, Rachel Carr and Sarah Pashley climbed excellently on a particularly tricky Youth B route, requiring lots of balance and strong fingers! Rhoslyn Frugtniet climbed smoothly in what was her first international event - a very nerve-wracking experience for everyone when they first enter an event of this scale. In the Youth B boys Michael Hopkins, Dylan McKenzie and Stevie Addison also climbed well on a rather grim-looking slab route which I reckon everyone else was glad not to have! Alice Waterhouse also performed well in the Youth A category, tackling a powerful roof section with grace before falling just past a technical section on a volume. In the female Junior category myself (Natalie Berry), Catherine Whiteman and Becki Hall were faced with a tough route which threw a couple of even the very best climbers off fairly low down - a powerful, shouldery lock proved difficult for a large number of girls, and Catherine and Becki did not disappoint in trying their best to overcome it. I topped the route (finding the move low down pretty tricky nonetheless!) and was proud to lower down to the cheers of a home crowd. I think everyone appreciated the support of the crowd, and Team GB must have been one of the most enthusiastic teams in the event when it came to supporting everyone (except perhaps for the French, who are very "vocal" at times!)

The second day of competing arrived which brought yet more excitement and achievement. I was up early on my first route - a very technical climb which traversed up into a groove of the "North West" competition wall. I felt calm and topped out to the excited cheers of the crowd (a moment I'm unlikely to forget!) Everyone really upped their game in the second round, with almost everyone admitting that they felt more relaxed now that the "first route nerves" had been abolished! After a nervous wait for results we discovered that we had 4 Brits in the semis - myself, Ed Hamer, Kitty Wallace and Catherine Whiteman. Jonathan Stocking was agonisingly close, coming in at 27th place (top 26 make semi finals)

The Big Day...Semi's and Finals

Saturday was the day we had all been waiting for - the top 26 climbers in the world for their categories were battling it out for a most prestigious place in the finals (top 8 qualify). Isolation was a bustling hive of activity, with over 150 people crammed into a very small space in the children's play area at Ratho. Kitty went out to climb and myself, Ed and Catherine made up a game to keep ourselves amused (involving throwing a paper aeroplane at a picture of an animal hidden by a flap, and attempting to guess which animal was behind the window...) The tension was building as I was one of the last climbers out in my category, having qualified in joint first place. I was transported to the transit zone behind the wall to tie in and chalk up on a golf buggy driven by a man sporting a kilt...I thought I was imagining things! I'd never experienced anything like that before, but I felt comfortable being on home territory and having lots of support (including a group of three girls waving flags saying "NATALIE!") I walked out to a crowd of 1000's and had never before heard so much cheering and support for my climbing; it was very overwhelming but equally I felt fired up and ready to go! The first moves looked tricky from the ground and our estimation turned out to be correct. I stumbled at the third move but somehow managed to get over it (whilst at the same time almost giving everyone supporting in the arena a heart attack!) I soldiered on, feeling slightly unnerved at my mistake. Getting more tired and pumped but hearing the crowd getting unbelievably loud (and also my boyfriend Robbie who was commentating!) I fought into the beginning of a roof section before falling. I had done well, but not well enough to make finals - I came 10th in the world, which I am still very pleased with, especially considering I have had two finger injuries recently! Catherine finished 27th overall after falling at the same stopper move where I struggled - a move which spat many climbers off due to its awkwardness! Kitty climbed very well on her route and came a fantastic 17th place, not bad considering



>> *Jonathan Field in the 2010 World Youth Championships at the EIAC, Ratho.*

— Lukasz Warzecha/LWimages

she broke her ankle not long ago and didn't have much time to train! Ed climbed his socks off and also came 17th, getting high into the roof very close to the finish.

After 3 days of hard competition we could all relax and watch the finals, which could be summed up in one word: SPECTACULAR! In my opinion, these finals were one of the most exciting to watch of all the competitions I have entered in my career. A crowd of 1000's cheered everyone on, and the atmosphere was truly electric! In the Youth B boys category, Sebastien Halenke took the title for the second consecutive year, with a controlled performance on a very steep route. He is very much a "showman" and knows how to work the crowd, topping out to rapturous applause! In the Youth B girls, a Ukrainian named Ievgenia Kazbekova fought hard and won, narrowly beating Anak Verhoeven, a very strong young Belgian climber, and Andrea Pavlincova from the Czech Republic. Youth A Boys was a particularly exciting category, with the Slovenian climber Jure Raztresen winning his first interna-

tional event with style! He surpassed the efforts of the 2nd and third placed climbers (Alexander Megos and Stefano Ghisolfi) by almost 10 moves! A very technical route with teetery traverses and high steps caused many of the top climbers to fall lower than expected. Youth A females shared the same route as the Youth B's, and with three top-outs from Austrians Magdalena Rock, Katharina Posch and Helene Janicot from France (who has recently been making herself known on the senior circuit, having just returned from the senior world cups in China and Korea) this resulted in a nail-biting super-final between Helene and Katharina, who had both topped their qualifiers and semi's. They were placed on the Youth B boy's final and shocked the crowd when they performed just as well as - and in Helene's case better than - most of the boys! Even after Helene realised that she had won from the cheers of the crowd, she battled on and showed true grit and determination, coming off not far from the top. The Junior Girls was a particularly competitive category, with all eight girls having the potential to win. Their route

was the most feared of all - a horrific slab with miniscule holds and awkward, balancey movements. It followed up a groove and onto a slab before leading into a powerful roof section. This route was definitely easier for the longer-limbed climbers, and those used to vertical face-climbing! The Italian Alexandra Ladurner looked most at home and comfortably climbed until high in the roof before falling. Manuela Sigrist from Switzerland also climbed with elegance and poise, falling just short of Alex. Dinara Fakhritdinova from Russia struggled due to her small stature, yet still managed to place 3rd overall! As far as the Junior Boys were concerned, this category is almost always the most exciting to watch, and this was certainly the case at Ratho. The route was the same as the Youth A's, and the result was very close, with the German Thomas Tauporn narrowly beating Mario Lechner from Austria. The grade of this climb must have been around 8b+, with Thomas and Mario only managing to reach 3/4 of the way up the route. Anton Mardashov from Ukraine was a relatively unknown climber until this competition, where he

placed 3rd.

In all, the World Youth Championships 2010 was an unforgettable event. The IFSC officials claimed that they "would definitely return to EICA: Ratho" and that the staff and volunteers were amongst the best they had ever worked with! From Team GB's point of view, we all had a fantastic time and proved that we are a force to be reckoned with in the next few years! Here's to the next World Youth Championships in 2011 in Imst, Austria!

*By Natalie Berry  
British Team member*



*Natalija Gros in the Bouldering World Cup, Sheffield.*

— Alex Messenger / [www.alexmessenger.co.uk](http://www.alexmessenger.co.uk)



# Psyched!

*Bouldering Section*

# British Bouldering Team Report

*The 2010 World Cup season saw some excellent performance from members of the British Bouldering Team and shows the depth of talent starting to emerge within the Team. Both Stewart Watson and Dave Barrans achieved top 5 places and the Team achieved their best ever Team result when they came 2nd in Sheffield.*

In total there were seven World Cup events which are outlined below.

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 performance of the Team in the first two events was highlighted in the last issue of Psyched. This report will focus on the performance of the Team in the remaining events.

Four members of the British Bouldering Team attended the third round of the Bouldering World Cup in Vail, Colorado in the USA between the 4th and 5th June. Stewart Watson continued his good run of form by qualifying for the semi-finals

in 5th place and finished 10th overall. Dave Barrans also climbed exceptionally well, he qualified for the semi-finals and finished in 15th place overall. Other members of the Team that took part in the competition were Ned Feehally who finished 29th and Diane Merrick who finished 31st.

The men's event was won by Daniel Woods (USA) and Chloe Graftiaux (BEL) won the women's event. For further details and a full set of results visit the IFSC website.

<http://www.ifsc-climbing.org>

Footage of the men's final can be seen at; <http://vimeo.com/12354816>

Footage of the women's final can be seen at; <http://vimeo.com/12353701>

The next event that members of the British Team competed in was the 5th round of the Bouldering World Cup in Eindhoven (Netherlands) on the 25th and 26th of June. Six members of the British Bouldering Team were selected for this event. The rest of the Team took part in the British Bouldering Championships which were held on the same weekend.

The World Cup competition saw some excellent individual performances from members of the Team. In the men's event Stewart qualified for the semi-finals and was unlucky not to make it through to the final by one place (top 6 go through to the final), he finished 7th overall.

>> *Dave Barrans in Eindhoven.*

— Heiko Wilhelm Collection

Dave Barrans climbed well and made it through to the final. In the final Dave topped the first two problems and at one point looked like he might make it onto the podium. The final two problems threw the competition wide open and Dave eventually finished in a well deserved 5th place.

Ned Feehally also climbed well and narrowly missed out on qualifying for the semi-finals, he finished 23rd overall. The final was won by Dmitry Sharafutdinov from Russia.

In the women's event Diane Merrick topped four of the five problems in the qualification round and qualified for the semi-finals where she finished in a very impressive 15th place. The women's final was won by Austria's Anna Stohr.

Other credible performances included:

Mina-Leslie Wujastyk 32nd

John Partridge 41st

In the overall Team Rankings for this event the British Team finished in an impressive 4th place.

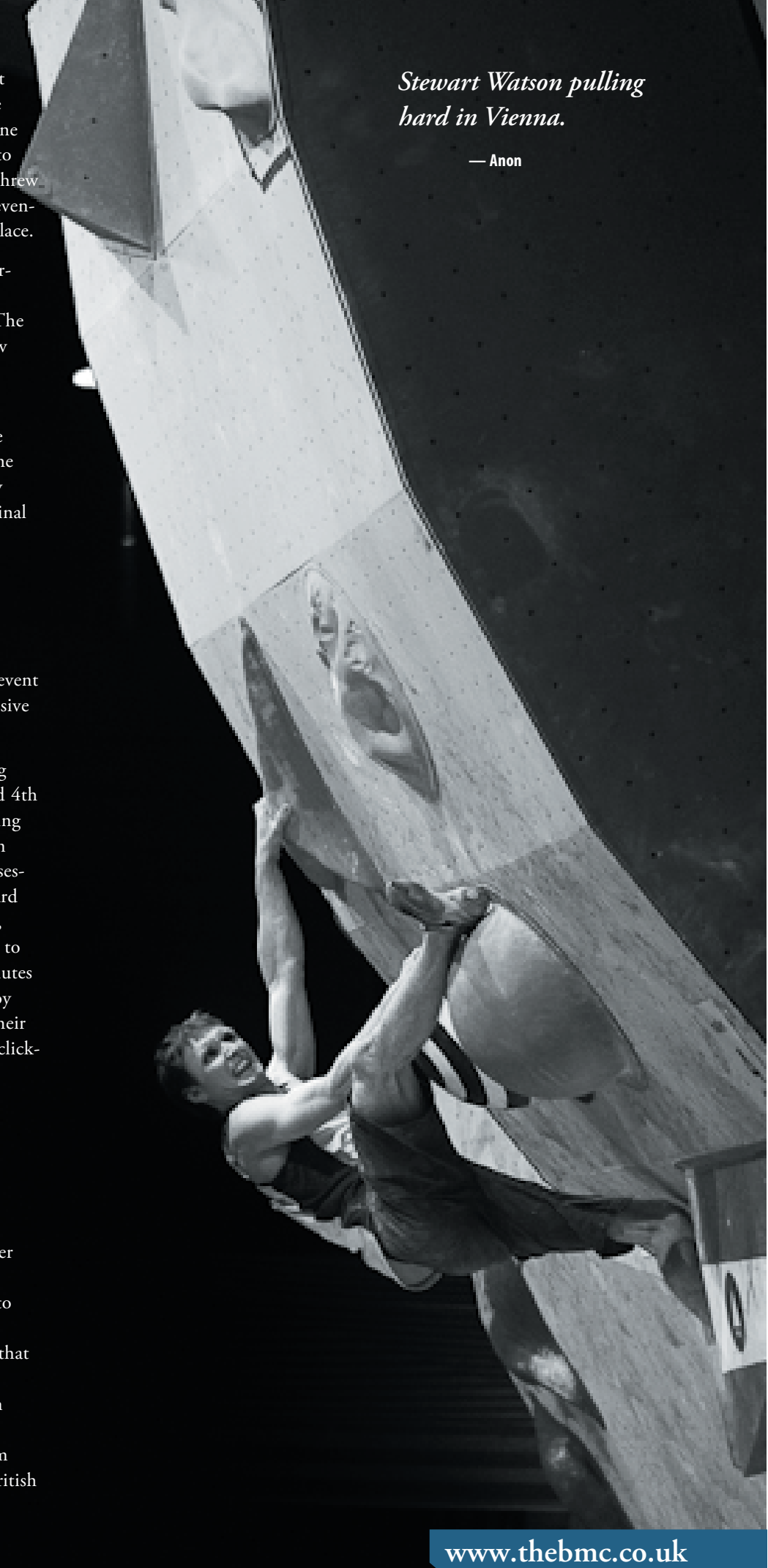
In preparation for the IFSC Bouldering World Cup in Sheffield on the 3rd and 4th July, the Bouldering Team had a training session on the Cliffhanger Competition Wall on Tuesday the 29th June. The session comprised of a World Cup standard semi-final set of five boulder problems, with Team members having 5 minutes to complete a problem followed by 5 minutes rest. The training session was filmed by BBC Look North and was shown on their evening news which can be viewed by clicking on the following link.

[http://news.bbc.co.uk/local/sheffield/hi/people\\_and\\_places/nature/newsid\\_8778000/8778540.stm](http://news.bbc.co.uk/local/sheffield/hi/people_and_places/nature/newsid_8778000/8778540.stm)

To promote the Sheffield World Cup Bouldering event Alpkit and Cliffhanger ran a competition that was hosted on UKClimbing. One of the prizes was to join the British Bouldering Team for a training session. Rachel Gibson won that particular prize and watched the Team train and then at the end of the session asked a variety of questions including advice on training methods. The Team then presented Rachel with a signed British Bouldering Team competition vest.

*Stewart Watson pulling hard in Vienna.*

— Anon





>> *Stewart Watson powering through in Vail*

— Anon

The 6th round of the World Cup was held at the Cliffhanger event in Sheffield over the weekend 3rd-4th July. The British Team achieved their best ever Team result by coming 2nd overall in the Team competition. The qualifiers started extremely well for the team with a total of seven team members qualifying for the semi-finals. In the men's event Gaz Parry and Stewart Watson put in an awesome performance and qualified for the semi-finals in joint 1st place. Ned Feehally also climbed well and qualified for the semi-finals. In the women's qualifiers four of the British Team made it through to the semi-final which is the highest number of British women to make it through to a semi-final.

Although none of the Team managed to make it through to the final they still put in some fantastic performances which meant they secured 2nd place on the Team competition. Of particular note was Mina Leslie-Wujastyk who competing in her first semi final finished in 12th place. Shauna Coxsey competing in her first World Cup as a senior also finished in a very respectable 14th place. Also in the women's semi final was Leah Crane who finished 18th and Diane Merrick finished in 20th place. In the men's semi-final Stewart Watson finished in 13th place, Gaz Parry was 14th and Ned Feehally finished in 19th position. Other good performances from members of the Team included Jon Partridge and Katy Piddock who both finished in 23rd place, in their respective events.

The men's final was won by Adam Ondra and women's event was won by Chloe Graftiaux. A full set of results can be seen on the IFSC website.

<http://www.ifsc-climbing.org>

Video footage of the Sheffield World Cup can be seen on UKClimbing and Planet Fear by clicking on the following links.

<http://www.ukclimbing.com/news/item.php?id=56290>  
<http://www.planetfear.com/videos.view.php?id=107>

The next event of the 2010 competition season was the Arco Rock Master. Although the Rock Master is not a World Cup event it is seen by the competitors as one of the most prestigious events on the competition calendar. It is an annual event held in Arco in Northern Italy and comprises of a number of events including bouldering, lead, speed, team speed and the duel.

This year's Rock Master was held between the 16th-18th July and was used as a pre-event for the World Championships which will be held in Arco in 2011.

Representing the British Bouldering Team at this event were Gareth Parry and Stewart Watson. Despite the high temperatures Stewart put in a good performance and made it through to the semi-finals where he finished in a very respectable 12th place.

Commenting after the event Stewart said, "The Rock Master was amazing, felt great to be a part of it and next year's World Championships will be fantastic. The only negative aspect of the weekend was the weather! Friday was the hottest day ever recorded in Arco and Saturday wasn't much better. I am not using it as an excuse but I really was suffering so I'm very pleased with my 12th place. Two blocs did not get climbed in the semi-final possibly due to the temps but the other two were possible for myself, just not on that day."

Gaz Parry, a former Arco winner, finished in 27th place.

You can see some excellent video footage of event on the Planet Fear website by clicking on the link below.

<http://www.planetfear.com/videos.view.php?id=109>



*Shauna Coxsey remaining focused in the BWC, Sheffield.*

— Alex Messenger / [www.alexmessenger.co.uk](http://www.alexmessenger.co.uk)

The duel event is an exciting format not seen on the IFSC World Cup circuit. It is basically a combination of the speed and lead, similar to the Sky Masters at the Outdoor show in Birmingham. This year's final saw Adam Ondra and Sean McColl racing up a 7c+ route which you can see by clicking on the following link.

<http://www.arco2011.it/index.php/video/rock-master-2010-2/?lang=en>

The full set of results can be seen on the Arco Rock Master website, see the link below:

<http://www.arco2011.it/?lang=en>

The final round of the IFSC Bouldering World Cup took place in Munich, Germany on the 30th -31st July, and was again attended by a strong field from the British Bouldering Team.

Excellent performances in the men's event saw Stewart Watson and Ned Feehally both making the semi finals and finishing a very credible 9th and 16th place overall. In the women's event qualifying for the semi-finals was a closely fought contest with Mina Leslie-Wujastyk coming closest to qualifying for the semi-finals in 27th place.

In the finals it was left to the ever dominant Czech strong man Adam Ondra and Akiyo Noguchi of Japan to win on the day seeing both competitors grabbing the overall titles of this year's IFSC World Cup champions.

Other excellent performances from members of the British Bouldering Team include:

- Dave Barrans – 29th
- Diane Merrick – 31st
- Adam Jeewoath – 35th
- Katy Piddock – 35th
- Gill Peet – 37th
- Jon Partridge – 61st

This ends a great year for the British Bouldering Team with the final rankings for the 2010 World Cup season seeing Stewart Watson finishing 6th place overall and Dave Barrans 17th, along with a list of excellent team results throughout the season. Full results for the final Munich competition and the overall world rankings can be viewed at the IFSC website.

The Team would like to thank Ian Vickers for setting the problems at their training event in Sheffield on the 29th June and their clothing sponsor Five Finger Thing and the BMC for their continued support. I would also like to thank Tom Sugden for helping to compile this report.

*By Nick Clement  
 British Bouldering Team Manager*

# British Bouldering Championships 2010

Sheffield was slightly warmer than the forecast predicted this weekend as the action was hotting up at the British Bouldering Championships held in Millhouses Park. The BBC's are the UK's premier bouldering competition and is held once a year to decide who are the best boulderers in the UK, it also acts as a talent spotting opportunity for entries to the British Bouldering Team. The bouldering was also used for the IFSC Bouldering World Cup, which saw Sheffield proudly host the sixth of the seven round competition.

In the qualifying stages of the junior's event held on Saturday, Kitty Wallace finished her last problem successfully, gaining 1st qualifying place with a lead of 19 points ahead of Charlotte Garden. Kitty topped out and dropped to the mats in control, only to land awkwardly, resulting in what was later diagnosed as a broken ankle, also the plaster cast gave it away. This knocks Kitty out of the junior competitions whilst her ankle recovers and any rehabilitation will be added to the time it takes for her to get back on top of the junior climbing scene.

In the male junior competition, Edd Mowbray qualified in fourth position with 70 points, behind 1st placed Barnaby Ventham. Mowbray came back in the finals though, managing three top outs of the four problems in fewest attempts, going on to take first position.

The Female junior event saw first placed Kitty Wallace pull out due to her injury, and Charlotte Garden who qualified in second place with 71 points, went on to take 1st place. Overall there were 82 junior competitors at the weekend, a fantastic turn out and a great opportunity for the UK's climbing stars of tomorrow to show their ability.

#### Male Junior Results:

- 1st - Edd Mowbray
- 2nd - Barnaby Ventham
- 3rd - Nathan Phillips
- 4th - Andrew Colligan
- 5th - Jonny White

#### Female Junior Results:

- 1st - Charlotte Garden
- 2nd - Lily Rosengard
- 3rd - Tara Hayes
- 4th - Jennifer Wood
- 5th - Bethany Walton



*Charlotte throwing some shapes in the 2010 BBC's, Sheffield.*

— Matt Pycroft



*Above: A male Junior pulling through the hard roof section.*

— Matt Pycroft

*Left: Charlotte Garden moves through the roof.*

— Dave MacFarlane / [www.planetfear.com](http://www.planetfear.com)





*Tom Newman in the 2010 BBC's, Sheffield.*

— Alex Messenger / [www.alex messenger.co.uk](http://www.alex messenger.co.uk)



*Gaz Parry in the 2010 BBC's, Sheffield.*

— Alex Messenger / [www.alex messenger.co.uk](http://www.alex messenger.co.uk)

The senior competition saw 19 female and 66 male competitors take to the wall. 2009 champion Ned Feehally wasn't expected at the competition to defend his title, however after competing in the qualifying stages at Eindhoven in the Boulder World Cup on Saturday, proceeded to drive back to the UK to take part, Sunday saw him qualify joint second with Gaz Parry.

But it was Nigel Callender who took first place in a power frenzy in the male comp, of the four problems put out for the male competitors, Callender winning the event managed two top outs in two attempts, equal to Parry, however as Callender qualified in first, he took the top podium slot, Jon Partridge came third fuelled by a dazzling array of power screams.

In the female senior event Leah Crane dominated, qualifying in first place with a comfortable 20 point lead, she completed all four of the problems, equal to Katy Whittaker, however it was Crane that completed the problems in fewest attempts, Leah now takes the BBC title for the second year running.

In her first year taking part in the senior event, Shauna Coxsey displayed amazing form throughout the competition, qualifying in second and going on to take 3rd overall by the end of the day, definitely one to watch in future.

Male Senior Results -

- 1st - Nigel Callender
- 2nd - Gaz Parry
- 3rd - Jon Partridge
- 4th - Ned Feehally
- 5th - Mark Croxall

Female Senior Results -

- 1st - Leah Crane
- 2nd - Katy Whittaker
- 3rd - Shauna Coxsey
- 4th - Mina Leslie-Wujastyk
- 5th - Katy Piddock

By Dave MacFarlane  
[www.planetfear.com](http://www.planetfear.com)



*Danie Rushmer in the 2010 BBC's, Sheffield.*

— Alex Messenger / [www.alex messenger.co.uk](http://www.alex messenger.co.uk)

*Leah pulling hard in the Bouldering World Cup 2010, Sheffield.*

— Lisa MacKenzie

This year has not been about plastic for me as I've been travelling Europe since February so only rock has been on the agenda.

To warm up to the BBC's I entered a competition at a new bouldering wall two weeks before and good job too as I was feeling very rusty.

To my surprise I won which put me in high spirits for this year's championships. I arrived with good nerves and got through the qualifiers only dropping seven points. This made me nervous as I had a slight track record of winning the qualifiers and blowing it in the final.

I fell off the first problem, stupidly. I put my hands over my eyes, got myself back together and topped it. I could tell by the crowd's cheers how the other girls had done on it. I knew I couldn't fall off any more problems.

Thankfully, I did the next two first go. By this point, I didn't clearly know where I stood and looking at the last problem I knew I should be able to do it first go. Nervously I pulled on to my relief I found it quite easy.

Matching the last hold with two hands I dropped off knowing that I had won. It was over.

*By Leah Crane*

Leah is sponsored by Berghaus, La Sportiva, Petzl & Beal

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



# BGC

WANT TO WATCH? WANT TO COMPETE?  
FOR MORE INFORMATION GO TO -  
[WWW.THEBMC.CO.UK/BBC](http://WWW.THEBMC.CO.UK/BBC)



**BMC**



**THE OUTDOORS SHOW**  
13-16 JANUARY 2011  
EXCEL - LONDON  
WALK / CLIMB / TRAVEL / CAMP / EXPLORE



**ENTREPRISES**

Official Supplier of bolt-on holds to the BMC

# 2011



# BRITISH BOULDERING CHAMPIONSHIPS

# 15-16 JANUARY 2011 OUTDOOR SHOW EXCEL LONDON



# Bouldering World Cup Sheffield 2010



*Stewart Watson in the Bouldering World Cup 2010, Sheffield.*

— Alex Messenger / [www.alexmessenger.co.uk](http://www.alexmessenger.co.uk)





*Adam Ondra in the Bouldering World Cup 2010, Sheffield.*

— Alex Messenger / [www.alexmessenger.co.uk](http://www.alexmessenger.co.uk)

## Boulder World Cup – Sheffield

The Cliffhanger festival took place over the weekend of the 3rd-4th July in Sheffield, which was this year host to the sixth round of the IFSC Boulder World Cup.

18 nations took part in the competition which included 55 male and 31 female competitors. Team GB had a fantastic turn out, with 16 climbers in the competition, 7 of these making it through to the semi-finals - including Shauna Coxsey who finds herself in her first year of senior level competition -but despite some fierce climbing and Stew Watson and Gaz Parry qualifying on Saturday in joint 1st position, none of the GB climbers made it through to the final round.

Of particular interest in the competition was the performance of Kilian Fischhuber (AUT) who, despite being the current number 1 in the world rankings and number 1 in the world cup rankings, failed to make it through the semi-finals, getting shut down on most of the qualifying problems

Showing spectacular form Adam Ondra flashed three of the final four problems, taking 3 attempts to complete the final problem, which demanded some awkward manoeuvring to gain the top half of the route. 17 year old Ondra is currently placed second in the rankings and it's yet to be seen whether Fischhuber, only 14 points ahead, can manage a victory in the final round of the World Cup to be held in Munich on the 30-31st July, to seal his victory.

In the women's finals Natalija Gros (SLO) looked strong to begin with but was seemingly limited by the reachy nature of a lot of the problems, meaning the taller female competitors perhaps found some of the gymnastic-style stretches a little easier to manage. Japan's Akiyo Noguchi put in some superb performances and looked strong and agile on the wall, however it was Cloe Graftiaux (BEL) who took first place in the finals and leads the rankings, with Noguchi close behind in second.

In the team rankings France sit in first position, with Great Britain second and the Russian Federation in third place.

Full results from the finals:

### Women

1. GRAFTIAUX Chloé BEL
2. Johnson Alex USA
3. Noguchi Akiyo JPN
4. Gros Natalija SLO
5. Wurm Juliane GER
6. Abramchuk Yulia RUS
7. Lavarda Jenny ITA
8. AVEZOU Cecile FRA

### Men

1. Ondra Adam CZE
2. Lachat Cédric SUI
3. Shalagin Mykhaylo UKR
4. Glairon Mondet Guillaume FRA
5. Gelmanov Rustam RUS
6. Hori Tsukuru JPN
7. McColl Sean CAN
8. Becan Klemen SLO

Be sure to check out the video of the IFSC Boulder World Cup, Sheffield, produced by planetFear and shot by Lukasz Warzecha of LW Images and Matt Pycroft at:

<http://www.planetfear.com/videos.view.php?id=107>

By Dave MacFarlane  
[www.planetfear.com](http://www.planetfear.com)



*Leah Crane pulling hard in the female semi-finals.*

— Dave MacFarlane / [www.planetfear.com](http://www.planetfear.com)



*Adam Ondra topping out in the Bouldering World Cup 2010, Sheffield.*

— Alex Messenger / [www.alexmessenger.co.uk](http://www.alexmessenger.co.uk)



*Rab Carrington with all the winners.*

— Alex Messenger / [www.alexmessenger.co.uk](http://www.alexmessenger.co.uk)



BWC Sheffield 2010

*Akiyo & Alex during observation in the Bouldering World Cup 2010, Sheffield.*

— Alex Messenger / [www.alexmessenger.co.uk](http://www.alexmessenger.co.uk)



#### **Chloé Graftiaux tragically killed**

The Belgian climber and mountaineer Chloé Graftiaux was tragically killed when a hold broke while descending easy ground on l'aiguille Noire de Peutrey on the south side of Mont Blanc.

23 year old Chloé was on her last route before departing on an expedition to India.

She was an outstanding all round climber and mountaineer who had sport climbed F8b, bouldered Font 7C, mixed climbed M11 and ice climbed WI 6.

In 2010 she had won both ice climbing and bouldering world cups.

Originally from Belgium, she moved to Grenoble in France 4 years ago and hoped to become a mountain guide at ENSA in Chamonix.

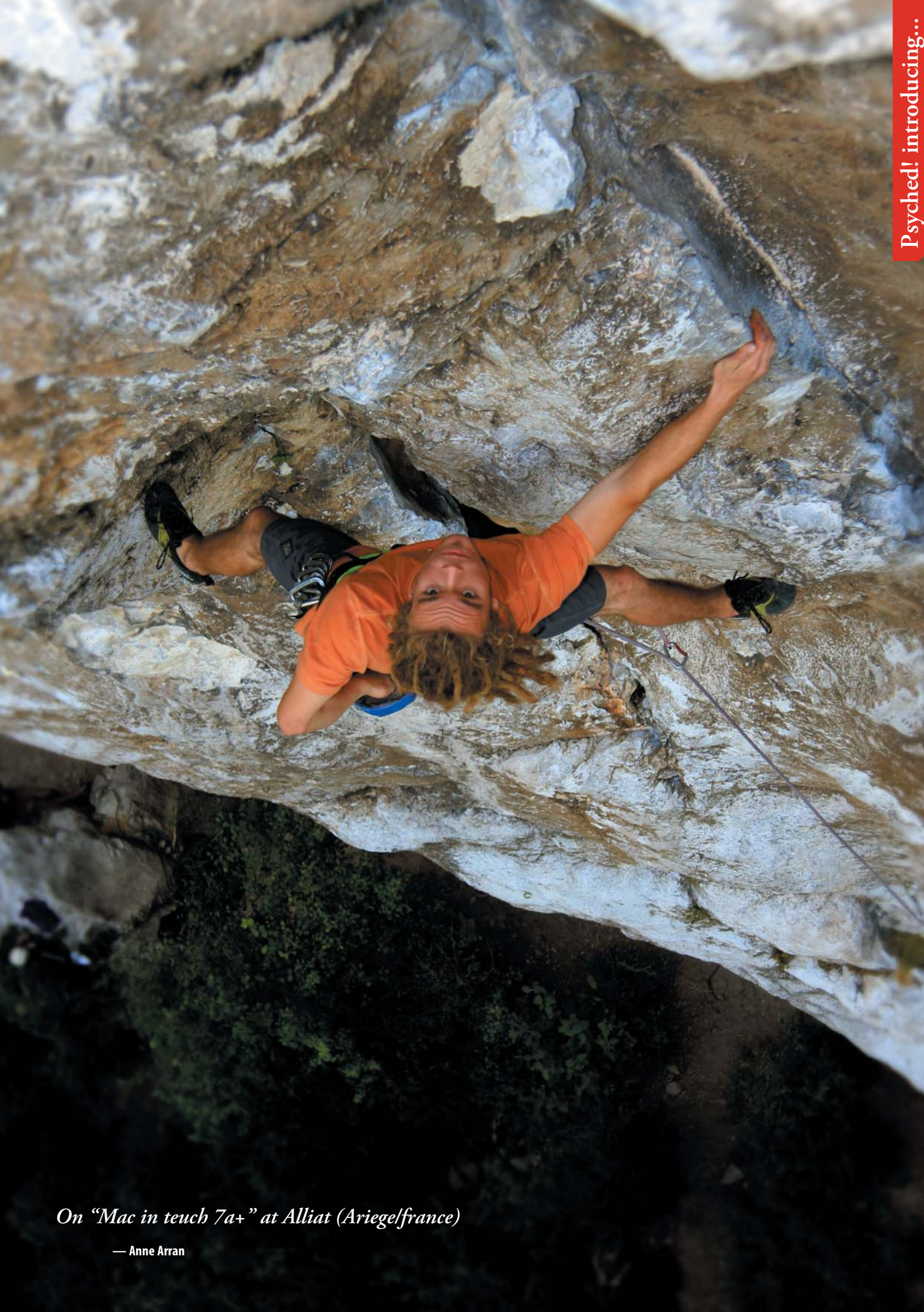
She was an inspirational climber and much loved by those who knew her.

In July this year she was in the UK and won the IFSC bouldering world cup round held during the Cliffhanger event in Sheffield.

Video of Chloé winning Bouldering World Cup round at Vail can be seen by visiting:

<http://rockandice.com/component/content/article/1-latest-news/1115-chloe-graftiaux-teva-games-winner-killed-in-alps>

By Nick Colton  
BMC



Psyched! introducing...

*Passing time at the EYS in Bulgaria.*



— Edward Hamer



# Introducing; Luke Tilley

**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 Climbing Team member Luke Tilley.**

My grandparents live in Kilnsey. How good is that! I was inspired to start climbing by Dalvinder Sodhi who noticed me and my best friend mucking around at the foot of Kilnsey crag. She lent us her bouldering mat and later her partner Steve Dunning kindly lifted me down from the first moves of Directissima where I was stuck. Six years later and I am using this route to warm up on!

Since that summer of 2004 we have climbed as a family, dad and the girls competing alongside me in several national finals and mum even gets off the ground occasionally.

Top-roping once a week at Nottingham Climbing centre soon wasn't enough and I started traversing the brick wall at home to gain some endurance in the lead up to my first BRYCS in 2006. I missed qualifying for the final only because I competed in just 2 of the regional rounds - I was hooked. The next year after coming 1st in the regional rounds I came 2nd in the finals. Only at this point did I start to think I might actually be climbing at a national standard, it was a very exciting time for me. A second place in the BLCCs in Blackpool 2007 earned me my place as an aspirant member of the GB team and I have competed for Great Britain in the European Series and the World championships since then.



>> *On "Grooved Arete 8a+"  
Kilnsey.*

— Dominic Joyce

*On "Mac in teuch 7a+" at Alliat (Ariegelfrance)*

— Anne Arran

It seemed like no time had passed from seeing Dalvinder scale Kilnsey to me getting on a plane to Sydney for my first International, The Youth World Championships 2008. After qualifying in last place for the semi finals I battled my way up the next route and it went really well. As I watched climber after climber fall lower than me I began to get more and more excited! Again I cut it close and managed to scrape into the finals in last place. The final; I came joint 7th and 8th on count back. This is my greatest achievement to date and I still do not know how I pulled it off!

Alongside my training for competitions, my passion for climbing outdoors also rocketed. I have had my best year so far for outdoor climbing spending 3 weeks at Kilnsey climbing alongside Steve, Dalvinder and several other of my heroes, rapidly ticking several classic 8a's and climbing my first 8a+ 'Urgent action'. A week later I also ticked 'Grooved Arette' 8a(+). Later, I spent a week with family in the Ariege, France. We stayed at the lovely "Chez Arran" with Anne Arran who introduced us to some beautiful local crags. I finished the summer's fun with a head torch onsite ascent of a 7c at Genat on some of the best limestone I have seen!

Unfortunately in the run up for the World Championships this year, a slip in the qualifying round this summer lost me my place on the Worlds team. This was a hard but valuable lesson. Fortunately, after 12 months of very structured and detailed training, co-ordinated by Tom Randle I was still in peak condition for climbing in the European Youth Series. In Vienna I qualified in 8th, pushing on in the final, finishing 6th. My overall European ranking this year so far is 11th which I hope to push up into the top 10.

This is my short term goal. For the coming year my ambition is to get the grades to go to Sheffield Hallam to study Graphic design, and of course get better at climbing. In the long run I want to climb 9a and get in the top 10 again in a world championship event. I would also like to win a BLCC's. This is going to take a serious amount of training but I'm 'Psyched' for it!

Alongside climbing I perform fire poi with my friends and do professional shows, practicing for this also takes up a lot of my time. In my spare time I am trying to do my A levels and progress my photography. People often ask how I stay on top of all the things I do and the answer to that is not having a TV, I owe a huge amount to my parents for this lifestyle choice.

I would like to thank all my sponsors, starting with my parents, without their support I could not have achieved anything. Evolv Metolious, Altro verso and Alpkit (without the brilliant head torch I would not of onsighted my final route of the Chez Arran experience!). Sports Aid and the Southwell rotary club have also helped me with funding.

By Luke Tilley



*Luke enjoying the steepness at the EICA Ratho in the Open Youth competition.*

— Simon Tilley



>> *Dave taking part in the Bouldering World Cup, 2010.*

— Udo Neumann/www.udini.de

# Introducing; Dave Barrans

I first started climbing with my dad around the age of 7 around the crags of the UK but mainly Yorkshire with family summer holidays abroad in Europe.

Climbing walls were only in their infancy so most of my climbing was outside on rock. I still remember going to the newly opened foundry and Leeds walls.

I had a bit of a lull in my climbing during my mid teens, picking up mountain biking instead. It wasn't till I went to university in Manchester that I started to really pick up climbing again, one of the reasons for going to Manchester was its climbing club and location, with so many different climbing areas within reach.

It was around this time that I discovered competition climbing, firstly with BUSA (University championships) winning in 2002 and 2003. I thought I would give the British championships a go in 2003. The level was so much higher but it gave me things to work on and my results improved steadily.

I was invited onto the team in 2006, competing in

my first international at the NEC in Birmingham and went on to make my first World Cup Semi Final in Italy. Since then my results and consistency have improved. Making my first Finals last season, one at a world cup round in Vienna, coming 5th and the other at the world championships in China where I got a Bronze medal, all after a good bout of food poisoning the day before! It was definitely one of the proudest moments of my life.

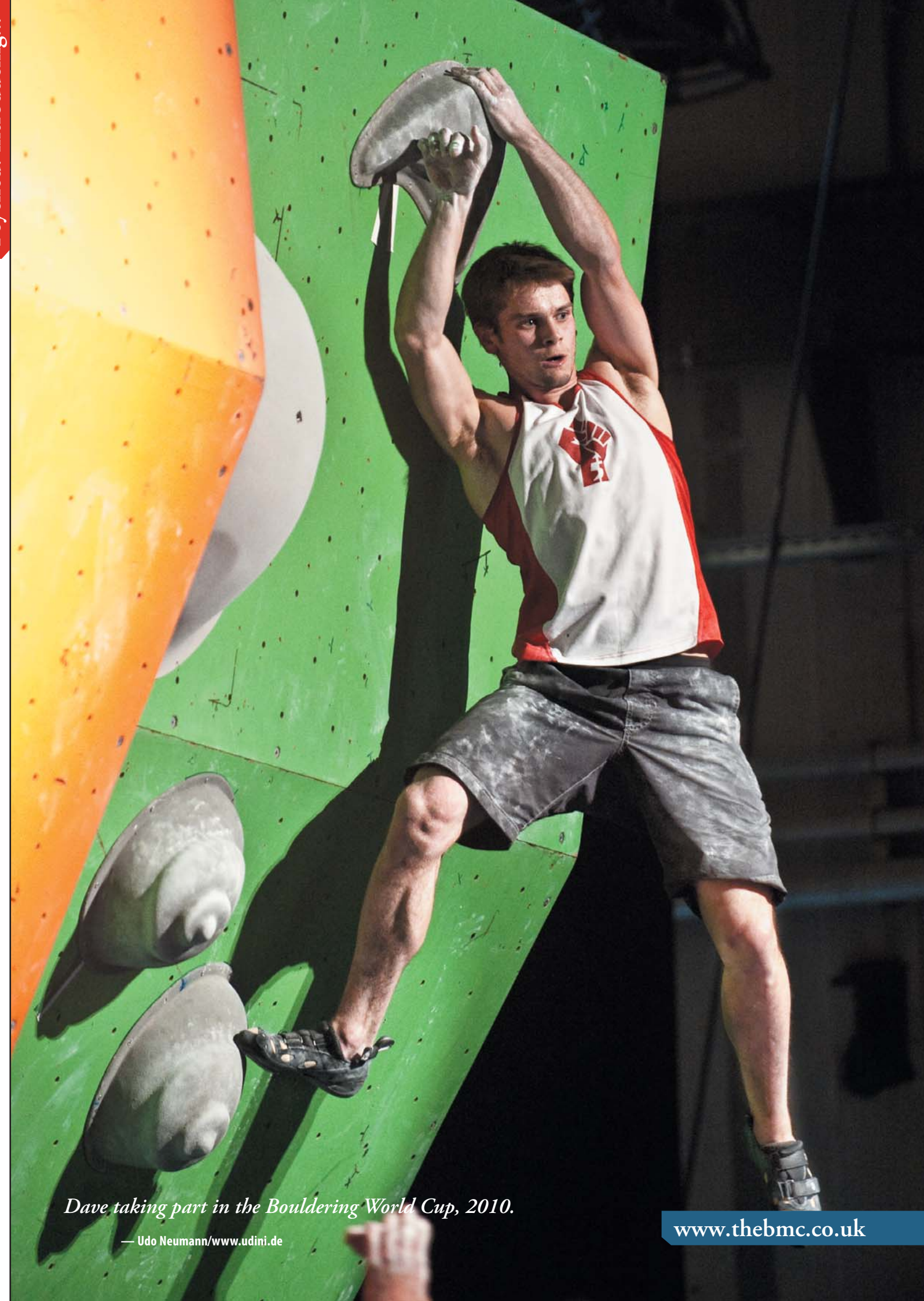
I still enjoy climbing outside, on both sport climbs and trad, having climbed 8b+ (Power ranger, Malham) and flashing E7 (Messiah, Burbage South) this year.

My goals are to keep on improving and to win a world cup and to keep enjoying climbing.

I currently work as a route setter and coach for Manchester and Harrogate climbing centres who also sponsor me along with Beyond Hope, the importers of Evolv, Metolius and Prana.

*By Dave Barrans*

Psyched! introducing...



*Dave taking part in the Bouldering World Cup, 2010.*

— Udo Neumann/www.udini.de

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

### Three Cheers for the Volunteers

The night before the 2010 World Youth Climbing Championships at EICA: Ratho several participants lay awake worrying about their performance the following day. They weren't climber; they were 'technical' volunteers who would be belaying, judging and filming the climbers.



While some of them had benefited from the Mountaineering Council of Scotland (MCofS) training workshop run before the YCS rounds this year, and regularly belayed their kids through their training schedules, this was the Worlds – the climbs were harder, the scoring was different, in some cases the kids were bigger and the chance for failure (in front of a worldwide internet audience) was off the scale.



Surprisingly there was a surfeit of belayers that first morning which saw people moved to judge and camera positions and receiving a quick briefing from their more *knowledgeable* colleagues. Slightly less physical, these roles are just as important. Climbers might not 'deck out' if judges or camera operators get it wrong, but if incorrect footwork is missed, or a climb appealed but not recorded properly, results can be affected. The concentration required to follow a climber through a route is intense and the stress when an appeal is raised and the officials come round and take away the camera, is palpable.

At this year's Worlds some categories were twice the size of others. This meant that those volunteer allocated to the smaller categories finished well before their colleagues. In some cases this allowed for substitutions and a well deserved trip to the lunch room. For others less fortunate the 'runners' had their remit expanded to include delivery of much needed refreshments throughout the day.

Some diehard volunteers were at the wall all four days for up to 14 hours a day because it was so involving. Belayers and camera operators jumped from Lead to Speed, stopping only to don the essential gloves required to protect hands from the burning ropes and adjust tripods to allow filming of 30 vertical metres in 7 seconds. Sticking with a category allowed judges and belayers to build relationships with their climbers with elation and disappointment affecting them all.



Had there been a Congeniality award nominations would have included Team Japan and Team USA whose climbers all took the time to thank their officials.

MCofS and BMC are committed to building up their pool of technical volunteers that can be called upon for the increasing number of local, national and international competitions that are taking place in the UK. MCofS plan to run their volunteers' workshops on a regional basis prior to the 2011 YCS and BMC will continue to offer technical training prior to big events(?).

If you are interested in becoming a 'qualified' volunteer contact Kevin Howett at MCofS or Rob Adie at BMC



Psyched! introducing...



>> *Oli Edwards in the 2010 BBC's, Sheffield.*

— Oli Edwards Collection

Hello, my name is Oli Edwards, I am 14 years old and I'm a youth boulderer from Bristol and mainly climb at TCA (The Bristol Climbing Academy). In the last 9 months I have got into bouldering and have already gained a lot of ground e.g. I've competed in roughly 15 competitions including the CWIF 2010 and the TCA Winter Comp series and the Bristol school's comps.

I'm now in TCA's Elite Youth Bouldering Squad and I've been training twice a week so I can catch up with the other people in the squad, my climbing ability has reached around v6-v7 on a (very) good day. I also have a pull-up bar and a finger board at home, which is good for a bit of extra training, as I live out in the country and it's hard for me to get to the wall.

In the past couple of years I've been seeking out an extreme sport that I can relate to and after trying many such as, skateboarding, mountain boarding, snowboarding and so on I finally came to climbing. I started climbing mainly because of my auntie (Lucy Creamer), growing up I was always around climbing but never got into it. Family offered to help me get training at UCR (Under Cover Rock) in Bristol but I didn't want to for reasons I can't remember, maybe the timing just wasn't right.

My older brother Jake was keen to try climbing last summer (2009), so we both started to go to TCA. Over the last 12 months, Jake and I have worked extremely hard to get to the standard we are, especially with help of having coaching sessions with pro climbers at the wall; E.G. Lucy Creamer, Gaz Parry, Steve McClure, Adrian Baxter and a couple more down the line.

I love climbing in comps because of all the pressure to on sight the problems and get your best score possible but I don't find comps are the only thing in climbing. By the time I really got

into climbing it was winter so going outside on the rock was very rare for me but when I did get out it opened up so much more climbing and fun with family. When I do go out on rock I normally go to Cheddar Gorge but there isn't really much bouldering there so me and my friend Joe are on constant look out for boulder problems all over the place.

I recently spent half term with my Auntie in Sheffield and I went to Stanage for the first time. I have been wanting to climb routes for ages, so it was great to be there. I seconded Flying Buttress direct (HVS 5b), which I was really pleased with, amongst other routes. I found it very different to indoor climbing and felt it was probably useful for my technique.

Luckily in my school quite a few teachers climb at TCA, so I do get to do competitions with school friends and even my teachers which really adds another dimension to the sport for me. Recently, we had the last of the TCA South West Schools Comps and had a really great time, we came third place over all. Some of our team members had never climbed before this series, so I think we did really well and enjoyed it.

The comp season is over for a few months but we do have the British Bouldering Championships coming up at the end of June. From my experience of climbing in the CWIF, I now know how hard the standards are and I'm sure the BBC will be no different but I'll give my best shot!

(Oli competed in the BBC at Cliffhanger and gained a very credible 25th place. Unfortunately he injured a finger tendon at the end of the comp and had to rest over the Summer! The ups and downs of climbing.)

*By Oli Edwards*

*Jule on L'angle Ben.*

— Udo Neumann/www.udini.de



Foreign Correspondence;  
Jule Wurm





>> *Jule Wurm, Bronx Rock Kletterhalle.*

— Thomas Hörster

*This section is designed to give you an insight into what makes some of the top international competition climbers tick. Here Assistant Editor Natalie Berry catches up with Jule Wurm.*

**How old are you and where do you live? Are you studying or working at the moment?**

I'm 19 years old and I live in Germany.

I just finished school this year and I'm planning to go to university... But first I'll take one year off and hopefully spend a lot of time for climbing.

**How long have you been climbing and how did you start?**

I started climbing at the age of 10. It all began with my birthday party in a climbing gym. I was so fascinated that I couldn't stop climbing until now.

**When did you realise that you had a talent for climbing and how did you manage to become part of the German Youth Climbing Team?**

As I did gymnastics before, I think I had a good basis for climbing. I became part of the German Team after having competed in several German cups...

**Did you have a trainer/coach from early on in your climbing career?**

In my "home gym" in Dortmund I was part of a kids climbing group led by Dieter Overbeck. Later on, when I became member of the national team I was supported by national coaches. Now I'm coached by Udo Neumann.

**You were very successful at Junior level, winning numerous European Youth Cups and the overall title, and achieving podiums at World Youth Championships. You are now competing as a senior - what differences do you notice between the level of Junior and Senior competitions? (Boulder and Lead) Do you miss the Junior competitions?**

The most obvious difference between Junior Lead comps and Senior World Cups is that all is taken more serious. And certainly the senior's routes are harder...

But what I like in Bouldering World Cups is the atmosphere between the athletes. For me it seems as the competitors don't take it as serious as in lead comps...

>> *Jule finishing 2nd at Kletter-EM, 2010.*

— Udo Neumann/www.udini.de



**You had a great season competing in the World Bouldering Cup this year. What was the highlight of this year for you on the bouldering circuit?**

My personal highlights were the World Cups in Vail (3rd place) and Eindhoven (2nd place). The European Championship (2nd place) as the last competition this year was the icing on the cake!

**Do you prefer Lead or Boulder events? Which do you train for most specifically, or do you mix both?**

At the moment I prefer Bouldering. In competition as well as in training.

**What is the structure of the German Climbing Teams? Are there coaches in each region of Germany? Do you regularly meet up as a team for training?**

Yes, we have regional coaches. In my region we have Udo Neumann who manages our training.

**What is your best competition memory? And your worst?**

I will begin with the worst: Youth World Championship in 2007 in Ecuador. I felt really well prepared and in qualification it climbed quite good, but then in the semis I fell at 4th quick-draw and became 17th... That was really disappointing!

One of my best competition memory were the Europeans in Innsbruck. It was so fantastic. Actually before Innsbruck I was already satisfied with this season, so I had no pressure and could just give my best...

>> *Jule cruising Carnage.*

— Udo Neumann/www.udini.de

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



*Jule Wurm in a secret location!*

— Udo Neumann/www.udini.de

**Describe briefly an average week in the life of Jule Wurm! (training/work etc!)**

I just finished school this summer... First it was so good to have nothing else to do but climbing, but then I was kind of bored... Now I'm a busy trainee in a hospital in Vienna every morning...and in the afternoon – of course- I climb.

**Where do you see yourself in 10 years time? Will you still be climbing?**

Hopefully as MD Wurm... hahaha

It's hard to say. I don't know whether I still climb comps in 10 years, but for sure I'll still climb for fun... And I think I would enjoy giving training lessons for kids...

**What are your ambitions in life?**

Climbing harder,... and studying medicine would be cool !

**What is your hardest outdoor onsight?**

7c+

**What is your hardest outdoor redpoint?**

8b

**What is your favourite climbing area?**

For route climbing Céüse and for Bouldering Fontainebleau

**What is your favourite food?**

CHOCOLATE!!!!

*Jule is sponsored by Mammut, Blackandmine, SpardaBankWest and Powerbar.*





### Blackpool Climbing Towers

September 18th saw a competition being held at the impressive Blackpool climbing towers.

A small but very keen group of competitors made the most of the weather, which was kind for most of the day, to climb the 11 routes on offer. Problems ranged from a full-height friction slab through to a long horizontal traverse on a caving ladder followed by a transfer onto swinging logs!

Feedback for the whole event was very positive, and the prize-winners were well looked after, with prizes being donated by Blackpool climbing towers and local shop Fell & Mountain, who were also present at the event.

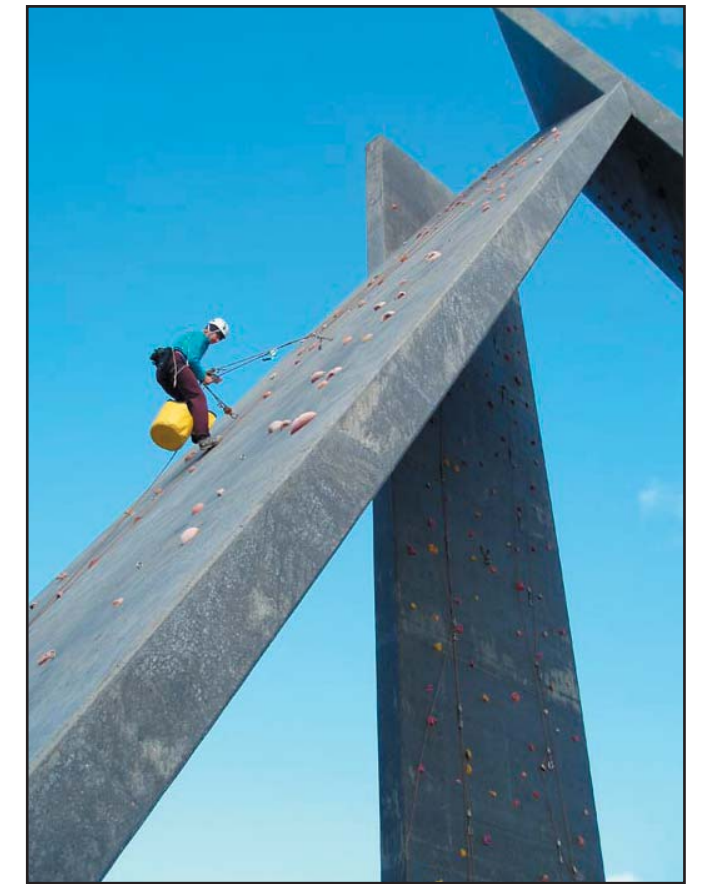
Thanks to John Bubbins and all of the staff at the towers for their help in setting up this event and for their hospitality.

#### Adult (17-40)

- 1st Tom Broadbent
- 2nd Ashley Clarke
- 3rd Jon Donald

#### Senior (40+)

- 1st Gnash Baxter
- 2nd Mark Lambert



*Route Setting at the Towers.*

— Pete Hill Collection



*The prizewinners. Wall manager John Bubbins 2nd left, organiser Pete Hill 2nd right.*

— Pete Hill Collection



*The steep chain problem on the underside of the main slab.*

— Pete Hill Collection



COMPLETE PROBLEMS ON BOTH SIDES

PLEASE ONLY USE WOODEN FOOTHOLDS MARKED WITH A GREEN CROSS OR THE SMALL REIN-SCREW-ON.

PLEASE ONLY USE WOODEN FOOTHOLDS MARKED WITH A GREEN CROSS OR THE SMALL REIN-SCREW-ON.

MARKED BY A GREEN CROSS FOR FEET

GRADE... ROOF  
ARE FRENCH SPORT GRADES.  
GRADES ARE MARKED ON STARTING HANDHOLDS.

Psyched!  
Training Section

# Coping with the Stress of Injuries

by **Charlie Ellison**

Psyched! training...

So it's the dreaded moment again when you're sitting in the physiotherapy treatment room for the second time in the space of 18 months, being told you have to stop climbing because of injuries.

The first time this happened to me was October 2008 when i had just turned 14. I started the year extremely motivated to make it onto the team at the selection event that December and was training solidly three to four times a week. Throughout the year, my stamina, strength and grades began to improve and i was feeling better than ever with an attitude so focused on achieving my goal in the closing months of the year, until a massive downfall came my way. I'd been having slight finger pains throughout the summer but nothing too serious.

The first thing that came to mind was that because i was climbing harder routes on less positive holds, my fingers were just weaker and needed to get used to the strength and demand of upping my grades, but the attitude suddenly changed when i found myself crying with pain and distress of not being able to bear my weight on any type of hold. I found myself being diagnosed with growth plate related tendonitis in not just one, but every finger on both hands. Not just the physical, but the mental stress that was brought upon me when I was told that i was not to climb until January was one that i wouldn't wish upon anyone else.

Having had the opportunity of proving myself to the team ripped away from me, I found myself giving up hope of ever being able to travel abroad, proudly wearing the British flag on my back. The lowest psychological point in my injury i found, was when we travelled up to the team selection event for the weekend in December.

Looking at the standard of routes, knowing i should be on there proving myself was close to heartbreaking, and even worse when i saw people getting selected. All i could hear myself thinking was 'you should be in there, you should be one of them'. Yet i have to admit, the mental strength i gained from that competition was phenomenal, and probably the best thing that could ever come out of an injury.

I had 4 months to train again until the next event which was held in May, the selection for the EYS that was to take place at Ratho in September. Having spent the first month after the go-ahead taking it easy and waiting to see if my fingers have fully fixed, it wasn't until early February that i started to get back into the training.

The training that took place from the first week of that month, to the first week of May, pushed my physical and mental abilities to the ultimate max. After having the huge knock in confidence i had back in October, i managed to change it to the most positive determination i felt i have ever produced. I had this fire raging in my stomach for success, spending hours and hours down at the wall with my coach, climbing and lapping routes until i was physically white in the face with sickness.



*Top; Charlie Ellison, author.  
Above; Charlie training  
training with the French  
team in Aix en Provence*  
— Supplied Charlie Ellison

I look back at that period of training with three words in mind, blood, sweat and tears. All the rage i had in my body from when my dream was taken from me all those months back, came out in one huge outburst that one very weekend of the selection, especially when i found myself stood at the bottom of the super-final after topping both the qualifiers and the final.

People may think that injuries can be the worst thing to happen to themselves, especially as a competition climber, but no matter how much anger i went through during the recovery period, i still managed to turn that into the most positive outcome i possibly could and use every ounce of that to my advantage. I don't think that everyone could expect to come out of an injury in the same way, it's up to the person themselves to choose how to deal with the psychological downsides and turn them into something good, weather it is through training, determination, or both.

After thinking that one injury was draining, i found myself in the worst situation i thought was possible, just over 12 months later visiting the physiotherapist again, hearing those hellish words. After probably the best year i'd had in my climbing career, the time came to be haunted by devilish injuries.

Having had a better year than before my last injury, competing at the EYS trails finishing 2nd, YCS finals finishing 2nd, BLCC's, BBC's and EYS events in Ratho and Kranj, it was taking it's toll. Struggling since November with pains in my dominant hand, it was back to treatment. It took a while to try and figure out what the actual injury was as the symptoms would vary from week to week, along with the area of pain.

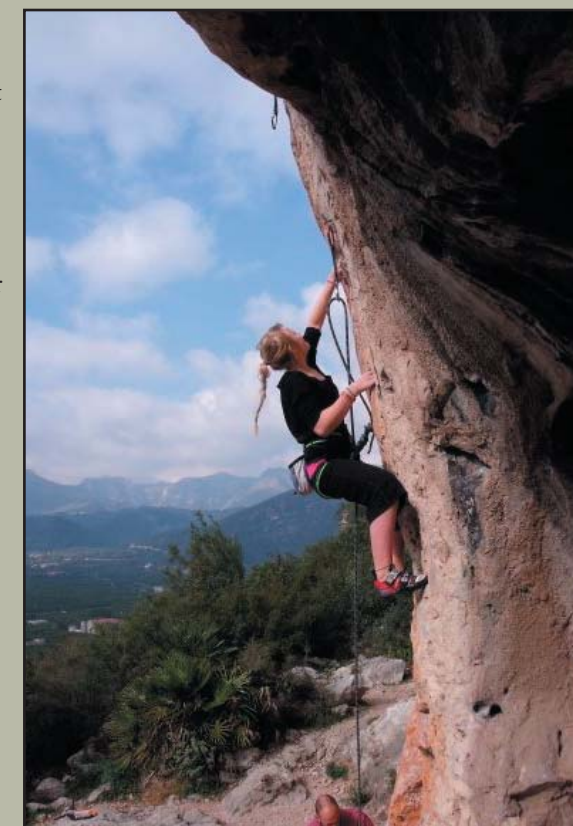
What made it harder was the fact i couldn't fully rest the injury as i had to write and carry on with my work as my final school exams were arising. The pain did exceed to the point where i had to bring myself to stop writing and either type up or photocopy the work i couldn't do myself, which led to a great disadvantage of trying to keep my head above water and still trying to achieve the grades i wanted at the same time. Luckily after finishing school back in May, it's given me time to rest the wrist injury and have it diagnosed properly.

It turned out that i had two injuries at different points in the wrist at the same time, however they weren't linked or caused by the other one. It's just one of those unfortunate things that happens to the unlucky people. At this moment in time, we're hoping that i'm on the right side of recovery now and that maybe by the end of the summer, i'll be able to start applying my training again for the winter months.

The most disruptive thing that i've found happens during injuries, and especially having two major ones just a year apart, are the people who don't support you and find it somewhat a 'thrill' to try and put your mental determination down.

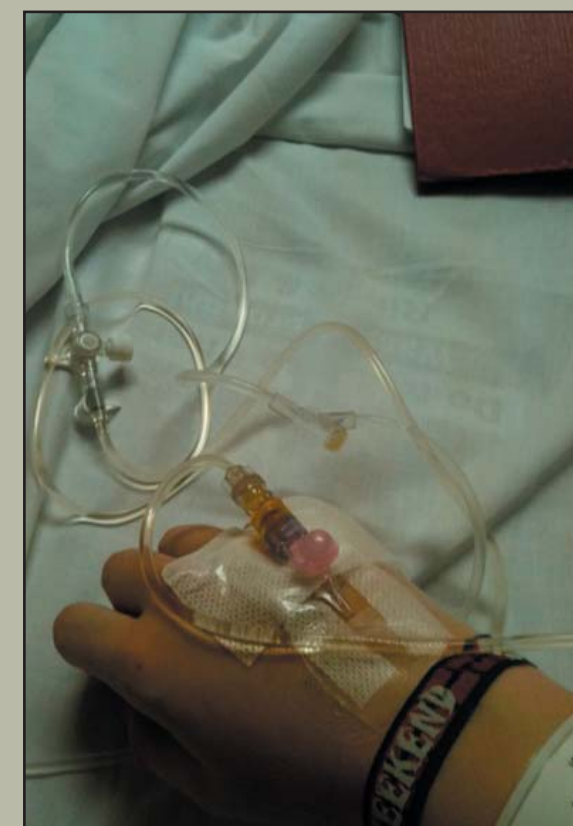
Weather it being playing mind games with you, or putting across that you didn't deserve your place on a team, it all comes down to you, yourself, how you choose to interpret that. They tend to be the people who haven't experienced the situations themselves and don't understand the severity of it, and i can tell you now, i'd give everything to be able to climb to my potential at this very moment, but there is one good thing that comes out of all of this, and that is how much my mental determination has developed.

Anyone and everyone can go through serious injuries, it's just something you have to take on your shoulder and deal with the best you possibly can.



*Charlie climbing in the Costa Blanca.*

— Supplied Charlie Ellison



*Charlie after her operation.*

— Supplied Charlie Ellison

*Anna Stöhr picks her spot on the hold at the  
Bouldering World Cup 2010, Sheffield.*

— Alex Messenger / [www.alexmessenger.co.uk](http://www.alexmessenger.co.uk)



# The Insider; Part 4

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

The last article I wrote dealt with keeping your mental edge in the heat of competition. This one will focus on comp tactics and will draw on my experience with bouldering competitions. Preparation, as always is crucial. There are a number of easy things that you can do that will give you the best possible chance of succeeding on a problem.

First, make sure that you have everything you need with you. I have an isolation bag that I take into isolation with me with books, music, warm clothing, etc. For my comp bag that I take with me as I go through the problems I usually have the following items: water, food, a watch, music, a jacket, tape, a chalk bag, chalk bucket and sometimes an extra pair of shoes. Having my own watch means that I can keep track for myself of my rest periods and I don't have to constantly be looking for a clock or asking a judge for the time left. I usually

boulder with a chalk bucket, but if the problem is a slab or has a corner where I know I might be resting I will take a chalk bag up with me too.

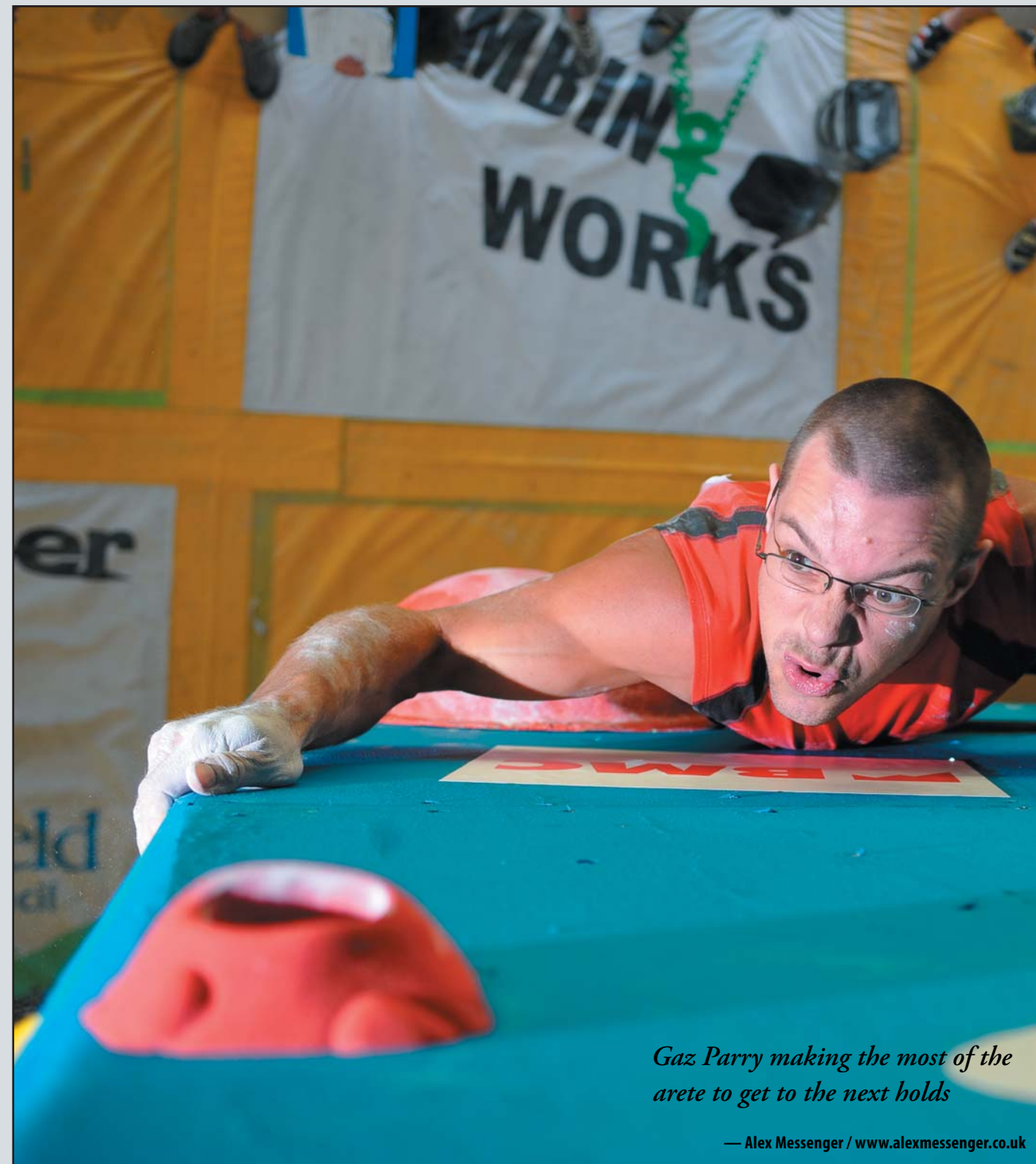
Second, always always always make sure that you spot all of the holds. The judge will only point out the start holds, the bonus hold and the finish hold but probably won't point out that hidden hold around the corner. It's up to you to find it. If the problem does go around a roof or a corner make sure that you can visualise where the next hold is from the position. I've made the mistake before of spotting all the holds while standing in front of the problem and then realising (too late) that I couldn't see the hold I was going for when I was actually on the problem.

Third, look for clues from previous competitors and from the setters. A hold that is covered with boot rubber and very little chalk is probably a key foothold that isn't used as a handhold. Look for chalk on the aretes. That said, you must bear in mind that the same boards will be used for other problems so not all marks are destined for your problem.

Lastly, don't get the start position wrong! Make sure that you know how exactly you are meant to start. Often you get just one foothold and you must make sure that your other foot touches the wall before moving onwards. Make it easy for the judge by doing this in an obvious manner so that they know you've started the problem properly.

## *Kitty Wallace route reading at the World Youth Championships*

— Lukasz Warzecha/LWimages



*Gaz Parry making the most of the arete to get to the next holds*

— Alex Messenger / [www.alexmessenger.co.uk](http://www.alexmessenger.co.uk)

In bouldering competitions the competitors get a set amount of time in which they can read the problem. When I started climbing I used to take far too much time trying to memorise the sequences leaving myself very little time to climb. I now leave myself about 40 seconds to read the route and then get on the problem. Where you're not sure of what to do give yourself two options and allow yourself to do what feels right when you're on the problem.

The final tip is to manage your time appropriately. If you've fallen off on your first attempt don't just jump back onto the problem. You now want to get the problem on the second attempt so take time to recover and consider what you need to do differently. Generally in a five minute climbing period I find that I can get 3 good attempts for the top in. You don't want to burn yourself out in the first three problems!

*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





### British Bouldering Team Fitness Tests at Teesside University

The British Bouldering Team had their second Team training session at the Sports and Exercise Section of Teesside University on Saturday 16 October. The day was organised by Dominic White (MSc) the Teams' Sports Scientist who works at the University. Dominic explained that the reason behind the session was, "To take a number of baseline measurements, some being climbing specific and others being general tests of physical capacity. These were collected using reliable equipment and procedures so that we can assess if members of the Team are making physical improvements by retesting again in March." Most of the tests were maximal in nature and included the following:

- Maximal Finger Strength (Dominant Hand Only)
- Finger Endurance at 80% of Maximal Capacity (Dominant Hand Only)
- Upper Body Anaerobic Capacity
- Functional Movement Screening
- One Arm Pull Up Maximal Strength (Dominant Arm)
- One Arm Pull Up Endurance at 80% of Maximal Capacity (Dominant Arm)
- Vertical Jump Performance
- Skinfold Measurements
- Maximal Isometric 'Lock Off' Strength
- Abdominal Curl Endurance Test
- Aerobic Capacity

The results of the tests will be used to help identify individual strengths and weaknesses in order to set more specific training goals. Additionally, testing the team throughout the training year allows an assessment of how individual team members are responding to training programs.

During the lunch break Matt Wright (MSc), Elite Sports Development Officer for the University delivered a workshop on Periodisation of Training which was followed by Dan Eaves' (MSc), Senior Lecturer, workshop covering various aspects of Applied Sports Psychology.

A large number of staff from the Sports and Exercise Section was involved in running the tests and making the day a great success. The research gained from the tests will enhance our future work with the Team.

psyched! training ...

*Top left; Adam Jeewoath completing the Upper Body Anaerobic Test  
Bottom left; Dan Eaves MSc delivering a workshop on Sports Psychology.*

— Nick Clement



The Team would like to express their sincere thanks to the following individual highlighted below for all their hard work during the day, it is greatly appreciated.

- Dominic White (Senior Lecturer)
- Dr Matthew Weston (Senior Lecturer)
- Jamie Harley (Research Asst)
- Dan Eaves (Senior Lecturer)
- Mathew Wright (Elite Sport Development Officer)
- Mike Graham (Technical Staff)
- Laura Wilson (Technical Staff)
- Shanna King (Technical Staff)
- Tom McBain (Research Asst)
- Luke Passman (Strength & Conditioning Intern)
- Shane Hassel (Strength & Conditioning Intern)

I would also like to give a big thank you to Dave Hodgson and Colin Parry who designed and constructed the testing rigs used to measure climbing specific finger and arm strength. Without their input several of the tests would not have possible.

*By Nick Clement  
British Bouldering Team Manager*



*The Team's Sports Scientist, Dominic White MSc overseeing the Maximal Finger Strength Test*

— Nick Clement

## New British Bouldering Team Announced

The British Bouldering Team is pleased to announce that the Team members for the 2011 competition season will comprise of:

Dave Barrans  
Stewart Watson  
Ned Feehally  
Jon Partridge  
Gaz Parry  
Adam Jeewoath  
James Garden  
Martin Watson  
Keith Bradbury

Diane Merrick  
Mina Leslie-Wujastyk  
Leah Crane  
Gill Peet  
Katy Piddock  
Helen Shilleto  
Shauna Coxsey  
Katy Whittaker

The Management Team will comprise of:

Nick Clement-Team Manager  
Tom Sugden-Assistant Manager/Team Physio  
Dominic White MSc-Sports Scientist  
Andy Earl-Head Coach  
Dave Mason-Coach  
Gaz Parry-Team Adviser

The new Team met for the first on the 3rd October at the BMC office in Manchester where they completed some Team administration and signed individual Team contracts. In the afternoon the Team moved onto Rock Over Climbing where they completed a circuit of 20 problems.

The Team would like to thank Tom Stewart of Rock Over Climbing and all of his staff for their support and allowing them to use the centre.

*By Nick Clement  
British Bouldering Team Manager*



*Top; Team members at the Depot*

*Right; Shauna Coxsey training at Rock Over*

— Nick Clement



psyched! training ...

## British Bouldering Team—Maximum Strength Training at the Depot Climbing Centre

The British Bouldering Team continued their pre-season training at the Depot Climbing Centre in Leeds on the 31st October. Joining the Team were Adam Watson from the Senior British Climbing Team and Ed Hamer from the Junior British Climbing Team. Adam and Ed were invited to the Bouldering Team Training to help the Teams work more closely together and also to help improve the transition between the Junior Team and the Bouldering Team.

The focus of the day was the development of maximum strength. The morning session involved the Team members' working in small groups and attempting 5 hard boulder problems (women font 7a-7b+, men font 7b+-7c+). Each group had 20 minutes per problem and there was an emphasis on climbing the problems statically and without the use of egyptians or twist locks.

The afternoon session involved the Team completing a Maximum Strength circuit which included:

- Staggered Pull Ups on the Campus Board
- Front Levers
- Dips on Gymnastic Rings
- Ab Wheel Roll Out
- Assisted One Arm Pull Ups
- Overhead Squats
- Handstand Press Ups
- Weighted Deadhangs

The British Bouldering Team would like to thank Steve Dunning and all of the staff at the Depot Climbing Centre for allowing the Team to use their facilities. Their support is greatly appreciated.

The British Bouldering Team is supported by the BMC and FIVE Finger Thing.

*By Nick Clement  
British Bouldering Team Manager*

*Top Right; Dave Barrans Campusing  
Bottom right; Ed Hamer training at the Depot  
Below; Katy Whittaker training at the Depot*

— Nick Clement



# IFSC REPORT ...

## Report from the International Federation of Sport Climbing

With 29 World Cup events – plus the World Championship and the World Youth Championship – the IFSC Calendar for 2011 promises to be a year of pure climbing thrill and enjoyment. Both for the athletes and for the public! Lead counts for the highest number of events (14), while bouldering and speed amount respectively to 9 and 8.

Three events on the American continent (two in the States, and one in Canada), three in Eastern Asia (China and Japan) and the first ever in the Middle East – in Amman, Jordan; the 2011 calendar is a clear proof that sport climbing has taken roots worldwide, and that it is spreading fast, attracting a vast audience.

At the same time, the 2011 World Championship in Arco will be a celebration of the tradition of the sport, in the cradle of competition climbing, on the brim of the Garda lake, where the whole territory has summoned up its energies to give life to an event which the climbing community is looking forward to.

For the first time ever, all World Cups, and obviously the World Youth and World Championship, will be webcast live on the web, from qualifications to the final rounds, for all those who want to be there, always! Replays will also be made available, as well as short highlights to enjoy the most thrilling moments of the show.

*By Elena Corriero  
IFSC Sport Administration*



*Adam Ondra winning the 2010 Bouldering World Cup in Sheffield*



*Jonny Stocking & Nat Berry  
taking the honours at the EICA  
Ratho, Youth Open.*

— Lukasz Warzecha/LWimages

*Carol Hayes, Junior Team Physio working with  
Jonathan Field at the EICA Ratho.*

— Lukasz Warzecha/LWimages



As of July 2010 Mountain Hardwear & the Epicentre are pleased to announce their 3 year sponsorship deal of the GB climbing team.

Mountain Hardwear are no strangers to athlete sponsorship with the likes of Tim Emmett, Neil Gresham and Mr Everest himself Kenton Cool, all of who have been with Mountain Hardwear for many years now pushing the boundaries of climbing and Mountaineering adventures around the world. Mountain Hardwear was founded by genuine enthusiasts and has constantly been inspired by and involved with adventures all over the world.

Mountain Hardwear sponsors over 20 athletes to provide real-world challenges to our product designers and to conduct product testing in extreme conditions. We also think it's important to support the folks who are committed to pushing their personal limits while pursuing adventure in the outdoors.

The Epicentre is a new outdoor specialised retail shop based in Ambleside offering the outdoor enthusiast a fantastic range of technical clothing and equipment. A great team of specialised local staff who are all keen climbers, walkers and general outdoor people guarantee customers a great experience ( [www.theepicentre.co.uk](http://www.theepicentre.co.uk) ).

Follow regular team results via the Epicentre website blog [www.theepicentre.co.uk/blog/gb-climbing-team](http://www.theepicentre.co.uk/blog/gb-climbing-team)

All the team members, including coaching and support staff each receive T shirts, competition vests and the classic Mountain Hardwear micro chill jackets, which is in male & female fitting with 100% polyester microfleece. Mountain Hardwear was founded with the singular focus to create the world's leading technical, innovative outdoor products. It's our passion and what drives us every day. We continually invent (and re-invent) the most functional, durable, and innovative gear available, and are proud that we've changed the industry as a result.

With the team going into a new territories in terms of coaching ideas and staff, the recent form of team members Ed Hamer, Kitty Wallace, Natalie Berry, Randy Roby & Jonny Stocking are all great indicators that the philosophies and ethics within the GB team are heading in the right direction. By having a company like Mountain Hardwear involved with the team, only help to cement these philosophies and ethics in place

*By Mark Richardson  
Mountain Hardwear*

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

# from the office...

Wow! Well what a competition season it has been! The Bouldering Championships and the IFSC Boulder World Cup where a great success in Sheffield in the Summer, with plenty of crimping action in the big marquee in Millhouses park. Then as the autumn rolled in, so did 452 competitors from 39 different nations around the world for the World Youth Championships at Edinburgh International Climbing Arena. The atmosphere was electric and led to what was one of the most stressful experiences of my life, making sure everything was in the right place at the right time. The volunteers and the team at Ratho were amazing and the event went off without too many hitches – most importantly all the competitors had a great time, all culminating in fantastic Lead and Speed finals. The British junior team climbed well, with 4 team members making the semi's in the lead comp, none making it any further unfortunately.

Now we are into winter and the last couple of comps of the year. The Lead Championships went well with the introduction of the IFSC age categories, also with the Youth A and Junior categories being allowed to compete in the Senior event, the podiums were almost completely dominated by Junior team members which should inspire some of the senior climbers to train that bit harder to try and keep up with the younger climbers. The last competition of the season will be the Open Youth Event at Awesome Walls, Liverpool – which will be used to

select the junior team for 2011. I would normally be looking forward to a period of respite after this, but no! We roll straight into next years season with the relocation of the Bouldering Championships to the Outdoor Show in London in the middle of January, which will be a huge event, so make sure you get down to watch or compete.

The International events have filled the calendar throughout the summer and autumn with both the Bouldering team and Junior team climbing very strongly. Stew Watson being ranked 6th in the world at the end of the season and Kitty Wallace's' fantastic win at the European Youth Series event in Bulgaria are both fantastic achievements and hopefully a great sign of good things to come in 2011!

Hope you all had a great Christmas and I hope to see you all competing or supporting your competitors at BMC events in the New Year!

*Rob Adie*  
*BMC Competition Officer*

# events...

## **BMC BRITISH BOULDERING CHAMPIONSHIPS - LONDON**

Britain's premier bouldering competition will take at the Outdoor Show, London.

15th - 16th January 2011

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

## **THE CLIMBING WORKS WINTER BOULDERING LEAGUE - ROUND 4**

The Climbing Works - Sheffield

Friday 4th Feb 2011. 6-10pm

£2 for scorecard plus normal entry fee.

[www.climbingworks.com/events](http://www.climbingworks.com/events)

## **THE CLIMBING WORKS INTERNATIONAL FESTIVAL 2011 (CWIF)**

The Climbing Works - Sheffield

Saturday 5th & 6th March 2010.

2 day festival of bouldering

Open to all, free to enter

[www.climbingworks.com/events/CWIF\\_2011/](http://www.climbingworks.com/events/CWIF_2011/)



*Rob Adie, BMC Competitions Officer.*

— Alex Messenger / [www.alexmessenger.co.uk](http://www.alexmessenger.co.uk)

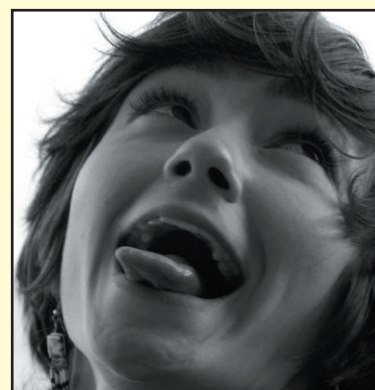
# Psyched!

## production team



*Edited and Produced by Iain McKenzie.*

— Chair of the BMC Competition Committee



*Natalie Berry, Assistant Editor.*

— British Junior Team Member

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 April 2011.**