

The view from above  
Crookrise on Barden Moor.  
Photo: Tim Lowe

# YORKSHIRE AREA NEWSLETTER



February 2021

[yorkshire.area@thebmc.co.uk](mailto:yorkshire.area@thebmc.co.uk)

## Welcome from the Chair

Jim Hulbert



**Welcome to the first ever Yorkshire Area Newsletter; currently a skeleton publication compared to the Peak masterpiece, but we plan to expand it over the year to create a comprehensive roundup of recent goings on in Yorkshire.**

Massive thanks to the architects of the Peak version, John Coefield and Dave Parry, who selflessly provided their template which I have ruthlessly plagiarised. In this first issue we have access news, lockdown fitness tips, the latest in groundbreaking Yorkshire ascents, gossip from resident downgrader Will Hunt and a glimpse of what to expect

from our guest speaker Jase Wilson.

The forthcoming meeting marks the first with myself as Chair and Will Points as Secretary, so bear with us as we learn the ropes. Many thanks to outgoing chair Sarah Sharps who handled the transition to online meetings with usual competence and humour; thanks Sarah! This newsletter is the start of an attempt to increase interest and engagement in the Yorkshire Area, so please do make any suggestions for things you'd like to read about and feel free to contribute any pieces, particularly with regard to hillwalking as I am aware this issue is light on that front. Everything is welcome; local news, accounts of days out, creative writing; whatever you've got, we'll publish it! Mostly though, please do attend a meeting and make your voice heard; the first few this year will be remote but after that we

Next meeting: Wednesday 24th February, 7.30 p.m.  
via Zoom. Register **HERE**.

sincerely hope to be back in a pub or meeting room in person. Details will be posted on the Facebook page as per usual. In the meantime, stay safe and see you soon!

Register for the online Yorkshire Area meeting by clicking [HERE](#).

## Recent Ascents and Access Overview

Jim Hulbert

**Lockdowns II and III: This Time Its Raining have come to Yorkshire but failed to dampen the motivation of the hardy, the keen and the downright masochistic, with some notable ascents and rediscoveries occurring through the back end of 2020.**

Let's start with the limestone; usually its all done and dusted by winter; with only the odd brave soul numbing out on the Upper Tier of Malham and hoping some winter sun would take the edge off. Not so this year, with travel restrictions and perhaps the loss of the spring season weighing on people's minds. As reported elsewhere, Rainshadow 9a saw two ascents by young guns in December. Strong young southerner Toby Roberts (15) and local lad Josh Ibbertson (16), first in line to the ancestral throne of Ibbertson in Otley, got the job done despite freezing conditions, wet holds and flu bugs. Massive congratulations to both; it was a pleasure watching you both get stuck in. Honourable mention must also go to James Ibbertson who clawed his way to the top of Bat Route 8c on the same day of Toby's ascent, completing what is surely the highest achieving December day in Malham's history. Earlier in the year, Jon 'The White Wizard' Freeman styled his way to the first repeat of Neil Gresham's Sabotage (8c+) whilst Luke Dawson ticked Progress (8c+) at Kilnsey with minimum fuss. Elsewhere on the limestone, a massive rebolting effort at Yew

Cogar was carried out by Nez McCallum, Adam Lincoln and others; many thanks for revitalising this brilliant crag. Shame you couldn't have installed an escalator for the walk out, but we can't have everything.

On to the grit and although it's been far from a vintage year so far, with appalling weather and the all too obvious travel and life restrictions, Yorkshire still saw some impressive achievements. Sam Mawson ninja kicked his way up Cypher at Slipstones for his first 8B and Jesse Dufton of 'Climbing Blind' fame cruised up Forked Lightning Crack at Heptonstall for his first E2 'nonsight.' Lockdown has meant many of us are seeking out quieter crags, a pursuit which will be aided by the rediscovery of Thruscross (see Unknown Stones for a topo here and many other neglected gems you might never have thought to visit). Also seeing overdue attention is Norwood, near Hunters Stones and Chevin Boulders near Otley. I suspect the problem 'Like A Hurricane' must have seen more ascents in the last few months than the previous 15 years combined. All that said, the ever reliable Almscliff has continued to draw the crowds with predictable results; please buy and use your wellies and don't add to the problem by walking on the wall. Plans for shoring up the mud in the field by putting down slabs are in the offing from Mick Johnson; the date will be rescheduled ASAP after the conclusion of the current lockdown. In the meantime, you know what to do- wellies on! Over at Caley, some complaints about parking on the fast Leeds Road have been heard; try to avoid parking in the bus stop- there is usually plenty of space further up the layby.

On the whole, we can all agree its been a winter to forget. With any luck the spring and summer will be better; heres hoping!



A regal Yew Cogar in the summer sunshine.  
Photo: Jim Hulbert.

## The Fitness Bit

Jack Harnby - [www.lotiyoga.com](http://www.lotiyoga.com)

To live implies movement, right? Well, I love movement and anything physical – plus, slightly dangerous. Enter climbing! To be honest I love indoor bouldering. It fits in perfectly with my lifestyle.

As a functional movement personal trainer and yoga teacher finding time to play team sports is impossible. I discovered bouldering in my mid 20's and never looked back. I can turn up to the wall for whatever period I have free, and challenge my body and mind whilst I try and 'break the beta' and find the most efficient use of me to top that problem.

As someone who now adds climbing 3 to 4 times a week into my training plan lockdown has been a challenge. How do I maintain my climbing abilities or better yet improve my weaker areas whilst not being able to get to the wall?

So, some more advanced people have

bought hang boards or pull up bars. All these things will be helpful, but for someone without the desire to sit at home drilling digit strength, the space or the knowledge to train like this yet without hurting themselves. What do you do?

Mobility. Mobility is strength in the full range of motion of the muscle and joint. Mobility is one of the keys to longevity in your training. Plus working on mobility will also unleash a lot of hidden potential with your body.

In my years of training, I have now discovered building strength in the end ranges of my movement is the key to development, especially in sports like climbing. Where we are constantly putting the body under tension in extended non conventional gym type positions whilst using multiple muscle and joints. These muscles and joints need to be prepared and capable of dealing with these kinds of pressure.

Some basic mobility exercises to get you started:

## Squat hold – 2 mins-

Technique tips-

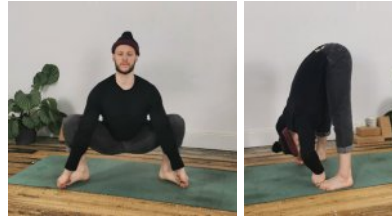
- 1- Balanced distribution of weight in each foot
- 2- Grip with the toes
- 3- Push the knees forward and out-knee tracks the big toe
- 4- Keep the core engaged
- 5- Keep the back flat and upright



## Squat hold to FF - 10- 20 reps

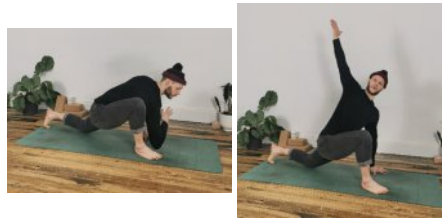
Technique tips-

- 1- In the forward fold make sure your bottom rib is in contact with the thigh, even if you have to bend your knees.
- 2- Same tips as the squat, this time try and hold onto the toes.



## Lunge and Rotation 20 per side

- 1- Engage core, back thigh and glutes
- 2- Push the front knee forward and your back leg back
- 3- Press through the grounded arm opening up the shoulder



## Pigeon stretch 2 mins

Technique tips-

- 1- There should be no pain in the knee, if so, put something under the bent leg hip plus pull the foot closer to the groin
- 2- Keep the hips neutral
- 3- Pull the head forward and push the back leg back



## Shoulder Mobility Dislos 20 reps

Technique tips –

- 1- Pull the band (scarf, towel) apart
- 2- Don't flare the ribs
- 3- Keep the core and glutes engaged
- 4- The wider the hands the easier it becomes
- 5- Take the bands from your hips to your bum



Mobility is key to development!





Slipstones at dusk.  
Photo: Scott Coates.

## The Goss Will Hunt

As if agreeing to be a BMC Area Chair was not enough reason to question his judgement, Jim has also asked me to write a gossip column. It's a good idea in principle – the Peak area one is always huge fun to read, and anything the Peakies can do, we can do better – but I can't help feeling that my secondary school teacher's prophecy is about to come true: "one day your gossiping is going to get you into much bigger trouble than this, William". We'll see.

Before we even get to the rock, let's start with the boards. We **need** to talk about the boards. The coronavirus has brought with it a secondary infection – a blight of the crappiest boards that I have ever seen. Some are plastered with nothing but jugs, others

barely make it past waist height, and I even saw one that was plumb vertical. I know, I know: a board is like a child. It can be ugly, vulgar, and useless; you love it unconditionally because it's your board. If you are planning on building something, here are my simple tips to make sure it's not a lemon. Build it as big as you can, as steep as you can manage, and fill it with as many holds as you can afford. It's worth making a good job of it; when a motivated climber and a sheet of steeply-angled plywood come together, they can change the world.

A combination of lousy weather and varying shades of lockdown have given the grit season a rocky start. December saw the introduction of regional restrictions and North Yorkshire Police were quick to roll out their best barbed wire and sentry towers in a bid to fend off the plague town

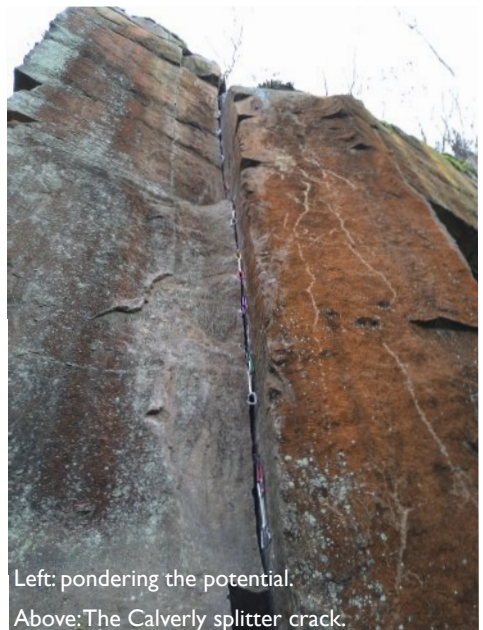
riff-raff of Leeds and Bradford. Thank goodness they did! Imagine where we might be now had the famously claustrophobic countryside of the Yorkshire Dales and Nidderdale been accessible to the cooped-up denizens of cities needing a little respite.

With the godawful second wave (or is it third now?) upon us, the government decreed that exercise should be taken locally, and I'd like to take this opportunity to welcome all the new locals who have recently joined the scene. That's the dilemma for a sponsored climber now isn't it? We all recognise you at the crag, we've got a rough idea of where you're from, but if you don't post up a fresh photo on Instagram twice a week then you might not get your free annual chalk ball. For those lucky enough to live close to some rock the weather did at last offer a window to get stuff done. Ben Grounsell (he's that guy with the brother who's a good climber) made a silky smooth ascent of Ben's Groove Sit. The crux despatched, a touch-and-go wobblefest on the easy slab at the top followed: Protect The NHS, Ben! Also at Caley, local strongman Bojan Sretovic casually warmed up and demolished Zoo York on his first

attempt of the session – a demonstration of raw power so utterly dispiriting that the other people trying Zoo York simply packed up their stuff and went home.

Away from the major crags the mandate to stay local has been a fabulous excuse to visit those close at hand crags which habitually get overlooked. Round my way, Gilstead has seen some love, stuff has been brushed up at Ruin Bank Woods, and there's a heap to do at St Ives. Elsewhere, darling of the Leeds Mountaineering Club, Will Smith, has been doing God's work at Calverley Quarry by rejuvenating a stunning looking Elish crack line; and Penny Newell and Sian Smith have been busy beating back the lichen at a soon-to-be-revealed top secret location. If that won't get you back next time, nothing will.

That's it. That's all I've got. If you'd like more interest in the next edition, look me up on social media and send me your titbits (true or otherwise).



Left: pondering the potential.

Above: The Calverley splitter crack.



South face of the Trango Group.

Photo: Jase Wilson.

## Tourism in the Death Zone - Jase Wilson

Finally; a little taste of what to expect from our guest speaker at the meeting in a few weeks time...

Jase Wilson is a Leeds based Canadian writer, photographer, and academic who is enthralled by adventure travel and mountain sports. His altitude record is 7000 metres on Khan Tengri and in summer 2021 he hopes to head to Tajikistan and climb both Ismoil Somoni Peak (7500 m) and Peak Korzhenevskaya (7100 m) in the same season. Jase has clipped bolts from China to Spain, hot-rocked across Africa, climbed granite cracks at 2 am in the midnight sun in the Norwegian arctic, sampled the British 'Classic' and 'Extreme' rock testpieces, and extensively explored his native territory, British Columbia, along with the mecca

destinations such as the Bugaboos and Squamish.

In his talk 'Tourism in the Death Zone', Jase shares his stories of exploration and efforts to reveal the seemingly mystical 'world' of high altitude tourism in the Himalaya and Karakoram as part of his PhD research into the same topic. He explains how he came to find climbing and what it has come to mean to him and to those he has met along the way. Throughout the presentation, Jase will explore questions of meaning, purpose, existence, and share his joy and love of the mountains.

Don't miss it!



# Yorkshire Area Meetings 2021

24 February, 7.30 p.m., via Zoom  
Register [HERE](#)



## Forthcoming Events

<http://community.thebmc.co.uk/yorkshire>

Due to the ongoing Covid-19 pandemic, most events have been cancelled or postponed. For the latest information on forthcoming events in Yorkshire, please keep an eye on the BMC's community pages (see above) alongside our Yorkshire Area Facebook and Instagram pages.

Please do send in content for the newsletter! Hillwalking, lockdown days out, photos, creative writing; everything is welcome.

Next Meeting: Wednesday 5th May 2021.

## BMC Yorkshire Area Contacts

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Green

Gritstone Rep: Mick Johnson  
Limestone Rep: Nigel Baker  
Hillwalking Rep: Chris Page  
Youth Outdoor Rep: Vicky Jennings  
Clubs Rep: Pete Barrans  
Climbing Walls Rep: Stuart Wetherell

Many thanks to all our volunteers!

The British Mountaineering Council (BMC) is the representative body that exists to protect the freedoms and promote the interests of climbers, hill walkers and mountaineers, including ski-mountaineers. Find out more: [www.thebmc.co.uk/bmc-governance](http://www.thebmc.co.uk/bmc-governance)