



Ingleborough in early spring
Photo: Jim Hulbert

YORKSHIRE AREA NEWSLETTER



May 2021

yorkshire.area@thebmc.co.uk

Welcome from the Chair Jim Hulbert



After a long cold (and wet) winter, spring is finally here! And thus far, an amazingly dry and relatively warm spring which has allowed for evening cragging and ensured the limestone has rapidly come into condition. All this alongside the long awaited opening of pubs outside; I hope everyone has been able to enjoy some sunny evenings in a beer garden alongside people who have been strangers all winter.

This issue includes the usual access and recent ascents overview, Jack Harnby on climbing fitness, our first hillwalking column from Chris Page and the usual nonsense from Will Hunt. The next meeting is on 5th May and features a talk from professional adventure photographer Marc Langley. See examples of his work here to get an idea of his talent:
https://www.instagram.com/marc_langley.

Details will be on the Facebook page as per usual; please do sign up and see you there!

Register for the online Yorkshire Area meeting by clicking **HERE**.

Next meeting: Wednesday 5th May 7.30 p.m.
via Zoom. Register **HERE**.

Recent Ascents and Access Overview

Jim Hulbert & Will Points

The loosening of travel restrictions and the sight of the sun has ensured the limestone season was straight out of the blocks this year, with people keen to add some fitness to match the finger strength honed by hours of fingerboarding over the winter.

John Lawson sneaked in an early ascent of Bat Route 8c, while Sheffield's resident strong Basque Eder Lopez de Ipina made swift ascents of both this and its sister route Raining Bats and Dogs (harder 8c), before completing the unfinished business of last year and clipping the chains on Rainshadow 9a. Nice one Eder!

That said, the return to low temperatures and the long evenings have ensured that the gritstone enjoyed a late season renaissance. GB youth climbing Hamish McArthur, fresh from his 8c+/9a sport climbing success in Siurana, flashed Bulbhaut at Almscliff (~8B), in one of the hardest flashes seen in the UK. This was particularly impressive given he used Tom Peckitt's original sequence and skipped the famous 'bulb' hold entirely! Staying at Almscliff, Garry Lister has also been busy with ascents of Chiasmata and Dialectics (both 8A), while across the valley at Caley/Chevin, Ben Freeman ticked off Statis Interrupted (8A+) and the newly popular Fluid Dynamics (8A+) saw ascents from Ben Grounsell, Olly Parkinson and James Turnbull earlier this year. Also notable was Olly's FA of The Real Slim Shady at Earl Crag by Olly, taking the direct finish to Slim Shady which has been crying out for a proper finish for years; good work. The strong local scene has ensured 8th grade ticks were pretty common over the winter, with the

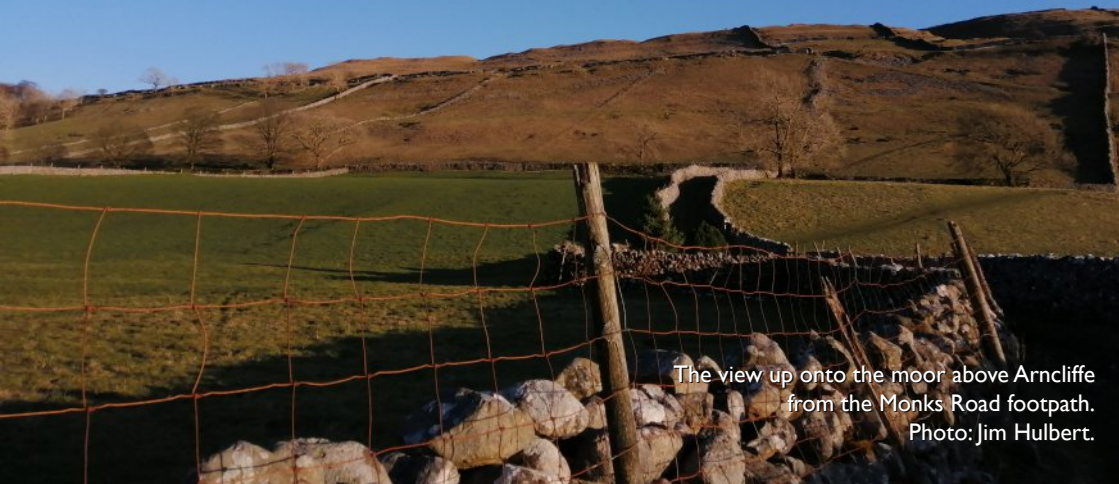
benchmark Zoo York seeing several ascents. Lockdown clearly hasn't dimmed the Yorkshire bouldering scene's psyche.

On the access front, lets start at Almscliff, where the date for the path laying has been rearranged for 1st May – bring your shovels, pickaxes, gloves and muscles and get involved! Many thanks to Mick Johnson for coordinating this; hopefully at the meeting we will have some photos of the fruit of the labour.

On the limestone, the ravens have nested elsewhere this year so Stoney Bank is not subject to the usual access restrictions – this is a great crag that feels a million miles away from the crowds at Malham and Gordale so get involved. At Attermire, ongoing roadworks on the road onto the moor from Langcliffe will complicate access; whilst there is extremely limited parking on the road adjacent to Stockdale Lane, much better to take an alternative route to the commodious Victoria Cave spot via Malham or Stainforth (54.08850446010492, -2.254826119820945).

At the big three of Malham, Kilnsey and Gordale, the usual rules apply this year even more than previously due to the high visitor numbers these areas experience. Parking is the number one priority; if you can't park responsibly, then its time to enact your plan B. Please ensure social distancing is adhered to in Malham village, use the public toilets and put some money back into the local economy by using the cafes and pubs.

Finally, wherever you go this summer, please camp or van camp responsibly and take all litter away with you; even if it isn't yours! With the above in mind, you're all set for the summer; enjoy!



The view up onto the moor above Arncliffe from the Monks Road footpath.
Photo: Jim Hulbert.

The Fitness Bit Jack Harnby -

www.lotiyoga.com

So, in my last article we went over some movements to help improve or maintain your mobility whilst being out of your normal routine. Hopefully, you felt the benefit!

Now to discuss the best approach to ease yourself back into a more active routine if, like me, you have been more than, I dare say, a little lax at regular training during lockdown. Lockdown has been hard for the best of us and if you can step out of this situation (somewhat) mentally, emotionally, and physically intact, then well done you!

I am under no illusion though that my physical capabilities are going to be severely lacking as I get back to climbing, both indoors and outdoors. It's going to be fun to

feel and see my body, physical abilities and mental state change in these next few months. But looking to the future, let's be smart about racing back into our pre-lockdown routine. We need to build ourselves back up gradually. The body adapts to stimulus, whether doing nothing or doing something. If we jump back in full throttle, there's a higher chance of injury and burnout, hindering our progress.

Enter, stretching! Here are my 3 favourite daily stretches for improving flexibility. Increased flexibility is helpful for all of your day-to-day movements, not just throwing yourself up the wall! Being flexible and balancing out inflexibilities in problem areas allows your body to remain mobile. As I stated in the last article, mobility and symmetry are key to physical development and staying injury free.

Stretch 1: The quad stretch

- Focus firstly on posture.
- Squeeze and tuck the bum under.
- Keep the hips level.
- To make it easier, move the knee further away from the wall/sofa.



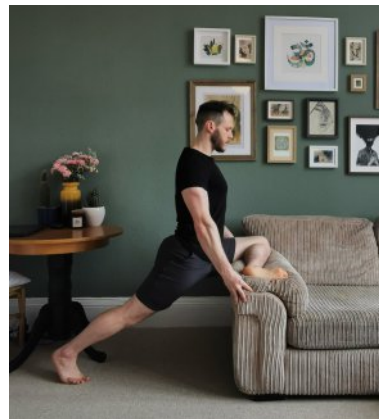
Stretch 2: The Hamstring stretch

- Most importantly, keep your bottom rib in contact with your thigh. This is the safest place for your back. If your bottom rib comes away from your thigh, you are movement in your spine rather than your hamstrings.
- Bend your knee if you cannot keep your bottom rib in contact with your thigh
- Stick the bum out.
- Create length in your spine by pulling your head towards your toes.



Stretch 3: The Glute stretch

- There should be no pain in the knee. If you get pain in the knee, place something under the knee to lift it up.
- The leg should be at about a 90 degree angle.
- This movement comes from the hip. Keep the hips neutral and square.
- Find a long, neutral back.
- If this is easy, lean forwards with a flat back, reaching with the head.
- Stay active in the back leg, pushing the heel away.





The queen of Yorkshire gritstone.
Photo: Will Points

Hillwalking Update -

Chris Page

I don't know about everyone else but the last month has definitely proven the benefits of getting outside to me! After a winter of lockdowns, home schooling, stressful jobs and worry about vulnerable friends and family spring couldn't come soon enough. I've been out and about where I can – mostly exploring the Hambleton Hills so far this year, which have amazing views for relatively little effort and are only a short hop from home. The impact on my mental health of being able to get my boots back on and start to get back on the hills really has been immense.

If the current time is helping prove the benefits of getting outdoors, its also helping cast a light on the need for us to take extra care of the countryside we access and the people around us. Around my own home – the village of Killinghall just outside Harrogate – some of the local farmers have had issues this winter. As more people access close to home some issues get magnified – with field side paths getting trampled ever wider in muddy weather alongside issues with dogs and livestock. It's great to see volunteers from the BMC Yorkshire region helping put down new flagstones to help climbers – and walkers – accessing Almscliff Crag, not far from me. This will also benefit the landowner, helping avoid erosion of the field.

After a first attempt (mostly successful!) last year I'm also looking forward to wild camping again this year. When done properly no-one will ever know you have wild camped, as you arrive late, keep a low profile and leave early. But the news is already full of stories again of less responsible campers causing issues in wild areas. We can dismiss them as 'dirty campers', not like us – but like it or not their actions affect all of us. The BMC has just produced some new guidance (<https://thebmc.co.uk/respect-the-wild-camping-vanning>) for wild camping and van camping. And the more we help share it, embed it and camp responsibly the more we will help make the more positive case for wild camping.

I know this is at risk of coming across as a slightly naggy, negative post – but the more we can help show the positive side of hill walking in the coming months the more we can help engage people who are nervous of the impacts as we (literally!) get let loose back into the wild! If you see or hear anything out on the hills you think BMC or the Yorkshire region can get involved in to make a positive difference let me know! But for now I'm back to route planning – with the recognition the Christmas weight gain lasted a lot longer into the new year than it should have this year!



Penny Newell on Groovejet



Will Hunt on Wayfinder

The Goss Will Hunt

Last meeting's newsletter came during the time of lockdown, and so the proverbial barrel was scraped for news and tittle tattle. Now the skies are clear of rain clouds, the crags are dry, and we can have a post-climb pint. There's a lot to report, so let's crack on.

There has never been a worse time to be lichen. It's been so dry that it just sheets off the rock, and a good job too because in the past two months Yorkshire climbers have shifted tonnes of the stuff. The impressive Satellite Boulder on the Chevin has seen a lot of attention with most of the climbs being repeated. Even the seldom ticked Stasis Interrupted and Under A Full Moon have been climbed, and given that technical dunce Ben Finley was among the ascensionists, that must be some encouragement to those who'd thought these climbs were out of their league.

There have been a few crag clean-ups underway, with old lines rejuvenated and new climbs brought into life. First of all, the extensive bouldering at Baildon Bank has been given some TLC. It's best to get stuck into this soon as many parts of the crag become too hot or brackeny in the summer months. Away from the urban sprawl, archetypal boulderer and facial hair icon, Tim Stubley, has been a busy bee at Crookrise. The dreadful landing to Black Bull has been improved, making it a more attractive proposition with three pads, and a new low start to Pine Groove has been achieved. There's talk of a stile being installed which will give much easier access to this and the rest of the aptly named Khumbu region. Simon Whelan has been hunting at the crag and produced a fine-looking highball named Free Whelan, heading up a triangular wall below the Footprint Boulder. Tim's too cool for grades, so if anybody repeats these things and can tell us how hard they are then please do!

Also at Crookrise and elsewhere, Dave Sutcliffe surprised absolutely nobody by producing multiple hard new climbs every time he stepped out of his front door. There's too many to go into all the details so just look up @sootydn on Instagram and be dismayed and inspired in equal measure at the man's ability to sniff out and climb new stone. We are not worthy!

Back on the urban fringes of the Aire Valley, some new additions were made to the Druid's Altar circuit by members of the Leeds Mountaineering Club, and a new buttress was unearthed on the St Ives estate – the Amphitheatre Buttress has a small selection of climbs in the Font 6s that suit a quick hit (details on www.unknownstones.com). Over the way in Ruin Bank Woods there's been heaps of cleaning and climbing along the full 2km of the crag. The climber-currently-known-as-Joint has put in some serious hard yards with a very impressive sweeping brush (no, really, you should see it) and almost all of the problems at the Folly are clean and begging to be climbed. Quest deeper into the woods and you may find a couple of my own additions. Wayfinder slaps up an unusual leaning wall/arete feature, while Shangri-La dons a rope for a trip up the leaning left arete of The Tower, the right arete of which is a serious project for the gifted and brave. At the far eastern end the crag a small team consisting of LMC members Huw Goodall, James Rowe, Penny Newell, Helen Burns, Sian Smith, and Alex Bowers have scrubbed off around 20 problems up to Font 7A on Category A rock. A guide to these newly developed Groovejet and Xanadu areas should be available on Unknown Stones by the time you read this newsletter (check the Ruin Bank Woods page for details).

Phew! That's about as much as I've room for. Happy climbing, and may the brush be with you.

Yorkshire Area Meetings 2021

5th May, 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 Date: TBC. Please keep an eye on the various social media accounts and the BMC website.

BMC Yorkshire Area Contacts

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National Council Yorkshire Area Rep: Mick
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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