



April 2013 NEXT CLUB EVENTS

04 April	Castle Rock (Dawn Lamb)
11 April	Wodens Face/Quayfoot (Jackie Jackson)
14 April	Raven Crag – Langdale (Tony Morley)
18 April	Shepherds (Mike Tinnion)
21 April	Shepherds - Newcomers (Dawn Lamb)
25 April	Black Crag Borrowdale (Sue Greenwood)
02 May	Lower Falcon Crag (Phil Wilkinson)
Note	See handbook or website for contact info

OTHER EVENTS

Tues. nights	£1 discount at Eden Rock (with CMC card)
Thurs. nights	Penrith climbing wall 6.30pm (winter)

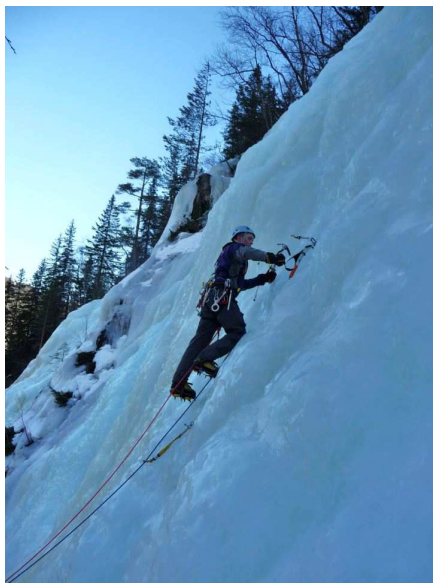
Spring has sprung, well according to the calendar at least. Hopefully the weather will catch up with the season and bring us some sunshine to get out on the crags. Tony is finalising the meets list which will be sent out soon. If you are going on a meet, please let the meet leader know so you can be kept informed of any changes. Keep an eye on the club facebook page too if possible as this can be updated very easily. Members handbook is a bit late this year but hopefully Stephen will have this sorted soon. If you haven't rejoined yet there is still time to be included in the handbook.

Remember to send me your articles for inclusion in the next newsletter to newsletter@carlislecmc.co.uk

Rjukan 2013 By Peter Sowerby

A large party of 18 people departed for Rjukan (Ice Climbing Capital of the World) on the 24th Feb 2013 flying from Edinburgh airport to Oslo (Torp).

Accommodation was at the Rjukan Gjestegaard Hostel which is a very clean and hospitable place to stay even if the guy that usually looks after the breakfasts can't



Stevie Bulman on Susses Veil © Dan Bulman

cope with more 2 people at once so having to deal with 18 all wanting their food at the same time was quite funny on occasions. Due to the 3 hour drive from the airport we arrived in darkness which meant there was no climbing to be done so we all

focussed on unpacking and sorting ourselves out in our new home for the next 7 days.

Everyone was up bright and early on Monday morning raring to go. After a good breakfast we all went our separate ways in our little teams. Steve & Dan Bulman, John Green and I spent most of the week climbing together swapping partners as the week went on with whomever was at the same location as us.

Day 1 – Lower Gorge

After a short walk in, no more than 10 mins at the most we were down in the gorge with massive Ice falls everywhere we looked, absolutely amazing to see so much fat ice in one place. Our 1st route of the day was Knerton (WI3), Dan leading one rope with Steve and me the other taking John up. I was fairly chuffed with myself after this as it was a little steep to start with. Our next route was a simple Ice fall really that none of us knew the name however Steve & I took the lead on this route. The next target was LP-plata (WI3) with Dan leading me whilst Steve & John went on a small Ice fall at the start of the Gorge. Not wanting to overdo it at the start of a long week we called it a day after this and headed back to the hostel for refreshments (Beer & Crisps).

Day 2 – Ozzimosis

After a short ride in the car, no more than 15 mins at the most we arrived at Ozzimosis. Crampons were put on and after the short walk in (5 mins) we were confronted with the most amazing display of Ice I have ever seen, god it must be cold at times to form like this. I wasn't feeling very well this morning and had to sit down for an hour after taking some ibuprofen for my bad head so I just watched the others climbing. Routes on the menu were Svada (WI2) lead by Steve, nice & steady then moving onto Anakje (WI3) lead by Dan. None of us had the bottle to take on Ozzimosis or the big brute next to it, we

were secretly hoping someone would come along and put a top rope up lol! For the afternoon we moved to the lower section where Steve led "Helen's Route". It was a good job we had our helmet's on as we were confronted with parts of flying quick draws as Steve's kit started to part company from him as he put his ice screws in. Final route of the day was Dan leading Juledusj (WI3). This location is a cracking place to spend a day; back to the hostel for more refreshments (Beer, Crisps & Chocolate).

Day 3 – Krokan

I was rather excited about returning to Krokan as it was my favourite location from the 2012 trip. After another hectic walk in (10 mins) we were confronted with the site of Bullen (WI3) in all its glory with the Red line painted down it as this is the climb that is used for the Rjukan Ice Festival speed climbing competition, it is an amazing site however I was gutted on arrival as I have never seen so many top ropes in one place. The whole area had been taken over by 2 guides whom were teaching the Norwegian army to Ice Climb.



Dan Bulman on unnamed W12 at Krokan ©Dan Bulman

decided to go and see if we could get on one of the Top Ropes and "one" we did before we were asked to vacate.

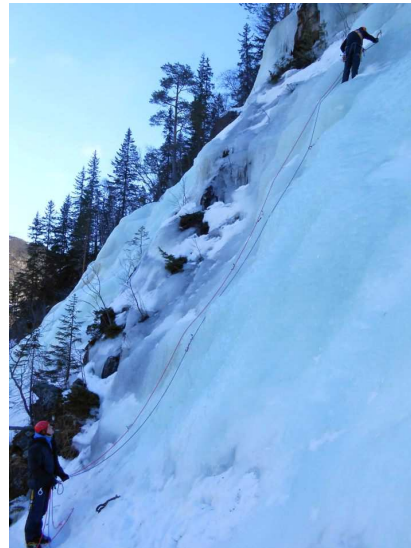
We decided to sit down and watch the soldiers climbing Bullen whilst having our lunch and we were really impressed, one of them tried to climb with only one crampon, another tried to climb with only one boot; what a strange way to climb ice. We hung around for a while hoping they would leave however we got fed up and left; believe it or not for more Beer & Crisps and a bit of "panting"; that's Norwegian for taking empty beer cans back to the shop and recycling

Dan approached one of the guides whom told us that we could use the ropes during the lunch break if we wanted, all that was left for us to climb was the W12 Unknown route at the lower end of the area and by the time we had explored all that it had to offer we

them for krone to buy groceries (you've got it, more beer & crisps).

Day 4 – Susse Veil (WI2)

This is a fantastic setting with the Heavy Water factory right behind you on the other side of the Vermork Bridge, probably the longest walk in of the week at around 20 mins. We were joined by John Holden & Stewart Herbert for this one. It's a cracking slabby waterfall that is an excellent place to experience Ice climbing for the first time. This was supposed to be a half day climbing and half day in the swimming pool however we enjoyed it so much it was 4pm before we left. First route was the stretch on the left hand side lead by Dan with Steve & me climbing together once he was safe. John, John G & Stewart worked as a 3 on the right hand side doing 1 route before calling it a day, probably due to fatigue as we are not use to climbing ice for more than a couple of days in this country never mind 4 on the trot.



Peter Sowerby leading steep middle section Susse Veil ©Dan Bulman

side before bringing Steve & Dan up together. Then it was Steve's turn to lead a route in the middle. Dan was first to abseil back down followed by me & Steve. Dan then announced he had also found something valuable; John Holden's Sandwiches. I would like to add that both finds have been returned to their rightful owners, John was chuffed to get his lunch back and the guy that lost the Ice screws placed an advert on UK climbing which Dan found so he made contact with the him and Steve returned them to his home address. When we got back to the hostel we couldn't be bothered going swimming as we were too tired from climbing; some rest day.

Day 5 – Upper Gorge / Lower Gorge

Dan & I were supposed to do Fabrikfossen today however due to the amount still to do we decided not

During this climb Steve lost his glove and had to descend to retrieve it, on doing so he found 2 Black Diamond Ice Screws on a Karabiner much to his delight. Once we had abseiled off I lead one of the other routes further to the right hand

to bother as it would have been a full day on one route.



Peter Sowerby on Helens Route © Dan Bulman

left up Ste went back to the short ice fall at the start of the gorge leading just the lower section up to the tree belay. It was obvious to see fatigue was setting in as we were all starting to tire although none of us dared to admit it (Yet).

Day 6 – Krokan

We made a second trip to Krokan in the hope of climbing Bullen and some of the others however on arrival the top ropes were out again by a different firm of guides, we couldn't even get on the little unknown route that we had spent most of the other day on as it was taken to so we made the best we could of a bad situation and climbed another Unknown further down the area. Disappointed is an understatement however Bullen will be there next year I'm sure. Prior to leaving Steve managed to top rope Kajokentrappa (WI4) which had been led by Rhiannon, one of the Harrogate club members. At this point we made a return trip to Ozziemosis with me Leading Svada (WI2) then top roping the big brute next to Ozziemosis. At this point we called it a day as we all admitted to suffering from fatigue so made it back to the hostel for more beer & crisps.

Day 7 was all about packing and preparing to return home. I think everyone got something out of the week, I know I did. Everyone went their own way through the week with their respective partners only to sit as a team of 18 at night and chew the fat taking turns to tell of their experiences throughout the week. A great week had by all; roll on 2014.

Roy Bridge 16th – 17th March By Peter Sowerby

Martin Smith, John Wilson & I left Carlisle on Friday night heading for the last Winter meet of the year at Roy Bridge. First pit stop was for the usual Coffee break at Hamilton services before making the compulsory stop at the "Good Food Café" at Tyndrum for our Fish & Chip supper and as always Martins van finds it difficult to get past the Clachaig Inn without making us calling in for a quick pint.

We arrived at Roy Bridge and got settled into our rooms and then the customary beer with friends. Martin & I had planned to do Indicator Wall on Ben Nevis however on Phil's advice we decided to go to Creag Meagaidh with South Post Direct our initial route for the day.

Saturday morning came around and we had a civilised start actually in daylight for a change too. What a fantastic start to the day, clear blue skies and not a bit of wind around. We started the long haul into Meggie stopping to take the occasional photo getting more and more excited the closer we got to the post face with the conditions as they were. This was Martin's first time climbing here and he was really impressed by the amount of Ice that could be seen and all the different routes visible too. We were not far off the path when we noticed 2 people starting to climb Easy Gully. Martin shrieked that's Phil & Sue, I bet they're going to South Post Direct; sure as eggs are eggs Martin was right and we'd been beaten to our route. I don't think they walk any faster than us, they might just be that bit better at getting up in a morning and having enough time for a cooked breakfast too. Plan B, after looking at the Guide book we decided the Last Post was the next best option on our current bearing so we headed for that gearing up at the bottom of Easy Gully. We stopped for a few minutes to talk to Sue as she belayed Phil on the first pitch before moving to our own base camp at the bottom of "Last Post".

I couldn't believe what was in front of me, what a piece of Ice it was, it just went straight up. Martin asked me how high I thought it was I said 10m which was a bit off really lol! Obviously I'd seen big Ice falls in Norway however this was something special made all the better by the current conditions it was in and the weather at that particular time of day. We finalised the belay and got ourselves ready for what was in front of us. Martin said he would lead; I said good and off he went.

The higher up he went the rope at my end started to disappear, obviously I was a bit off with my 10m guess lol! All the time Martin kept telling me how good the ice was and the placements were spot on. Higher & higher he went until eventually he stopped and uttered those dreaded words “bollocks” we haven’t brought enough Ice Screws. “I tell you what Pete” he said, lower me down and I’ll take out the lower ones and climb back up which is what he did; super fit or what!

Martin removed the Ice screws from the lower section and then proceeded to climb back up. One of the main reasons for doing this was that Martin knew he needed 2 or 3 screws to make a good belay to bring me up so I was quite pleased he’d done that, what a good friend he is.

Thankfully I heard the words “I’m safe” Now it was my turn to have a go at a Scottish Grade V Ice climb. I sorted myself out, sharpened my axes on my waterproofs and off I went. I was secretly pleased Martin had removed the lower Ice screws as it was less for me to do, I hate taking them out as I have to stand on my front points and my calves burn really badly; I like to be able to get my feet flat to stop the pain however on this route there wasn’t anywhere low down.



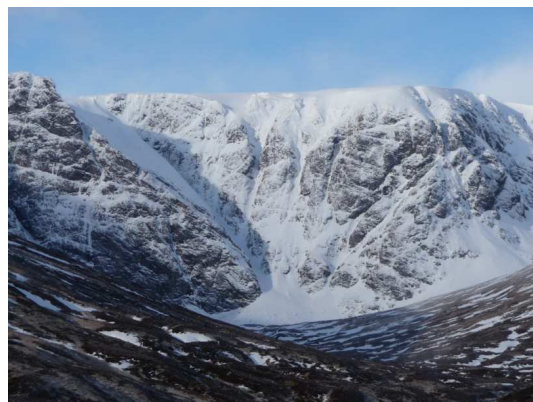
Martin abseiling back down © Peter Sowerby

Martin was right, the Ice was brilliant, chink chink as the Ice axes went in first time, up and up and up I went until eventually I came across the ice screws which I had to remove. ¾ of the way up and starting to tire however there was no way I wasn’t going to get up this pitch taking every chance I could to rest receiving encouragement from Martin all the way until I eventually got to the belay and uttered the words “I’m knackered” my arms are dropping off, I’d even struggled to open the last quick draw to remove

it from the ice screw, I guess this is where I lack the technique of using my legs more than my arms.

After a few moments of panting (nothing to do with recycling in Norway either) Martin asked me if I wanted to continue to which I declined as if there was more of the same further up I didn’t want to put us both at risk by getting stuck on something not having any energy to get off. To be fair Martin put no pressure on me to continue and was happy for us to descend.

I was still tied into the belay on the rope so Martin said he would lower me back down. Mmm are you sure this will hold me I asked, “Yes” he replied, you lowered me down before. I mentioned trust in my last article and again my mate didn’t let me down as I was lowered to the bottom without a problem at all. Martin then lowered himself down on 2 Abalakov threads to safety. I thought about that as he was coming back down as I’ve always thought they wouldn’t hold however they did and down he came safe and sound. We then had the long walk back out to the van.



Creag Meagaidh © Peter Sowerby

Wonders will never cease, Smith & Sowerby back in daylight relaxing on the sofa whilst others were still out on the hills. Gladly all of our members returned safely throughout the remainder of the day.

Glencoe meet 22nd – 24th Feb By Dorine Tinnion

Only six turned up for this meet as it was booked at the same time as the Norway trip –3 luxury caravans were therefore enjoyed by all, thanks to Glencoe Independent Hostel. Mike and I had designs on SC gully and having recently become hypothermic in a queue on a winter climb, wanted to move fast. This was not to be as the 2 climbers in front took nearly 2 hours on the first pitch – I think finally, we have learned to have an open mind with route choice when it comes to winter climbing. With lines building on other routes we found some good ice on the right fork

of forked gully, John Wilson soloing NC (?) gully – the summits were stunning with avalanche debris from previous weeks scarring the slopes.



We enjoyed a pint or two at the Clachaig with John before returning to find Steve, Tony and Gary watching the rugby beers in hand – Gary looking like he had been trampled in the scrum and worse still his forearm burned by

Mike on Forked Gully © Dorine Tinnion

a big slide on the hard packed snow. Approaching Hadrians Wall very early, he had been unable to arrest a slip and slid at high speed for at least 100m, luckily no rocks in his path, putting an end to their climbing for the day (as they kept on reminding him!) it seemed a good idea to cover the massive burn and more beer and wine proved the best medication – Gary spent the next day visiting the A&E at FW to get his wounds seen to.

Up early again on Sunday, Tony and Steve salvaged the weekend with Green Gully and John traversed Aonach Eagach, reporting later that it had been amazing. After dropping off John, Mike and I decided to have a look at Beinn an Dothaidh and tried not to

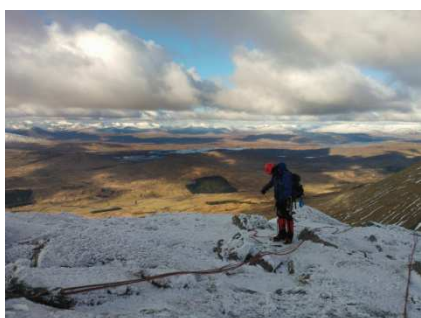


Taxus sculpture © Dorine Tinnion

get tunnel vision with Taxus a 3 star route.

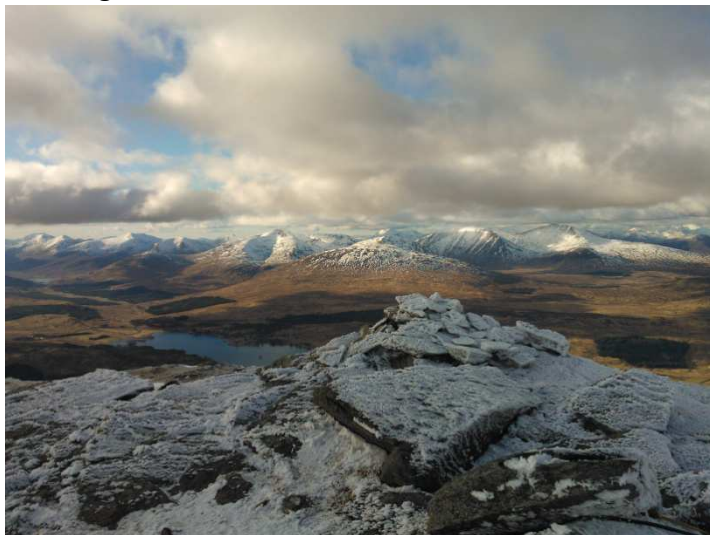
axes in the car. However with a bit of a race we managed to get to the base of the route ahead of

another group and set off up the first really good ice.



There were 4 quality pitches with stunning sculpted

snow and ice and some moving together at the top to finish right at the summit cairn. From here the panorama of snowy peaks was breathtaking. The harder icefall finish looked good to start, but above it the snow looked suspect, descending later as the sun was setting we spotted a following team on this variation – hope they got down ok. Beautiful sunny day with light winds and no hanging around – winter climbing at its best!



View from the summit © Dorine Tinnion

Contacts for climbing meets listed on page 1
See handbook or website for contacts

Looking to improve your climbing?

The BMC Climbing Movement Masterclasses are nationwide this April. Get expert movement tuition from top climber Naomi Buys. For people climbing in the grade range French 5 to 6b+. Two hour class with 6 participants, £26 for BMC Members. Full information www.thebmc.co.uk/masterclasses

Alpine Dreams: Have you got the know-how?

Discover essential alpine skills at a BMC Alpine Lecture by Tim Neill (British Mountain Guide) and Rob Greenwood (Alpinist). Excellent for any would-be alpine adventurers. Nationwide end of April. £5 BMC members, £3.50 for advance bookings of 10 or more. Full information www.thebmc.co.uk/alpinelectures

27 April 2013: Make a date for the BMC Weekend Gathering & AGM

Taking place at Plas y Brenin in the heart of Snowdonia from 26 to 28 April, the BMC Weekend Gathering & AGM offers the ideal opportunity to climb, walk, cycle and catch up with friends, old and new.

More via ferrata sets are recalled

Posted by [Dan Middleton](#) on 26/02/2013



More Via Ferrata sets recalled

Following the mass recall of via ferrata sets by a number of different manufacturers last year, further testing has resulted in another round of recalls. This time, owners of rope/brake plate style lanyards are affected.

In August 2012 a via ferrata lanyard set failed unexpectedly leading to a fatal accident.

Subsequently, many sets were recalled after tests showed that used lanyards from a number of different manufacturers might not be strong enough to hold a fall.

Further testing has confirmed earlier suspicions that there is a serious aging problem, not just with 'tear

webbing' VF sets with elasticated lanyards, but also with the traditional rope/brake plate designs.

The UIAA Safety Commission held an emergency meeting on 6 February to discuss this serious issue, with almost 20 manufacturers in attendance.

Following this, a press release was issued on 25 February by manufacturers and the UIAA, announcing recalls and advice for owners of traditional VF sets.

The statement can be found on the UIAA website. In addition to the recall, new advice has also been issued regarding lifetime and obsolescence of some sets. You can also check with the manufacturer for the latest details about your set to find out whether it is affected by a recall or has had new advice issued regarding its lifetime and obsolescence.

It is expected that the Standard (EN 958) for VF sets will be revised as soon as possible; changes will probably include the following:

All VF sets with elasticated webbing lanyards will have to pass a breaking strength test after being subjected to a cyclic loading regime intended to simulate use.

Non-elastic webbing types will have to be risk assessed, or pass a similar aging test. The recommended energy absorption system (EAS) will be tear webbing.

The breaking strength requirement after the dynamic or drop test will be increased. This ensures a higher residual strength of the lanyard after it has deployed to arrest a fall.

Additional user instructions covering professional or rental use by people under 50kg in weight, and advice regarding inspection and retirement.

Want to climb outdoors?

The BMC is putting on some highly subsidised climbing courses at Plas y Brenin, Capel Curig North Wales specifically for people who want to try climbing outdoors. The courses are particularly suitable for people, over 18, who have climbed indoors at a climbing wall but may have little or no experience of climbing outdoors. **Further information on the courses** is available here : -

<http://www.thebmc.co.uk/ready-to-rock-outdoors>

Course dates

27-28 April 2013

4-5 May 2013

11-12 May 2013

8-9 June 2013

Cost from £60 non residential to £100 with full board.