



Sept 2013 NEXT CLUB EVENTS

22 nd Sept	Eagle Crag Grisedale (Dave Ferguson)
27-29 Sept	Ceunant Hut, Nant Peris, Wales (Tony)
6 th Oct	Gimmer, Langdale (Steve McDonnell)
20 th Oct	Shepherds Crag (Sue Greenwood)
29 th Nov	AGM – Note in your diary 7pm at Morton
	See notice of AGM – attached for detail
30 th Nov	Club dinner at The Agricultural, Penrith 7 for 7.30
31st Nov	Hangover meet – somewhere or other

OTHER EVENTS

Tues. nights	£1 discount at Eden Rock (with CMC card)
Thurs. nights	Penrith climbing wall 6.30pm
NOTE	See page 6 for meets contact info.

Chairman's notes chair@carlislemc.co.uk

Summer arrived in style and lots of people have been getting out on rock. The valley crags have seen plenty of action and even Sca Fell classics have been visited as well as the brilliant day for the Gimmer meet. Pembrokeshire, Provence, Lewis, Ariege in the Pyrenees, & many more destinations have been visited so ask around for the inside story on the various destinations. Some are shown below.

Club Website www.carlislemc.co.uk

Check out the new website for info on meets including a new facility to give you directions to the crags – there may never be people turning up at the wrong Raven Crag ever again!

Facebook

The committee have decided to limit posting privileges on the club Facebook page to CMC members rather than being open to anyone to post as is the case currently. Anyone can still read the information on the site. So if you know anyone who hasn't joined the club yet, now is a good time. The change will be made before the end of Sept.

Club Hut

Hut issues are progressing and we have now had the risk assessment done. We have lots of jobs to do. Many of which will be best done by contractors to get the jobs done as quickly as possible, however if anyone would like to volunteer to help complete these tasks please let me know.

Newsletter (Thanks for all the contributions – well done). You can also send me articles for inclusion in the next newsletter to: -

Mike Tinnion newsletter@carlislemc.co.uk

AGM 29th Nov 7pm at Morton Community Centre

See separate page for details. Please make every effort to attend as the important changes to the constitution will be presented and approval sought.

Hot Rock in Langdale by Stephen Hall

Sunday 14th July saw the club meet at Gimmer Crag above Langdale. After a fortnight of great weather the routes were in tip top condition, if not some of the climbers after they had marched up from the valley on what felt like the hottest day of the year yet. A great day was had by all with some welcome refreshment at the Stickle Barn to finish the day. The only complaint of the day would be that the National Trust seem to have extended there "premium" parking charges on to the price of their beer! But it was a good pint!

Mike Tinnion, Dorine Tinnion and John Wilson formed a rope and ticked off North West Arête, Asterisk, D route and C route. Steve McDonnell and Tony Morley made short work of Outside Tokyo, Whit's End Direct and the Poacher. Steve Hall and Rachel Woodward undertook Bracket and Slab, with a few minor variations along the way for good measure and then onto Main Wall. Heather and Lindy undertook C route as did John Holden and Dennis English.

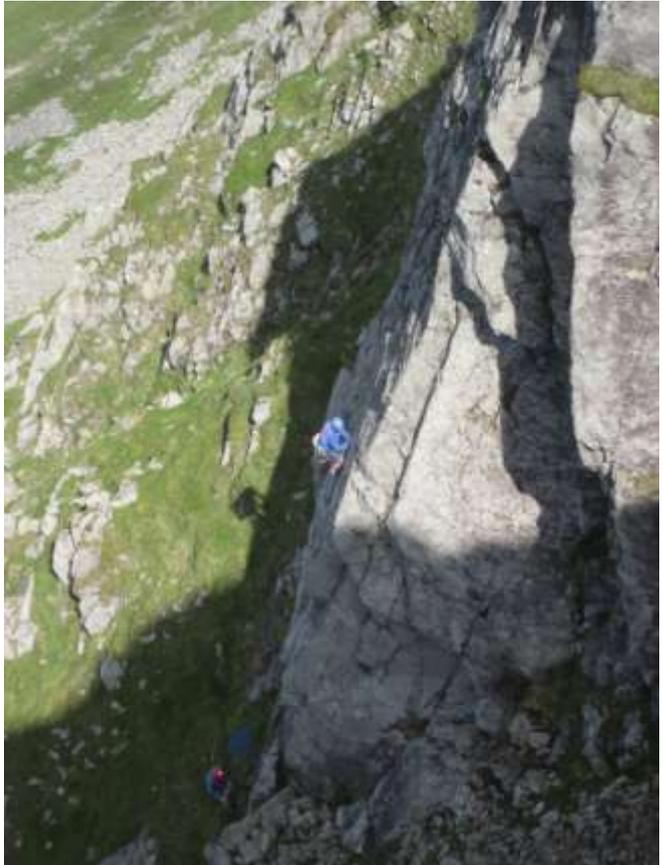
A marvellous day. Long last the summer!

Esoteric Lakeland Crags 1 – Boat Howe By Dave Ferguson

The summer of 2013 isn't over yet but it will already be remembered for the July heatwave, 3 weeks of hot weather resulting in the high crags of the Lakes drying out and sun cream replacing midge repellent as the must have accessory in the top of your sack. There haven't been many years recently when you can get to Scafell one week and Pillar the next but this year the gods have smiled on the Lakeland weekend warrior. One of our Sunday outings in July took us to Boat Howe Crag on the Ennerdale side of Kirk Fell, North West Facing, mossy and usually wet it doesn't usually have much to commend it especially

when it has one of the longest walk ins of any Lakeland crag.

The Crag was first developed back in 1925 by the then mayor of Barrow, George Basterfield, he made several visits, the best of his routes being Breakwater Slabs and Lighthouse, an excellent Severe. He was also responsible for the nautical bent given to many of the route names. It wasn't until 1940 that Sid Cross battled his way up The Prow of the Boat on the main crag a worthy effort for the time as it remains a tough HVS. The Prow continued to be developed and the first ascent list reads like a who's who of Lakeland Climbing with appearances from Ian Roper, Paul Ross, Rick Graham, Al Phizacklea and Dave Birkett.

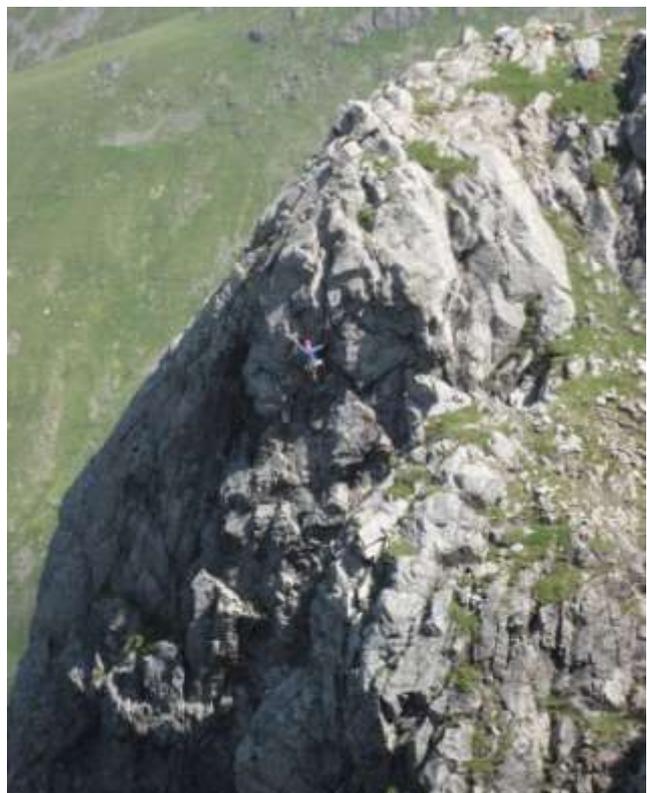


Ray Cassidy and Ian Armstrong on Groyne Strain E1
Move on 3 years and armed with a good forecast and info from UKC that some of the harder routes had been cleaned, myself and Tony set off with an early start from Honister followed by Ian and Ray an hour later.



Ian Armstrong on Breakwater Slabs Lighthouse - Severe

We climbed on the Breakwater slabs back in 2010 on an abortive mission when we found the main crag to be dripping wet. As well as the Severe we managed Grooved Arete (VS) and the excellent Groyne Strain (E1) described as Ennerdale's answer to Asphasia. We attempted Prow of The Boat but failed dismally due to a proliferation of slimy moss.



Ian Armstrong on the Crux of Scenic Cruise - HVS

We started with Scenic Cruise a Paul Ross HVS which although mossy at the start, cleaned up quickly to give a 3 star classic which was steep and well protected, saving its crux for the top it didn't disappoint. Just as we topped out Ray and Ian arrived to ab in and repeat it.

We abbed down the front of the Prow and found Numenor Direct to be clean and chalked. Someone had provided a great public service by climbing a direct start to a harder route called Voyager and in the process had done a good job of cleaning this and Fanghorn the fine looking arête on the right of the Prow.

Numenor Direct gets E3 6a in the guide and undoubtedly would feel it if covered in moss but in its current clean state it offers a fantastic well protected pitch which felt E2 and was probably the best route of the day.



Dave on Numenor Direct – E2

While Ian and Ray went down to discover the delights of Groyne Strain we abbed back down to attempt the Prow of the Boat. We had tried this back in 2010, or rather Tony had and retreated due to the wet moss. Today the climb was bone dry but still covered in moss, it definitely hadn't been cleaned and probably hadn't been climbed for some while.

Tony had a fine thrutch up the first pitch which forms an open groove. Brushing the moss from the walls of the groove and cleaning out nut placements with his nut key Tony battled up the groove using all sorts of contorted manoeuvres to eventually reach the belay. Thoughts of running pitches together evaporated as he admitted to complete exhaustion and so a belay was hastily arranged. My turn and the pitch was

indeed completely filthy, more moss was brushed away and with the security of a rope above my head I had time to enjoy the climbing which turned out to be just as thrutchy as it looked.



Tony on Prow of the Boat Pitch 1 – HVS

The second pitch was a grassy trench and so as suggested by the guide we followed the top pitch of Dehydroepiandrosterone a great 5a crack pitch which was relatively clean. So Prow Direct as it is described in the guide turned out to be a fine sustained HVS.



Tony on top pitch of Prow Direct – HVS

It was now rapidly approaching beer o'clock and so all that remained was the long walk out and well-earned sustenance in The Bridge Hotel. So if you fancy a mountain crag away from the beaten track with great routes from severe to E3, Boat Howe is worth a punt. It's probably cleaner now than it has been in 10 years, so give it a go. I'll be back, the arête of Fanghorn looks superb.



The start of the long walk home

Roaches Report By Dorine Tinnion

Thirteen members enjoyed a brilliantly organised weekend down in Staffordshire, with 3 more joining us for the climbing on Saturday. The atmosphere took off from the start with a group chilli cooked by Dan and many more contributions including an aperitif from Ian, which hardly touched the sides. The G&T's flowed, as did the beer and wine and finally Gary brought out the whisky! This explosive cocktail claimed a few casualties next morning!

Chris, Stephen and Rachel joined us for climbing on sat morning in cool, damp but improving conditions and six teams tackled classics such as Black & Tans, Right Hand Route, Jeffcoats Buttress, Right Route, Mauds garden and many more. The fireman team disappeared to the far left of the upper tier and others to the right gradually meeting up later in the afternoon in the warm sunshine. Gary and Mike climbed the photogenic Valkyrie as the day

rapidly cooled. We returned to the hostel to delicious cake baked by Helen, followed by the pub for some, to meet Johns friends Roger and Nic. Back at



the hostel the guitars came out and an impromptu session from Dan and Steve went down a treat, with talented covers of a few favourite Dylan songs, 'Wichita linesman' and Mumford and Sons shining for me.

Despite our optimism (& Dorine getting up at 7am! Ed.) the rain arrived in the morning as forecast and most headed to Kendal wall or home. A great weekend, hopefully an annual meet - thanks John and everyone for great company.

Lightening Dodging and Hot Slippery Lime

By Stephen Hall

No that's not the name of a new cocktail I've invented but a brief description of the trip Rachel and I took climbing in Provence over the summer. Travelling by train, on reputedly one of the most reliable rail networks in the world, we should have sensed the omen when the whole French rail network ground to a halt just after we crossed the channel due to thunderstorms. But on we went, well after a long wait, down to **Avignon**. We then spent the next two weeks climbing in the eastern part of Provence and being forced out of our tent and variously into the hire car or into the one building on the campsite by thunderstorms so large that I was expecting to see the 4 horse men of the apocalypse appear at any moment. (Of course Rachel could be right and it's just that I'm a bit of a wuss!).



Climbing mainly in the Les Dentelles de Montmirail we found some great routes. The area is really well bolted and though a bit travelled not too badly polished. Well by Yorkshire standards anyway. Way too hot to climb in the sun but the area has a long line of crags (Chaine de Gigondas) with great routes from 15 to 80m, grades from 4 through to 7b with lots in the 5 to 6b range, facing directly north. They even catch a bit of breeze. Lots of the routes top out on a knife edge ridge with scrambles along the top or abseils down the other side, giving the feel of a much



bigger, mountain type day. Getting up to these I was pleased I was in a hire car, to say it was a road would be a bit over an overstatement, but to my knowledge nothing actually fell off the car and I haven't been sent a massive bill so it's all good. Grades felt a bit steep but that could have been the heat, or more likely the amount of cheese I was eating. They do make some really good cheese in that part of the world!

Well worth a trip out. Though if I went again I'd go in spring or autumn and probably lay off the cheese a bit. That last bit's a lie, I wouldn't, the goat's cheese in particular is exceptional!

Ariege, France August 25th-Sept 7th2013

by Phil Wilkinson and Sue Greenwood

A brief account to whet your appetite if you are not a teacher and can manage to go to the south of France when it is not too hot.....still pretty warm for belaying on sports climbs but many handy trees around. Multi pitches were excellent as a slight breeze appeared by the second pitch.

Wonderful scenic area of the Pyrenees with opportunities for lovely mountain walks, eg. The Pic Rouge, as well as climbing on different kinds of rock: beautiful limestone, at Calames, granite at Auzat and maybe some other indefinable kinds.

After a Formula 1 stop at Louviers, near Rouen (the usual problem of getting in with a code, until a helpful French visitor arrived!), we based ourselves at a good camp site at the "Grotto de la Vache" at Alliat, near Tarascon, not that far from Andorra and Spain. The 1st day was spent hunting for a new tent after a very leaky night. This took us to Andorra where we had a nice coffee and inspected what we took to be a cathedral. It turned out to be an amazing "well being health centre" with a dramatic glass spire; clearly the new religion! A trip into a lovely medieval Spanish market town

followed; still no tent shops! On the way back, we found a huge E.Leclerc and purchased an easy "Quick Locust" just in time for a storm on the 2nd night. That was the end of any rain for 12 days, just sun and blue skies. We even managed a few practice routes on the granite at Axe-les-Thermes on our return from shopping. This splendid crag is 5 mins from the car with useful trees if it is too hot. It prepared us for "Sabine" at Auzat, something of a peak performance at 5+, very well bolted!

Attempted a multi pitch on the dramatic Dent d'Orlu but defeated by seepage and wet slabs, compensating, however, by scrambling to the top of the peak, most enjoyable, especially as the heavy bags were hidden at the bottom. Much more successful were 2 multi pitch 5+ limestone routes on the very accessible Calames crag.



Calames, contemplating a steep climb but notice the good hold!

An experimental day at Sinsat saw us doing a variety of different climbs, including some challenging cracks. Our last half day of climbing was at a beauty spot called "Goulier" where 6a was achieved by Phil with only one aid point and there were enough good 5/5+ to keep us concentrating.

The good thing about 2 weeks away is that even though a few days turned into walks instead of the planned climbs, we still had plenty of rock and always magnificent views and peace. The French holiday makers all disappeared on August 30th; they seemed to know that in spite of hot days, camping breakfasts would be chilly! It did mean that there were few climbers on the crags and certainly no jostling for position!

Verdict: highly recommended!

Contacts for the next few meets

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Date for your diary

Friday 8th Oct 7.30pm at Rheged £11 adults

Reel Rock Tour - Featuring Everest's most controversial incident in recent years and Hazel Findlay's latest adventures. Great prize giveaways too! If it's anything like as good as last year's event it will be well worth the visit.

See reelrock.co.uk for more info.

BMC – Quickdraw/extender warning

Several terrible accidents have been caused by the failure of the climber's quickdraw. In each case, a weak rubber karabiner-keeper somehow ended up taking the climber's weight instead of the full-strength quickdraw sling. How can this happen? Read our explanation and watch our short film at :-

<https://www.thebmc.co.uk/deadly-quickdraws-open-sling-rubber-band-accident>

Hazards in climbing are often obvious - such as loose rock or poor protection. But sometimes the danger can be more difficult to spot, especially if it 's lurking somewhere inside a tangled pile of climbing gear. Use your quickdraws safely by following some simple advice:

Open slings and karabiner-keepers don't mix

An open-sling quickdraw with one karabiner held in place by a rubber band (or similar) is potentially lethal. If the captive karabiner is clipped back into the open sling, you end up with only the rubber keeper holding the climber's weight if they fall or rest on the quickdraw. This configuration could occur naturally as gear is transported or intentionally as a result of inexperience. However, once it has occurred, it can be very hard to spot, so the best advice is:

Avoid using rubber karabiner-keepers in conjunction with open slings

Instead, either use only loose karabiners on longer open-sling quickdraws, or use a dedicated sewn quickdraw or "dogbone" sling with a rubber keeper.

Crag Lough Cleanup 7th Sept

A very successful cleanup of Crag Lough was organised by Mark Anstiss of Wanneys CC along with Northumberland CC & BMC.

Summary of routes cleaned on Saturday 7th Sept.

Route 2 (all vegetation removed from Chimney, alternative direct start cleaned out),

Pinnacle Crack,

Hadrian's East,

Crescent Climb,

Hadrian's Highway

(almost all vegetation on east side of Hadrian's Buttress removed).

Cleaned by Graeme Armstrong and Pete Forbes

Evasion groove. Cleaned by John Spencer

Tarzan,

Tarzan's Mate,

Jane.

Cleaned by Adrian Wilson.

Jezebel,

Hari Kiri.

Possibility of harder RH variation to Hari Kiri also cleaned.

Cleaned by Bob McAdam, John Wilson and Sarah Hawker.

Sinister Corner.

Two new independent lines either side of Sinister Corner also cleaned and ascended.

Cleaned by Mark Anstiss, Dave Chalmers and Pete Forbes.

Dexterity. Cleaned by Chris Down

Deep Gully (A very useful descent, Mod). Dug out by Liam Dervey

Abseil Wall,

Spuggies Gully Cleaned by Richard Alderton

Y Climb. Cleaned By John Doughty.

Possible direct start uncovered by John Vaughan

Grad's Groove. Cleaned by John Vaughan

Neglect. Given a good brushing by John Vaughan

Great Chimney. Cleaned by John Dalrymple

Many Buttresses are now completely clean, with traffic they ought to stay that way, particularly at the western end of the crag