

ARGUS

A scenic landscape featuring a person on a bicycle in a field, a forest, and snow-capped mountains under a clear blue sky. The person is wearing a yellow jacket and a backpack, riding away from the viewer. The field is filled with tall, golden grass. In the background, there is a dense forest of green trees, and further back, dark mountains with patches of snow are visible against a clear blue sky.

Victorian Climbing Club Newsletter
November 2020



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The VCC is based in Naarm / Melbourne. We acknowledge the Traditional Owners of the land, the Boon Wurrung and Woiwurrung peoples of the Kulin Nation. We also acknowledge the Traditional Owners of the lands throughout Australia on which we climb. We recognise sovereignty was never ceded, and pay our respects to your Elders, past, present and emerging.

Victorian Climbing Club

PO Box 1725
Melbourne VIC 3001

ABN: 99 197 923 160

CAV Incorporation
Registration:
A-00072842

Contact

For membership, lost cards and changes of address, please email membership@vicclimb.org.au

General Inquiries
info@vicclimb.org.au

Membership Fees

GST included
Ordinary \$65
Concession \$48.50
Family \$97.50
Affiliate \$130.00

Two-year and three-year memberships are also available.

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ARGUS

Editor/Designer

Leigh Hopkinson

Submissions

Send your submissions to argueditor@vicclimb.org.au. Deadline is the 15th of each month. A big thank you to all of this month's contributors!

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Back Issues

For a selection of previous *Argus* issues, please follow this link: <https://webarchive.nla.gov.au/tep/129542>

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Front Cover

Near the Hunter confluence, with Mt Head above, Mt Aspiring National Park, NZ
Photo: Nina Dickerhof

Back Cover

Grace on Panzer (12) but taking the Omaha Beach shortcut (18), Mt Arapiles
Photo: Hywel Rowlands

EDITORIAL



Dear Members,

Apologies this *Argus* is late—I got side-tracked hiking in Gariwerd. Or as we say in Kiwi-land, tramping. This month has a bit of a Kiwi theme. I hope you enjoy. And I hope most of you are just days away from getting back out there and on the rock.

Living in regional Victoria, I've been lucky to have been able

to still travel this year. Weekend before last at a mostly deserted Araps, I felt sad and conflicted looking up at the Bard and knowing it was technically still open until 29 October (after this date Parks Victoria and Barengi Gadjin Land Council have requested climbers refrain from climbing on Tiger Wall and several other areas as a gesture of goodwill, until legal restrictions are put in place). Other climbers felt differently that day, but I couldn't bring myself to attempt the Bard, although I've always wanted to. Because for me it was more important to respect the wishes of the Traditional Owners.

Following this week's Engage Victoria forums about the future of Dyrurrite / Mt Arapiles—and BGLC's decision not to participate in Wednesday's session after being offended by questions asked on the Tuesday—I don't think there's anything to be gained by climbers ignoring this request for goodwill. If anything, there's much to be lost. With Mt Arapiles – Tooan State Park set to be returned to the Wotjobaluk people as part of a native title settlement, building respectful relationships with Traditional Owners will be key to the future of climbing.

Wishing you a blissful and safe reunion with your beloved outdoor places and people—and please do respond to the Greater Grampians Landscape Management Plan when it's released in the coming weeks.

Leigh

GREETINGS FROM THE PRESIDENT

Hi all,

I'm hoping that those of you in Melbourne are keeping your mental equilibrium given the COVID-related restrictions that you have had to endure. Hopefully, your access to indoor climbing gyms, outdoor climbing walls and real cliffs is not far away.

Speaking of access, where do I start? Without rewriting everything that I have written in what has been a busy last few weeks, I'll resort here, in part, to utilising a few links to much of that information which is already online.

8 October. On the back of a few letters that I had sent and phone calls that I had made to the office of my local MP, Emma Kealy, focusing on the uncertainty of the future of Natimuk due to the climbing bans at Mt Arapiles / Dyurrite and nearby Grampians/Gariwerd, Emma invited the Shadow Minister for Aboriginal Affairs, Peter Walsh, to meet, chat with and listen to a few of us.



A couple of days later, a few stories appeared in local papers, giving climbers' views on what had been happening in the Grampians/Gariwerd and Arapiles / Dyurrite.

14 and 15 October. A local climber, Michael Woods, was interviewed on local ABC radio, then the very next day Peter Walsh was interviewed on the same program (audio no longer available).

22 October. The 5th Roundtable meeting was held. I posted the following on the Victorian Climbing Discussion Forum (VCDF).

So, what's the wash-up? Leaving out the emotion for the moment, and without rehashing the detail of the re-discoveries that PV news releases have covered already, these seem to be the bare bones facts revealed today:

PV are intending to prohibit public access to:

- the area immediately around and including Chicken Boulder (Dyurrite)
- the area immediately around and including Castle Crag (Dyurrite)
- the base of the cliffs running from the Plaque area all the way along the base of Tiger Wall (Dyurrite) !!
- all of Lil Lil (Black Ian's) in the Black Range State Park.

PV intend to roll out signage on 29 October requesting people to stay out of these areas (note 'requesting'—prohibiting access is unenforceable until set-aside determinations are rolled out. Note also that *the Aboriginal Heritage Act 2006* doesn't exclude people being where there is cultural heritage. 'Despite the existence of the Aboriginal place or object, the owner, occupier or other person is entitled to the use or enjoyment of the land to the extent that the person does not contravene section 27 or 28' (i.e. is not causing harm to the cultural heritage) so the request is really a call to stay out of the aforementioned areas to respect the sensitivities of the Traditional Owners. More archaeological surveys will take place at Arapiles over the next six months.

PV then intends to have another set-aside determination declared to formalise exclusions from the aforementioned sites and possibly more sites depending on what more rediscoveries of cultural heritage are made over the next six months.

The Victorian Government is in discussions with Barengi Gadjin Land Council, who are the authorised/recognised representatives of the Wotjobaluk people, and are looking to hand over ownership of Dyurrite to the Wotjobaluk.

Taipan Wall—it was mentioned by a PV rep that BGLC are ‘looking for opportunities for some climbing access in the future’ at Taipan. We assume this could mean a mix of no access to some sectors, restricted access to other sectors and unfettered access to yet other sectors, but this is speculation.

The GGLMP—this has been handed to the Minister (Lily D’Ambrosio). PV’s belief seems to be that this will be released to the public very shortly. The public will then be given three months in which to respond (provide feedback on the GGLMP).

- PV will make available the Plan and supporting summary documents
- There will be six ‘engagement forums’
- There will also be a final Rock Climbing Roundtable on 11 November.

PV have scheduled another meeting with the Mt Arapiles – Tooan Advisory Group at around the same time (in about three weeks). Presumably, given the chronology, they expect the draft GGLMP to have been made public before then.

23 October. A follow-up [letter](#) was sent to Peter Walsh, in the wake of the PV announcements of the previous day (available on the VCC website). A similar letter was sent the next day to David Limbrick (Liberal Democrats), which elicited a prompt response.

26 October. Also on breakfast radio, [ABC Wimmera](#), I was given over 10 minutes airtime (starting at approx 1:59—if the audio is still available by the time you get this *Argus*) to put across climber perspectives of the access issues in Gariwerd and Dyurrite. The predominant PV spin was being challenged and an alternative narrative was getting significant and frequent airtime. At last!

27 October. David Limbrick put forward an Adjournment debate item in parliament regarding Mt Arapiles.

<https://www.facebook.com/watch/?v=380553386637140>

27 and 28 October. Parks Victoria held a couple of online information sessions about Mt Arapiles – Tooan State Park. It was similar in coverage to the Arapiles component of the Roundtable meeting the previous Thursday.

28 October. The following article was put online <https://osp.com.au/?p=9075>. It notes that at a significant number of tourist sites throughout the Grampians/Gariwerd damage to cultural heritage has occurred and continues to occur, yet these sites remain open to all. This is despite Parks Victoria having been alerted to the existence of cultural heritage damage at

these sites and photographic evidence having been supplied.
This of course opens a real can of worms for PV. As I noted on the VCDF:

The PV line at the recent online forums seemed to be that whilst PV can fine people substantially for any harm caused to cultural heritage (as per the *National Park Act 1975* and the *Aboriginal Heritage Act 2006*), they want to be proactive rather than reactive and keep people out of cultural heritage sites if there is a possibility of harm being caused.

If PV's new rule of thumb for creating a set-aside determination is the remote possibility that harm to cultural heritage MIGHT happen (they articulated this at as this evening's online forum), will they be consistent in creating set-aside determinations that exclude people from every cultural heritage site on PV-managed land in Victoria? ... because after all, harm MIGHT occur, however unlikely, at any and all such sites.

If PV are consistent in the oft-heard refrain 'we have a legislative obligation to protect cultural heritage' and apply the laws and regulations in line with their own expressed logic, in the manner they have recently applied to climbing sites in the Grampians and intend to at Arapiles (creating a restrictive set-aside determination), then they either have to:

- roll out SADs that severely restrict public access to cultural heritage all over the state, or
- take the sort of granular approach that we have been advocating for a year-and-a-half, and tailor any management strategies for cultural heritage protection according to site specifics and best option alternatives.

I'd prefer the latter approach, since the former is unworkable. Unfortunately, given recent history, we are unlikely to achieve the second option unless we force the issue and PV comes to realise the folly of the first.

And finally, re the legal challenge against PV, the Directions hearing which was scheduled for 28 October has been postponed by the court to 2 December.

Stay safe.

Kevin

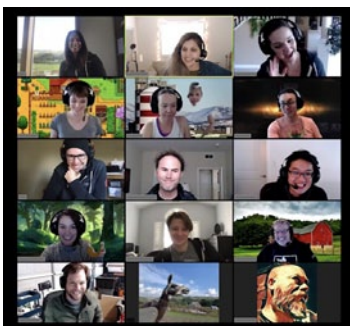
UPDATES

Return to Play

Coming soon! Keep an eye on our website and social media for details about the resumption of club trips and the reopening of [Burnley](#) and [Footscray](#) Bouldering Walls.

Goat of the Month!

Sadly November's goat got canned due to a last-minute lack of space. It was a good one. You can read all about Goat to Meeting [here](#).



VCC Membership Cards

The VCC membership management and system has been reviewed over the last year and as of October 2020, the Committee has decided to reduce our paper waste and footprint. Accordingly, we will no longer be creating or posting membership cards.

Not only is this better for our planet, it will also save the club approximately \$500 per year on postage and stationery.

The digital receipt of membership payment can be used to demonstrate current validity when this is required. It can be easily retrieved by the Membership Secretary should you happen to lose your copy of it.

Thank you for your understanding and continued support!

Goatfest

Goatfest made its first virtual foray on Saturday 10 October, with 14 films submitted.

The Jury Choice went to *Firetail* by Simon Madden, the Audience Choice to *Mirage* by Matt Ray and Jimmy Stephens and the Kids Award to *The Nati Ninjas* by Lani and Freya Jones, Amber Dusty and Beatrix Schellens. *The Imaginary Line* by Kylor Melton received a special commendation.

The Goatfest Online playlist will be available to view in a couple of weeks.

AGM MINUTES

Victorian Climbing Club Incorporated Minutes of Annual General Meeting

Date: Tuesday 29th September 2020 at 7:30pm

Location: via Zoom <https://us02web.zoom.us/j/88670718943>

Present: 53 Attendees

Apologies: Nil

Business:

1. Confirmation of Minutes:

Annual General Meeting – 24/09/2019 adjourned, resumed 12/11/2019

The minutes were confirmed by the members with a vote of 30 Ayes and 1 Nay.

2. The following reports were presented:

- a. President
 - i. President's Report AGM 2020
- b. Treasurer (including statement submitted in accordance with Section 30(3) of the Act).
The below financial statements were submitted and accepted by the members.
 - i. Treasurer's Report AGM 2020
 - ii. VCC Balance Sheet FY20 and FY21 YTD
 - iii. VCC Profit and Loss FY20 and FY21 YTD
 - iv. Cliffcare Balance Sheet FY20 and FY21 YTD
 - v. Cliffcare Profit and Loss FY20 and FY21 YTD
- c. Trip Co-ordinator
 - i. Trip Co-ordinator's Report AGM 2020
- d. CliffCare Trust – as per Treasurer's submitted reports

3. Treasurer's Honorarium

The Committee of Management recommends that the amount of the Treasurer's Honorarium for the year commencing 1st July 2020 be \$2400.

The resolution passed with a vote of 38 Ayes and 2 Nays

4. Election of Officers and Members of Committee of Management

- a. President
Kevin Lindorff self-nominated by written application to the Secretary
No ballot required as there were no other candidates, Kevin Lindorff was elected.
- b. Vice-President
Ben Wright self-nominated by written application to the Secretary
No ballot required as there were no other candidates, Ben Wright was elected.
- c. Treasurer
Wei Chen self-nominated by written application to the Secretary
No ballot required as there were no other candidates, Wei Chen was elected.
- d. Secretary

No-one was nominated, Richard Ham will continue in the role until the position is filled.

- e. Ordinary Members of Committee of Management (at least 1, and not more than 7)
 - i. Richard Ham – self-nominated by written application to the Secretary
 - ii. Hywel Rowlands - self-nominated by written application to the Secretary
 - iii. Matt Brooks - self-nominated by written application to the Secretary
 - iv. Claire Grubb - self-nominated by written application to the Secretary
 - v. Cameron Abraham - self-nominated by written application to the Secretary

All of the above members were elected without a need for a ballot due to total not exceeding 7 members.

5. 2020/2021 Membership Fees

The Committee of Management recommends that membership fees be set at:

Ordinary	\$65	Concession	\$48.75
Family	\$97.50	Affiliate	\$130

The resolution passed unopposed with a vote of 40 Ayes.

6. Changes to Rules

After the VCC received opinion that the use of proxy votes was not allowed for officeholders, the Committee of Management recommended the adoption of the following resolution to change the Club's rules.

That Rule 18 which currently states:

Each member shall be entitled to appoint another member as his or her proxy by notice given to the Secretary not later than 24 hours before the time of the meeting in respect of which the proxy is appointed. The notice appointing the proxy shall be in the form set out in Appendix 2.

Be amended to use Consumer Affairs Victoria Model Rule 34 Proxies:

- (1) *A member may appoint another member as his or her proxy to vote and speak on his or her behalf at a general meeting other than at a disciplinary appeal meeting.*
- (2) *The appointment of a proxy must be in writing and signed by the member making the appointment.*
- (3) *The member appointing the proxy may give specific directions as to how the proxy is to vote on his or her behalf, otherwise the proxy may vote on behalf of the member in any matter as he or she sees fit.*
- (4) *The Committee has approved a form for the appointment of a proxy set out in Appendix 2, the member may use any other form that clearly identifies the person appointed as the member's proxy and that has been signed by the member.*
- (5) *Notice of a general meeting given to a member under rule 11 must—*
 - (a) *state that the member may appoint another member as a proxy for the meeting; and*
 - (b) *include a copy of any form that the Committee has approved for the appointment of a proxy.*
- (6) *A form appointing a proxy must be given to the Chairperson of the meeting before or at the commencement of the meeting.*

(7) *A form appointing a proxy sent by post or electronically is of no effect unless it is received by the Association no later than 24 hours before the commencement of the meeting.*

That Rule 23(5) which currently states:

The ballot for the election of officers and ordinary members of the Committee shall be conducted at the annual general meeting in such usual and proper manner as the Committee may direct.

Be amended to:

The ballot, of each member present in person and each proxy appointed by a member, for the election of officers and ordinary members of the Committee shall be conducted at the annual general meeting in such usual and proper manner as the Committee may direct.

That within Appendix 2 which currently states:

My proxy is authorised to vote in favour of/against (delete as appropriate) the resolution (insert details).

Be amended to:

If you wish, you can direct your proxy how to vote at the meeting. Your proxy can decide how they will vote on any business at the meeting where you do not direct your proxy how to vote.

I direct my proxy to vote in relation to the following resolutions or matters as follows (If relevant, set out specific instructions to your proxy concerning how to vote in relation to particular resolutions or matters)

The special resolution passed with a vote of 40 Ayes and 0 Nays.

7. Any Other Business of which notice is given in accordance with the Rules

No other business

Meeting closed at 8:20pm.

ENGAGE VIC INFO SESSIONS ABOUT ARAPS

Last week Parks Victoria held two online community information sessions about cultural heritage rediscoveries and subsequent climbing closures at Dyrurrite / Mt Arapiles.

Wednesday's session was presented by David Petty (Community Manager Engagement and Partnership Western Victoria), with Jamie Staples (Chief Area Ranger Gariwerd), Will Cox (Senior Manager Strategic Projects) and Maria Pizzi (Director Managing Country), plus Simon Crocker from Aboriginal Victoria.

Barengi Gadjin Land Council declined to send a representative after finding some questions asked in Tuesday's session offensive. Petty expressed his disappointment and reminded those tuning in of the need to keep the conversation respectful.

Cox outlined the areas that will be off-limits to all park users from 29 October and what cultural heritage had been rediscovered at each site. The big one for climbers was Tiger Wall and the Plaque area, including the Bluffs, with rock art and quarry sites rediscovered. The whole of Castle Crag will be closed (quarry sites) as well as Chicken Boulder (quarry sites and an Herztian percussion cone—an initial, rarely seen step in the quarrying process). Taylors Rock / Dec Crag and the Pharos Boulders will also remain off-limits. Additionally, all of Lil Lil /

Black Ian's in the Black Range will be closed, with rock art and quarry sites rediscovered there.

Cox said that under *the National Parks Act 1975*, PV is required to take action to protect cultural heritage values and uphold compliance with *the Aboriginal Heritage Act 2006* when cultural heritage values are found. 'All cultural values are subject to the same level of protection; there is no hierarchy... Rock art, quarry sites, artefact scatters are all treated with the same level of importance.'

Advisory signs would be installed on 29 October, requesting that visitors do not enter these areas. This would be followed by set-aside determinations, because to date signage had not proven an effective strategy in protecting cultural heritage, with visitors reportedly still entering Dec Crag and Pharos Boulders. The set-asides will remain in place until a long-term management strategy has been worked out. As Lil Lil is not managed under *the National Park Act* (it is a crown land reserve), long-term management options for it will be addressed through the Greater Gariwerd Landscape Management Plan.

Until set-asides are in place, PV cannot legally prevent park visitors from entering these areas. 'We're asking that visitors show goodwill by not accessing these areas as we work

through next steps with BGLC,' said Cox. This will include considering whether a rap-in, climb-out approach might be an option for Tiger Wall.

PV aims to complete remaining cultural heritage assessments at Dyurrite / Mt Arapiles within the next six months, to give climbers and the Natimuk community some certainty.

A native title claim for Arapiles is currently with the State government and the Park is expected to be returned to its Traditional Owners, the Wotjobaluk people, during the next 12 months, which will lead to a joint management arrangement.

Regarding Gariwerd / the Grampians, the Gariwerd Wimmera Reconciliation Network have provided Barengi Gadjin Land Council with a comprehensive report about climbing and its intersection with Aboriginal places at Taipan Wall. It hoped this could lead to 'managed access'.

Following the half-hour presentation, an hour was dedicated to answering

audience questions. Any questions relating to the Grampians were shelved for forthcoming community engagement sessions. Conveniently for PV, this included several questions around bushwalking and why popular sites such as Hollow Mountain—which is in an SPA, has known cultural heritage values and has a history of being vandalised—remains open, given PV's obligations under the Parks Act.

Cox did say that Parks Victoria were 'well aware of the presence of value' at Hollow Mountain and had been informed by the public that some of the values may be at risk from recreational activities. 'So, just to confirm, we will undertake inspections of these sites.' You can read more about this at [SavetheGrampians](#) and [OSP](#).

A recording of the info session is available via Engage Victoria and has also been shared on the Victorian Climbing Discussion Forum on facebook.

Leigh Hopkinson



Graffiti near quarrying at the entrance to the Hollow Mountain cave.



*Graffiti inside the cave itself.
Photos: Glenn Tempest*





DYURRITE / ARAPILES IN OCTOBER

Left: Anthony working hard on Bam Bam (20) with Peter on belay. Above: Leigh setting out on Hells Bells (8) with Jess on belay. Below: A bit much excitement for Peter. Photos: Hywel, Tim



KAKAPO CREST



Climber and photographer Olivia Page has climbed the nose of El-Cap, free-rope ascended Mt Aspiring and sailed around Indonesia. Her debut film Kakapo Crest is about an all-female mission to climb the Tusk in Fiordland National Park, New Zealand. She spoke to Leigh Hopkinson.

How did *Kakapo Crest* come about?



About ten years ago I shot a photo documentary about the venison industry and conservation in Fiordland National Park. I wasn't a climber, but I fell in love with the landscape. I came back to Australia and got into climbing and after a while I noticed the difference between the number of men and women climbing outdoors. And I'd gotten into a bit of filmmaking and hanging out with Simon Bischoff and it was all very male dominated. I was like, where are all the women? Eventually I put a few things together: I wanted to do a climbing trip, I wanted to do it in

Fiordland and I wanted it to be all women. And there was an adventure film grant going with the Gutsy Girls Adventure Tour. I applied for it when I was in New Zealand on a climbing trip. I was in this ice-cream shop stealing internet and I put in this idea of doing a huge mountain trip around Fiordland. I ended

up winning the grant and I won it because my idea was so ridiculously huge and exciting, so it became a massive project... I think if I had known I was going to win I wouldn't have made such a big submission.

Did you already know the other women?

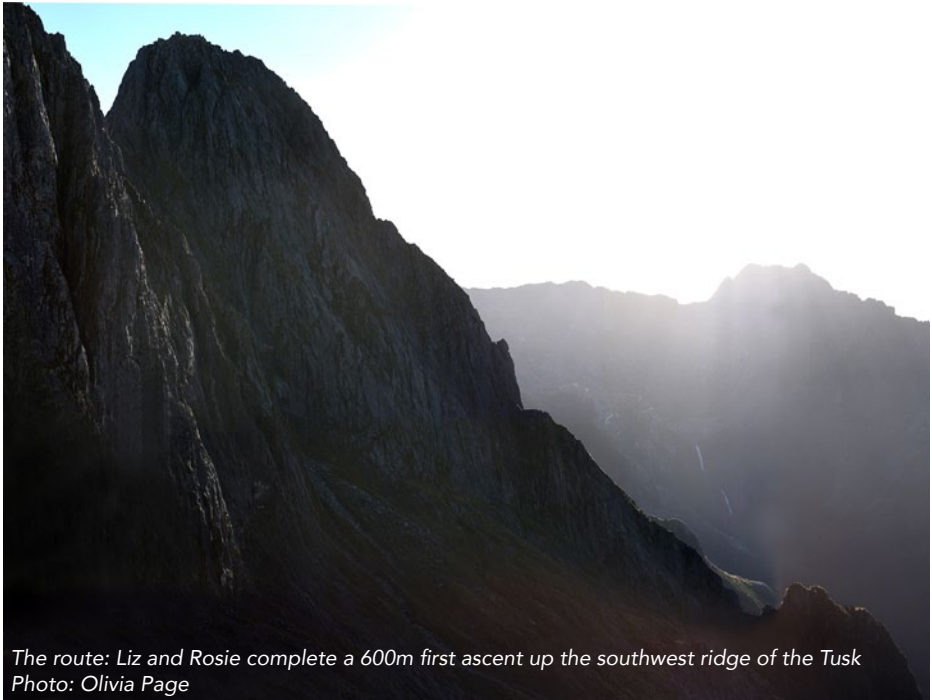
Sort of, but not well. I'd met Ana Richards—the New Zealand woman—on a climbing trip around the time as I was applying for the grant. I'd only met her for a day. She was going up Mt Aspiring and I didn't understand what Mt Aspiring was or what it entailed... I just got thrown into this group with her and we ran up Mt Aspiring with no ropes or anything, and it was terrifying. The two other women, Rosie Hohnen and Liz Oh, I hadn't spent much time with, but we knew each other. For my idea to work I needed women who were quite gutsy, definitely capable and comfortable on run-out terrain, on going places no one had been before. They had to know how to navigate in bad weather. And Rosie and Liz are from Tassie, so they were perfect.

Had they been into Fiordland before?

Ana works there—she'll walk ten hours a day setting up stoat traps—so she knows the terrain well and understands the weather. She was our navigator. Rosie had been to Fiordland before on a climbing trip, I think, and Liz had never even been to New Zealand. This was her introduction and we were completely off track so she got quite an experience.

What were some of the challenges of making a film in Fiordland?

Logistically it was pretty hard. All the girls were overseas while I was planning it and because I'd won the grant I'd taken on all the responsibility. I'd never organised anything like that before and everything was very last minute, even getting Simon Bischoff on board. Eventually he was free to do the drone footage. He's gonna hate me saying this, but the day before we walked into Fiordland I'd paid for Simon's filming permit and then he gave me a phone call from Tassie and said, 'Oh no, my passport is invalid'. So we walked into Fiordland—about a three-to-four day walk into our base at Lake Liz—with no idea of whether he was going to arrive or not. Even the boat ride in was only organised two or three days beforehand, we just couldn't get anyone to take us across the fiord. And then the walk in itself... we didn't want to take helicopters, helicopters are used all the time to get in and out of Fiordland. Ana especially was against helicopters, but by the time we'd worked out how much food we needed and how much gear for filming and climbing, we had to do a heli-drop. So we decided we would definitely walk in, minimum. We went in with 20kg-plus packs and had to scramble up really insane terrain, pulling on tussocks and the kind of slab you want to be roped up for it, but there's not anything to be roped up to, it's just so slimy and falling apart... Yeah, I could go on forever about the logistics.



The route: Liz and Rosie complete a 600m first ascent up the southwest ridge of the Tusk
Photo: Olivia Page

I watched Simon Bischoff's 2017 film *Winter on the Blade*, which you worked on. How much of that film was an apprenticeship for you?

Before that trip, I'd done a few little things with Simon, like rock climbing on Flinders Island, wild things but nothing crazy. With *the Blade*, a videographer dropped out and I hadn't filmed before, but Simon knew I would probably pick it up. So he said, 'Hey, can you come on this trip?' At the time I was doing this photography job in NSW, so I was sitting my hotel room googling Federation Peak. I called Simon back and said, 'Look, I've never actually done an overnight bush walk, I've never walked in that kind of terrain.' We talked about it for a few days and Simon convinced me to come along. I was definitely out of my depth, but yes it was like an apprenticeship, because I learned how to carry a really heavy pack and how to walk through mud for hours and have leeches all over my face. Just being really wet and cold—I'd never experienced anything like that before. The trip was hard, but the team was amazing. We were in such high spirits, because what we were doing was so ridiculous. It taught me that that kind of terrain and weather brings something out in people. And if you can film it, the footage is just so much better when you've got weather doing stuff. And when you get that weather window and actually achieve something it makes everything much more special. I'd never done anything like that before and I did it, so I thought



*Liz on the back side of the Tusk, on her way down
Photo: Rosie Hohnen*

maybe I can do that myself (make a film). The confidence you get when you go out of your comfort zone like that, you don't even realise what you're capable of before you do it.

You've spoken in *the Layback* of not really having any female role models growing up. Where did you get your confidence and inspiration to go adventuring in the first place?

Actually, I have no idea. My family is a calm, normal family. I grew up on a blueberry farm and work is number one. Recreation and play are not a part of what my family thinks is important, so I'm definitely the black sheep. I'm the one that half the time is unemployed and living somewhere weird and doing some other project. My family are always asking me, 'Does this one pay you anything?' and I'm like, 'It doesn't pay me, I just want to do it...' So there was never any of that kind of inspiration. I think I was just always a curious girl. I loved nature. I was given a camera when I was eleven, so I'd go wandering among the trees and take photos. I was very much in my own world from a young age, doing my own thing. I wasn't scared to check things out. I definitely didn't have any female role models. I didn't even know what rock climbing was until my late teens when a friend of mine took me to Nunawading climbing gym and I was like, oh my god, this thing exists. And from there it became my life.

In terms of getting more women into outdoor climbing, where do you want to go next with this?

We're in a special spot right now where we have this opportunity to change women's roles and how women are perceived. I feel like the biggest thing you can do to inspire women to climb outdoors or do anything really is to lead by example, so with the film I didn't want to be like, women power! Women are amazing! Go women! That stuff makes me cringe a little. I think people just need to see others they can relate to. So with the film I wanted it to be four women who are climbing and not play on the whole women thing, because then it can become a division between men and women. I know we've got to work pretty hard to bring women up to the same level as men, but we've also got to do it in a careful, mindful way so that we're all moving together. I think it's a really hard thing to navigate.

Can you share a highlight of making the film?

The girls put up a 600m first ascent on a peak that's possibly never been climbed before and that's fine and dandy, but what made the trip was just getting in there. No one had crossed what we crossed, no one had done that traverse, we were completely on our own with no beta, just walking along these spine ridgelines trying to work out the best way to go. There's no film footage of it because you couldn't film any of it, you're just holding on. You're just holding onto overhanging bush and thinking if this bush goes then... well, you become really trusting of the vegetation. That sort of stuff is what made the trip.

What about a lowlight?

It was definitely hard to film in that terrain, it's very wet. The whole time I was thinking it would be amazing if the camera survived. And with the drone footage, the climbing window that we got was the windiest day of the entire trip. You could not stand up in that wind. As Liz put it, when she went for a wee she'd actually have to sit in the tussock or it'd swirl all around her. That day they eventually did climb, so Simon had to fly a drone in probably the craziest winds he's ever flown a drone in. And if he couldn't get that drone up there would've just been my crappy little footage right at the bottom and the go-pro footage and it would've been a pretty bad film, I think, because the climbing footage really makes it.

Comparatively, what's lockdown looked like for you?

Lockdown was really awesome, because it allowed me to finish the film. And I didn't have to feel guilty about it—I could sit there for sixteen hours a day drinking coffee and editing. I was really struggling with getting the film finished because I don't like sitting in front of the computer, so it was perfect.



*Above: Drying off our saturated gear the morning after a hectic storm. Photo: Liz Oh
P12: Part of our traverse into Lake Liz. Photo: Olivia Page*

Where to from here?

I always tell myself I'm not going to do anything like that again, because the editing process has got to be the hardest thing I've ever done. It was really stressful, because I knew that the film tour wanted to put it up on the big screen so it had to be of a certain standard. So I think I'm pretty traumatised. But just today I was messaging Simon and we were joking that we should do something together... I don't know, I think when I eventually recover I'll make another film. But I've recently moved to Natimuk and I want to get more involved with the climbing bans and focus on something a bit more local and a bit more real. The town is really feeling it and people are putting a lot on the line at the moment. I think it's the most important thing that's going on right now—if you're a climber in Australia getting involved is the most important thing you can do.

Kakapo Crest is currently screening with the [Gutsy Girls Adventure Film Tour](#). Keep an eye on dates for Victoria.



Southern bound

Mountaineers Nina Dickerhof and James Thornton live in the west of Christchurch. It's five minutes from their house to the motorways heading south and west into the Southern Alps. They've built their lives around the mountains. They eke out their annual leave to turn weekends into long weekends, and long weekends into week-long trips. The couple bag around twenty named summits each year, and many more unnamed ones, often at the head of remote valleys requiring serious bush-bashing to reach. Nina is pint-sized, indefatigable and cheerfully direct; James softly-spoken, thoughtful, and equally unstoppable. They've just finished writing a new guidebook covering some of the country's more remote terrain, Ōhau – Landsborough Alps, while Nina's photography blog (ninadickerhof.smugmug.com) contains stunning images and topos of pretty much every route in the Alps that's worth a look.

So what happens to people who spend fifty weekends a year in the mountains when they're suddenly forced to stay home? *Nic Low* caught up with them via Zoom to find out.

NL: How did you react to the announcement of New Zealand's Stage 4 lockdown?

Nina: My initial reaction was relief (that NZ was taking COVID-19 seriously), because I was following what was happening in Europe, having family over there. And then I thought: how are we going to do this, not being able to go away every weekend, when that's pretty much what we do! But lockdown was a blessing in disguise, really. We came to love it—the silence, the quiet streets, just being able to live a slower lifestyle, not having to make dates or live to a schedule. I called it a reset button: learning to be grateful for the things we've already done, rather than just rushing from one adventure to the next. Normally it's 'a bigger trip, a more exciting trip!', so it was great taking the time to reflect.

NL: So would you deliberately take breaks from climbing in the future?

Nina: No! We couldn't imagine going back into lockdown—we're really dreading it. It was a good experience once, but I don't think we want to repeat it. I remember saying 'this is not a fulfilling life'. It was good increasing the longing for the mountains, but if we weren't let out... f*ck.

James: The first time around, it helped that we'd already had a great season, with some really good trips over summer. And going into lockdown, the weather wasn't that good. So the timing was perfect.

NL: How did you go with motivation and fitness over lockdown? Some have found that hard; I've even read accounts of climbers struggling with returning to the hills because their sense of risk has been rewired by the pandemic. What's your experience been like?

Nina: We haven't had any issues with our sense of risk, but in New Zealand we haven't really been exposed to the consequences of COVID-19, so I don't think we can relate. Motivating during lockdown was actually pretty easy—we ended up exercising more. Because we didn't have weekend trips, on a daily basis we did a lot of running, walking, getting out of the house whenever we could.

NL: What was it like heading back into the hills when you were finally allowed?

Nina: We were able to do day trips under level three restrictions, like to Mt Oxford, which felt so invigorating. After so long inside your senses are heightened, you're taking more in, the bush and the birds, the smells and sounds: it was brilliant. Especially because it's a walk we wouldn't otherwise have appreciated. *(These guys climbing Mt Oxford is like Edmund Hilary climbing Mt Macedon—NL)*

Photo previous page: Between Headlong Peak and Mt Tewha, Mt Aspiring National Park.



James scrambling up the summit ridge of Mt Ward. Photo: Nina Dickerhof

NL: And what was the first thing you did once you could finally go on overnight trips?

James: We did a research trip to Dingle Burn, to take some photos for the guidebook. It wasn't a very nice trip; I mean it had great views, but it was May, and that meant frozen scree. But we really needed that photograph.

NL: Frozen scree is the worst.

Nina: And one photo didn't work out! We wanted one looking up Canyon Creek to Mt Barth, but the light was terrible. We couldn't use it. But it was great to be back out there. Hard work, actually; it was quite rough on the body carrying an overnight pack!

NL: What else have you done since?

Nina: I climbed the last two peaks of all nineteen peaks above 2500m in Otago—so that was a very significant trip for me and that happened in June, just after lockdown. And it was a ten-year endeavour, so I was pretty stoked. The final peak was Tewha, named after Jake Tewha, who was the first to discover gold in the river there.

NL: The guidebook has dictated a lot of your recent trip selection. Now that's done, what's next?

Nina: We've just ordered a couple of pack rafts to incorporate into our trips.



Nina on the summit of High Centaur. Photo: James Thornton

NL: Didn't you guys have a Warehouse (akin to Kmart) dinghy before?

Nina: Yes! We crossed the Karamea, the Haast and the Waiatoto in that \$40 Warehouse dinghy. It was safe enough.

James: You don't have a lot of control, though.

Nina: You just float down and across and hope for the best. It's a good way to get started.

James: But the paddle it came with was terrible. It was just vibrating in the river. Once we got a much more expensive paddle it was great. The paddle cost ten times more than the boat.

Nina: Yes, after the Waiatoto we bought a \$400 paddle—and then decided we needed a better boat. So now we have packrafts.

NL: Have you done much whitewater rafting before?

Nina: No, not at all. But we did do a course. And we've got a great trip planned. James came up with the route.

James: We're going to use the packrafts in Fiordland, on a trip that starts at the Milford Track, at the head of Te Anau. We'll paddle Lake Te Anau to get to Worseley Arm, then head over the tops via these three lakes you can't even walk around; they're just cliffs, so you need a boat—and then back over and out to Milford Sound, and down the Arthur River. So it'll be quite neat.

Nina: I'm really excited about the new perspective the rafts are going to give us on the bush, floating through it, giving us a better overview of the landscape.

NL: It's a more of a Māori perspective on the landscape: in the old days, people travelled by water whenever they could. As authors of a forthcoming guidebook, do you guys have any trip recommendations? Imagine all of Melbourne's climbers currently stuck in their apartments, cranking out 400 ice axe pull-ups per day and watching *The Dawn Wall* on repeat, desperate to get on the first plane to NZ once the Trans-Tasman bubble opens up... where should they go?

Nina: If you're into tramping, Arawhata Saddle and then back over the Matukituki Saddle is absolutely stunning: a perfect four-day loop. It's in the Olivine Wilderness Area and it's quite a special place. From the head of the Waipara you'll see the lake below Mt Aspiring with those schist slabs, and the Bonar Glacier tumbling down. There's Arawhata Rock, one of the best bivvies in the country, with a metal container screwed onto the rock containing the 'rock book'—go scribble your name in there.

James: And there are heaps of swimming pools around the infant Arawhata.

Nina: And heaps of scrub to contend with. It's character-building.

NL: I'd be disappointed if you recommended a route with an actual track. What about alpine rock?

Nina: Apparently Twin Stream is the premium rock destination. That's what the guidebook says! There's also a bivvy rock for camping, and you can do day trips from there. There's also a lot of potential on the West Face of Mt Jackson; it's fantastic rock, and it's mostly unclimbed. Maybe you don't want to publish that.

James: Hardly anyone's climbed it. I think it's only us, and the previous editor of the guidebook.

Nina: I think it's because it's hiding. You mountain bike up the Hopkins, then up the Elcho, and at the confluence is Mt Jackson, but the West Face is on the Landsborough side, and from the Hopkins side it has this great big glacier—you wouldn't know it was there.

NL: Access is via Elcho Pass?

Nina: Yes. There's good camping round there, and the rock is great. There's also the north-west couloir on Mt Ward just a bit further north—also a fantastic climb.

NL: Any last thoughts?

Nina: Buy the guidebook! Ōhau – Landsborough Alps, out with the New Zealand Alpine Club. Everything's in there!

MEMBERSHIP

Welcome to new and returning members

Tully Sumner
Peter Aarons
Luke Batchelor
Aaron McGowan
Timothy Evetts
Kelvin Dennis
Craig Thomas
Billie Hunne
Greg Masters
Johan Bjork
Paul Phillips
Tanya Coleman
Ben Smyrk
Yvonne Yip
Stuart Healey
Paul Geil
Colin Neathercoat
Hisham Moustafa
David Focken
Stuart Imer
Pat Ford
Scott, Jessica, William, Alexander &
Phineas Needham
Paul, Petra, Kira, Sean & Oisin
O'Donoghue
Brad, Benjamin & Liam Wright &
Anita Tsang
Vincent, Rodelyn, Trisha Nicole &
Tristan Waters
David Carlin & Joanne Vanselow
Felicity Rousseaux & Tibor Janos
Anthony, Melita, Amy & Jack Shilton
Phil, Liam, Genevieve & Rachael
Aarons
Glenn & Karen Tempest



Celebrating our life members

Bill & Cheryl Andrews
Tony Brotherton
Peter Canning
Rupert Freeman
Geoff Gledhill
Peter Jackson
Keith Lockwood
Jacqui Middleton
David Mitchell
Stan Mizon
Clive Parker
Barry Revill
Iain Sedgman
Tracey Skinner
Simon Todman
Michelle Tusch
Peter Watling
Peter Watson
Ben Wright

Life members in memoriam

Chris Baxter
Eddy Rawlins
Michael Stone

Turning Points

Saturday evening, Ben says, 'You've got an email from Leigh, she wants you to write something for *Argus*'. I look at the email—it's to *both* of us and Leigh would like one of us to write about a transformative climbing experience. We sit on the sofa for a happy thirty minutes or so reminiscing and thinking about incidents that might have made us who we are on the rock. Ben can't think of any; I come up with these. Of my formative climbing experiences, most appear to have been in North Wales where we spent a happy decade or so.

My first very long abseil. We turned up at Castell Helen, Gogarth, off the end of Anglesey, North Wales. The cliff rescue people were there. After a short discussion they asked us, 'Would you like to use the ab rope?' All 100 metres of it. We did. And abseiling 100m down a sea cliff in one go, where the only way out was to be able to follow Ben back up, is something that has remained with me ever since.

A big swing fall. We trad climbed, we didn't fall off, I think that was just how it was. We climbed in the mountains of North Wales and our climbing friends didn't fall off. One evening after work we drove around to the Llanberis Pass to climb a long



girdle traverse, The Black Belt—10 pitches on Craig Ddu. Sadly after the first 4 pitches it started to get a bit damp and on the 5th pitch, as I followed across a broken, mossy section, I slipped and swang into thin air. Time to be lowered off and to go home. We went back two months later and completed it.

More traversing. A Dream of White Horses HVS on Wen Slab, Gogarth is a 125m traverse around Wen Zawn that Ben wanted to share with me (above). The guidebook mentions that a fall from the last pitch would leave the climber dangling 70m above the sea (the cave is huge and a great sea kayaking experience—but I digress). Heart of Darkness/New Morning Connection HVS/E1 is yet more sea cliff climbing, although this time in Pembrokeshire south-west Wales. On both I remember being

very pumped and concentrating hard on moving past the gear before taking it out and not falling off.

Leading out when my leader couldn't. As might be apparent by this point, I didn't lead much, and to be honest it frightens me. Fortunately I did know how to lead, which became important one day as I was following a friend up a 3-pitch Severe in the Moelwyns, near the slate mines of Blaenau Ffestiniog, North Wales. After the first pitch she began to feel unwell. I took over and somewhat shakily continued to the top.

A 50m free abseil that got interesting. After the 100m abseil, you might have thought I would carry prussiks, but back then I didn't know any better. One windy day we abseiled off the back of the Pharos. Ben got down okay but on my turn one rope whipped up and got caught about 20 metres above me. I wrapped the ropes around my leg and eventually managed to pull it down. I always use a prussik now!

Around the Bay and Audax. A turning point came when, after a few years in Melbourne and quite a lot of climbing with the VCC, a friend invited me to do Ride Around the Bay. We rode out to Goroke and back as a test. I liked it. I completed Around the Bay three times including the first 250km event, found Audax (a long-distance cycling club) so now when Ben and I 'go climbing' my bicycle comes too, and my bike and I go exploring the roads in the Grampians and around Mt Arapiles.

Looking back, Ben and I have had lots of adventures and not many near misses, which is good considering we've been adventuring together for nearly 40 years. The reason I'm still climbing (and with Ben) is because we have fun. He's very safe and although he takes me up things that frighten me at times I seem to survive. I draw on my various experiences and I'm not afraid to use the odd bit of aid!

Heather Murray



This page: at Araps; previous page: A Dream of White Horses, North Wales

Limits of the Known

by David Roberts

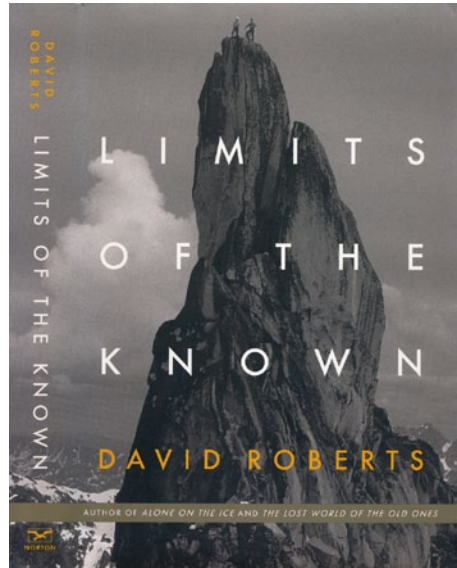
Published by John Murray, 2020

Reviewed by Paul Caffyn

David Roberts is not a bad mountaineering adventure writer. His first book, *The Mountain of My Fear*, published in 1966, is a gripping yarn of four young university students having a go at the committing west face of Mt Huntington in Alaska. From that classic tome, Roberts went on to author another 27 books about mountaineering, polar exploration, history and anthropology, including Douglas Mawson's Antarctic expedition and incredible survival story (*Alone on the Ice*).

Robert's latest book—and sadly probably his last—is an exploration of what drives the human race to tackle adventures. The prologue includes a 2015 trip by the two surviving members of that first 1966 Alaskan mission, marking the fiftieth anniversary of the climb. While away, Roberts notices a lump on the side of his neck but is assured by his mate it is only a cyst. However, it is not a cyst, and back in the big smoke of Cambridge, Massachusetts, a round of scans and biopsies reveal aggressive throat cancer. Rounds of both chemotherapy and radiation leave him a shadow of his former self, barely able to walk a city block with the aid of a stick.

After the prologue, Roberts moves onto an assessment of Fridtjof Nansen and what drove him to



design a boat that would survive crushing in the Arctic Ice, then lead the 1893 *Fram* expedition, which involved sailing the vessel into the ice north of Bering Strait, and then hoping the westward drift of the ice pack would take the *Fram* closer to the North Pole than any other expedition had been. Once Nansen realised the drift would not take them anywhere near the pole, he set off with one companion, a dog team, provisions for a couple of months and two collapsible kayaks. Long story, but it is a remarkable eight-month story of survival in a winter wasteland of ice. And the *Fram* eventually was released from the ice pack's clutches, returning to Norway not long after Nansen and Johansen also returned to civilisation.

The second chapter is titled 'Blank on the Map' and if you have read the book by the same name, you'll know

it is about Eric Shipton and what drove him to his 'untraveled world' of Asian mountain ranges, glaciers and valleys that had not been previously sighted by Westerners. Shipton was a member of five Mount Everest expeditions between 1933 and 1951, but didn't have much time for the big military-style organised mountain conquests. Shipton and his mate Bill Tilman pioneered the lightweight expedition style: 'If it couldn't be planned on the back of an envelope, it wasn't worth doing'.

Although I was expecting further chapters on more of the most famous adventurer/explorers, Roberts moves onto a burgeoning interest in the ancient cliff-dwellers of the USA south-west. Roberts wrote several books about his research into the remote gorges and mesas, but this seemed to diverge from what I saw as the overall slant of the book—what drove adventurers to do what they did.

The 'First Descent' chapter was of more interest to me, with its tales of white-water rafting adventures that Roberts was tasked to cover as a writer. Particularly in this chapter he writes about how the degree of commitment with expeditions has changed, from the fifties and sixties when even a written letter may have taken months to reach civilisation and chance of rescue was zilch, to these days with blogs updated nightly and a helicopter evacuation only a sat phone call away.

The 'Undiscovered Earth' chapter is about caving and the challenge of seeking the deepest (and the longest) hole in the world. Having been the geologist on a 1973 expedition to the highlands of western New Guinea, which was tagged "The Search for the Deepest Hole in the World", I thoroughly enjoyed being brought up-to-date with the international challenge to get a depth record.

The last chapter, 'The Future of Exploration', pulls all the threads together, including Robert's terrible time with treatment for cancer. Writing seems to be his salvation from a physical body slowing down, even though he can't type anymore and has to either write longhand or dictate to his wife Sharon. The last few paragraphs are tear-jerkers.

Apart from an author mug-shot, there are no photos at all, just two rather small-scale maps that require a microscope to read the place names. As with most of Robert's mountaineering and polar books, I thoroughly enjoyed his new tome, though I was saddened to learn of his fight with cancer.

Paul Caffyn ONZM is a sea kayaker based on the West Coast of New Zealand. He has completed a number of supported, unsupported, solo and group expeditions by sea kayak, including the 1981/82 circumnavigation of Australia. Paul has written several books about his expeditions.

NEW ROUTES AND BETA

The Grampians

Mount Stapylton Amphitheatre, Grey and Green Walls

Politics of Plenty 30m 18 *

This all-trad R-hand alternative to the second pitch of The Shining Path is an absorbing lead. Double ropes recommended. Double up on cams, including large sizes.

First ascent: Michael Hampton, Geoff Butcher, Easter 2012

Blazed Rock

The fires have cleaned this cliff up a treat—excellent rock.

Team America 36m 14 *

Surprisingly good climbing on mostly buckets. Start-up Not Out, and then follow the ramp/traverse line on the L wall. There is a horn of rock to sling a couple of moves out. Up, just R of short L-facing corner. L a bit and finish up juggy wall.

First ascent: Michael Hampton, Geoff Butcher, 27/12/14

The Guardians

The following short climbs are located on the small outcrop in front of Akimbo at the L end of the main wall (as mentioned in Steve Toal's new guide).

I'm Going to the Blade! 18m 16

The L-most crack. No pockets on this one.

First ascent: Michael Hampton, Peter Bovino, 29/2/20

Snooze You Lose 17m 17

The next crack to the R has a tricky start, but generous pockets up top.

First ascent: Peter Bovino, Michael Hampton, Jenna Harris, 29/2/20

Can't Shake a Poop 16m 15

Second crack in from R.

First ascent: Peter Bovino, Michael Hampton, Jenna Harris, 29/2/20

Dirty Birthday Surprise 16m 15

R-most crack, finishing in notch. Peter Bovino, Jenna Harris, Michael Hampton 29/2/20

The Black Range

Black Sheba's Buttress

Black Sheba's has been updated (fairly) recently and brought into the 21st century. Access is still easy via the old Outward Bound track from the east side of the saddle car park, although the recent fires have required some re-aligning due to deadfall. It's 30 years since we first climbed here and it's still a nice peaceful place.

Mogadishu 28m 18 (Trad)

Pack a helmet and flak jacket, especially folks on the ground! As for Revenge of the White Rhino. Climb past the overhang and take the obvious friable traverse line L. Up a bit. L to arete and up. First ascent: Peter Bovino, Michael Hampton, December 2017

Crusty Guru 20m 16 (Trad)

Short crack and face R of Kalahari Sojourn, and R of major crack.

Up line then flaky thing. Sort some gear out, then R side of smoother section to finish at highest point.

First ascent: Michael Hampton, Richard Smith, 1/4/18

Borneo 30m 19 (Mixed) *

The short corner, overlap and flake leading into Suluwesi at the 3rd FH, finishing up this. 2 FHs (4 in all) DBA. Take some cams for the start.

First ascent: Geoff Butcher, Michael Hampton, 2017



Right: Pete Bovino on the nearby Malaria (14)
Black Sheba's Buttress

Mt Arapiles

Kitten Wall

Felix 22m 17

Start 6 metres right of bent over old tree. Climb up to three pockets keeping left of rock stack on right at 3 metres. Move diagonally right using horizontals to ledge. Finish directly up shallow corner after slab section. Build anchor and stay roped up to traverse right to Spastical Cats rap anchors.

First ascent: Hywel Rowlands, Peter Upton, July 2020

Jinx 24m 19

Start as for Felix and then move right at ledge and through weetbix rock to gain crack. Build anchor and stay roped up for traverse to Spastical Cats anchor.

First ascent: Hywel Rowlands, Peter Upton, July 2020

Constantine Dritsas climbing Felix 17





YOUNG CLIFFHANGERS

Ways to help young climbers get the nutrition they need

There's so much advice out there about nutrition. What to eat, when to eat, and how much to eat. Low carbs, paleo, intermittent fasting, and more. Should we or should we not count calories?

Many of us adults struggle to get the balance right while dealing with the other demands on our lives. Yet what we all know is nutrition matters. So how can we best help our young climbers, particularly if they're training intensely or competitively?

The consensus between much of the research is that athletic adolescents need to get the right nutrition to fuel their growth as well as their performance needs. Unlike adults, adolescents are still growing.

Today you'll discover general nutrition tips from reputable sources, shared in easy-to-understand language so you can confidently support your young athletes.

We'll look at:

- Attitudes to help them with
- Nutrition needs to consider
- Carbs, protein, fat
- Important nutrients

- Fluids
- Tips to help them eat
- Problems caused by being too lean

For tailored advice, always speak to a health professional who can assess your child's growth and performance needs.

SDA (Sports Dietitians Australia) and Griffith University created a world-first position statement on adolescent sports nutrition. It includes helpful and sensible recommendations for competitive athletes aged 12–18 years. Two valuable takeaways are:

- 1) We need to help them create a good relationship with food (show by example).
- 2) Nutrition needs to consider long-term health, not just body composition.

The position statement also delved into practical tips about carbs, protein and fat, important nutrients, and fluids. The main recommendations are outlined on the following page.

Carbs, protein and fat

Carbs: eat carbs according to energy needs, such as more on training days;

Protein: eat high quality protein throughout the day;

Great carb and protein recovery food examples: milk-based drinks, yoghurt with fruit, meat and salad roll;

Fats: more unsaturated fats, such as olive oil, nuts, avocado, salmon; less fat from meat, dairy, fried food, and processed products like biscuits.

Important nutrients

Nutrients are best gained from food. Dietary supplements for enhancing performance are 'unwarranted and hazardous'. Clinical supplements such as those below are okay if suggested by a qualified health professional.

Iron: red meat, pork, chicken, eggs, fish, baked beans, some fortified breakfast cereals, and some fortified beverages.

Calcium and vitamin D: needed for bone health.

Calcium: it's common for adolescents not to get enough calcium. They need more than adults because they're growing. Include milk, cheese, yoghurt, and calcium-fortified soy products and breakfast cereals.

Vitamin D: sunlight is generally enough. Keep on top of levels. Supplements may help if deficient.



Photo: [Michael Verch](#)

Fluids

Fluids, mainly water, are so important, before, during and after climbing. Each adolescent will lose different amounts of sweat. It's good to keep an eye on body mass and adjust drinks based on body weight.

Sport drinks are not necessary for active climbers. For competitive climbers, these can be helpful for recovery to top-up carbs, electrolytes, and protein (in milk drinks). Caffeinated energy drinks are not recommended.

Tips to help them eat

On his website climbingnutrition.com, nutritionist Brian Rigby shares practical tips about how to help adolescents make good, rational choices about nutrition. Rigby is a registered ISSN nutritionist (International Society of Sports Nutrition).

He reminds us that a child is born pretty much knowing how much they need to eat—yet over time society, how they see others eat, and not trusting their bodies affects their judgment.

His common-sense advice is to ‘listen to your child’ and ‘teach your child to listen to their body’. Never force them to eat or drink. Offer it and let them decide how much they want.

Other great tips

Give kids access to foods you want them to eat, yet don’t be too restrictive about foods you don’t want them to eat (unless there’s a medical reason). Active kids might not let you know when they’re hungry: schedule breaks and offer water and snacks such as fruit, sandwiches and biscuits. Don’t force sports nutrition on a kid who’s not into it.

Being too lean

Climbing is a weight-conscious sport. Being lean can be helpful to performance. This can put pressure on adolescents and cause an unhealthy relationship with their weight and eating habits. A climber who comes to mind is Beth Rodden—the first woman to free climb two routes on El Capitan. She shares on her Instagram account: ‘For the longest time, I feared that talking about body image issues was taboo or seen as a “problem.” It’s my hope that the more we talk about it, the more compassion we can have for our bodies, setting a healthy, strong example for future generations.’

In a 2019 pilot study about nutrition and eating attitudes of climbers, researchers Michael, Joubert and Witard discovered adolescent climbers aged 11–17 years old don’t

eat enough to meet their energy needs. They raised the concern that this can affect health and performance long-term.

This is supported by a much earlier finding—a 2007 article in the *British Journal of Sport Medicine* by Morrison and Schöffl. They found that adolescents in high-intensity sports training that encourages them to be lean can cause long-term problems. It can hold back their development of puberty and skeletal growth, metabolism and other body systems. And it can trigger eating disorders. The advice is to keep an eye out and be sensitive to this issue in our adolescents.

Summary

Our young athletic climbers need the right nutrition for their growth and performance. Today you’ve learned ways to help them get what they need.

- Set a good example for them
- Focus on long-term health
- Encourage them to eat what they want with scheduled meals, snacks, and water breaks
- Nutrients are best gained from food rather than performance supplements
- Each athlete has different needs, so get tailored nutrition advice from a health professional.

With your support, they’ll keep climbing on the best way they can.

Cynthia Marinakos

VCC SUPPORTERS

*The following climbing gyms offer VCC members concession entry
Discounts are also usually available on memberships and 10-visit passes
Some of the gyms offer discounts in their gear shops*

Bayside Rock Carrum Downs
www.baysiderock.com.au



Cliffhanger Altona North
www.cliffhanger.com.au



Gravity Worx Coburg
www.gravityworx.com.au



Hardrock CBD
www.hardrock.com.au



Hardrock Nunawading
www.hardrock.com.au



The Lactic Factory Abbotsford
www.thelacticfactory.com.au



Northside Boulders Brunswick
www.northsideboulders.com



Northside Boulders Northcote
www.northsideboulders.com



North Walls Brunswick
www.northwalls.com.au



The Rock Adventure Centre
Geelong
www.rockadventures.com.au



Urban Climb
Collingwood
www.urbanclimb.com



La Roca
Oakleigh
www.laroca.com.au



*Please support these gyms as they support the VCC and Cliffcare
Show your VCC Membership Card to obtain discounts*

VCC SUPPORTERS

*The following retailers offer discounts to VCC members
These discounts are usually 10% off RRP or 'non-sale' prices
Contact individual retailers for more details and specials*

Bogong Equipment
Melbourne CBD
www.bogong.com.au



The Wilderness Shop
Box Hill
www.wildernessshop.com.au



Arapiles Mountain Shop
Natimuk VIC
Phone: (03) 53871529



Climbing Anchors
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