

ARGUS



Victorian Climbing Club Newsletter
September 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

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Membership Fees

GST included
Ordinary \$78.00
Concession \$58.50
Family \$117.00
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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!

Printing

Argus is printed by Shelton & Lane, Horsham, on 100% recycled paper.

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

Taipan: Ado attempting (and getting close) to the punchy Cardigan St (28)
Photo: Justin Jefferson

Inside Cover

Buffalo Daze: Josie Diedrich on the 3rd pitch of the classic Hard Rain (22)
Photo: Glenn Tempest

EDITORIAL



Dear Members,

The AGM's upon us—29 September. You'll find the agenda and details of how to take part on p11. Simply Zoom in. And if you're up for putting yourself forward for the Committee, please do! It can be a rewarding way to contribute to the future of our club and to climbing in Victoria as a whole.

Climbing access continues to be the biggest issue we're facing as a community. The latest exclusion zones at Bundaleer and especially Taipan came as a huge blow. It's critical to keep engaging in this process in a respectful way. You'll find a form letter to send to PV [here](#)—feel free to use some or all of it to draft a response. You might also like to write to your MP.

Re Taipan and Bundaleer (p14), I was heartened by GWRN's invitation on Country, and by the joint media release from the three Traditional Owner groups, recognising the uncertainty among climbers as a result of changes to access. I thank them for it, and hope we can continue to develop these relationships.

As climbers, access to the areas we love is not a right, and building respectful relationships with Traditional Owners is key. It's great to hear more voices speaking up in support of this, and of reconciliation in general. (Check out new initiative [Gariwerd Stories](#)).

And it's disappointing to see some continuing to take to social media to express their frustrations in inflammatory ways. Firing off a comment takes just a couple of seconds, but has the potential to damage months of behind-the-scenes work. Let's find better ways to communicate and to move forward in these exceptionally challenging times.

Leigh

GREETINGS FROM THE PRESIDENT

Greetings all,

A date for your diaries—the AGM is scheduled for Tuesday 29 September at 7:30pm. It will, of necessity, be a virtual/online meeting. All members are cordially invited to participate. See further details in this *Argus*.

Yes, that time of year already—where have the last 12 months gone? COVID-19 has certainly made the year thus far a year with a difference.



Climbing Access. The prohibiting of climbing from 551 square kilometres of the Grampians / Gariwerd National Park has been the single biggest access issue that the Victorian climbing community has ever faced.

We have consistently and respectfully made the case to Parks Victoria that there are alternative ways of providing robust protection of both cultural heritage and environmentally sensitive sites without recourse to huge exclusion zones. We have also asked that, at sites where assessments have been undertaken by PV and no cultural heritage has been identified and where there are no particular environmental sensitivities that would be significantly impacted by climbing, climbing be allowed at these sites.

PV has made it clear that it doesn't intend to make any changes until the Greater Grampians Landscape Management Plan (GGLMP) process has run its course. This is despite the fact that even when this has happened (very optimistically, by the end of 2020) they will not have been able to carry out assessments on anywhere near all of the estimated 600-plus cliff sectors, isolated buttresses and bouldering areas across the Grampians.

As I noted in correspondence to parliamentarians (including those in opposition for whom criticism of current PV practices might be more palatable): 'To assess each site PV needs to organise representatives for each of the three Indigenous "mobs" to accompany PV staff and an accredited archaeologist to walk into the site and carry out the assessment. So far, in the last year and a half, they have carried out 125 site assessments—these have

been sites that have been the “low hanging fruit” i.e. sites that have been relatively easy to access, mostly along good PV walking tracks. About half (62) of these sites are in the Mount Stajlton area and many of these sites are very close to each other, significantly expediting the assessment process. In contrast, many of the sites still to be assessed require significantly more difficult (physically more arduous) access. I would be astounded if these could all be done “in a coordinated and consistent manner” [Jason Borg, Parks Victoria] within 3 or 4 years.’

We have recently written to the Minister for Energy, Environment and Climate Change, Lily D’Ambrosio, outlining in significant detail how Parks Victoria has misled the Minister in relation to the purported growth of climbing in recent years and the alleged impacts of climbing on the environment (such misinformation underpinning PV’s reasons for the 2019 Set-aside Determination). See the article [‘How PV misled the Minister’](#) on our website.

We requested that the Minister exercise her authority under section 14 of the *Parks Victoria Act 2018* and direct Parks Victoria to rescind the prohibition on climbing in the Grampians / Gariwerd National Park forthwith in instances where assessments of crags have shown no cultural heritage and no particular environmental sensitivities. This is in accordance with the *Parks Victoria Act 2018* Statement of Obligations. It is also concordant with the *Aboriginal Heritage Act 2006* which states that ‘Despite the existence of the Aboriginal place or object, the owner, occupier or other person is entitled to the use and enjoyment of the land to the extent that the person does not contravene section 27 or 28.’ [i.e. does not cause harm to these places or objects]—section 25 (2).

Unfortunately, the Minister, as seems to be her want, handballs any communication about PV—even if it is about purported wrongdoings by PV—to... you guessed it, PV, for them deal with as they see fit.

Given PV’s consistent, ongoing and implacable reluctance to take onboard any of the climbing community’s suggestions to better manage climbing in ways that offer strong protection of cultural heritage and the environment without the need for lazy, discriminatory and disproportionate blanket bans on huge areas of the Grampians, and given ministerial reluctance to bother to get involved directly, we are finalising legal options.

We reiterate that we are supportive of strong protection of cultural heritage. We also continue to urge our membership to learn more about types of cultural heritage and its critical importance to Traditional Owners. Park’s Victoria’s publication *Aboriginal Heritage Identification Guide* is a useful start.

The [GWRN facebook page](#) also has links to other useful resources.

Our ‘beef’ is with the Parks Victoria upper management for how they have gone about imposing prohibitions and for their pretence that information sessions (when they inform us of decisions already made and actions already taken) are consultation. They have not taken onboard any constructive suggestions from climbers of better ways that they could achieve their legislative obligations.

An online donation facility to enable climbers to donate directly to our Access Fund to support access-related endeavours already exists on our [website](#). Though times are financially difficult for many, any donations would be gratefully received.

Access 2.0. News to hand after the above sentiments were articulated: there are new Temporary Protection Zones (TPZs) announced for two of the jewels in the crown of Grampians climbing—the internationally celebrated Taipan Wall (which is to world rock-climbing what Bell’s Beach is to world surfing) and the excellent and much-loved Bundaleer.

While the manner of this announcement made may climbers gasp in disbelief, the [joint press release](#) from Barengi Gadjin Land Council, the Eastern Maar Aboriginal Corporation and the Gunditj Mirring Traditional Owners Aboriginal Corporation does give some glimmer of hope that the sorts of fine-grained analysis and correspondingly appropriate management approaches that we have long suggested should be adopted for the SPAs might be adopted at these crags in the not-too-distant future, though nothing is guaranteed. See the article about TPZs on p14 of this *Argus* for more detail.

Club trips. After numerous club trips in late 2019 and early 2020, subsequent trips and learn-to-lead courses had to be cancelled in light of the restrictions associated with the pandemic. However, we live in hope. We will certainly run more trips as soon as restrictions allow.

We also intend to book a couple of club campsites at Mt Buffalo for a week or two over summer. Some decades ago, the VCC booking campsites at Mt Buffalo was an annual thing—the hub of a very lively climbing scene and much anticipated by club members (see ‘Buffalo Daze’ on p16). If restrictions have eased enough by summer, it would be great for VCC members to be able to enjoy this option once again.

CliffCare. CliffCare, in a time of pandemic, has still managed to oversee the completion of the major work on the Central Gully Track (Mt Arapiles)—part

repair and part realignment of the track—from the top down to below the Mari area. Walter Braun, our stone-mason extraordinaire, has done a great job as usual, supported by volunteers helping to lug rocks up the track to where they were needed. Thanks in particular to Cameron Abraham, Geoff Gledhill, Steve Monks and Claire Grubb for their ongoing assistance to Walter to keep this project rolling. Walter has a preference to realign rather than repair the bottom section of the track, but this will be contingent on a cultural heritage assessment.

After approaching Parks Victoria about some maintenance work that the VCC saw as being necessary at a number of cliffs in the Grampians, we organised a 'walk around' at the Watchtower, near Halls Gap, with some PV staff. PV was receptive to collaborating with CliffCare to do repair work on the track and staging areas. Subsequently, COVID-19 has put plans on hold but all parties are hopeful that this project will be able to be developed, post-pandemic.

We have been supportive of the notion of a volunteer-based organisation such as Crag Stewards Victoria, utilising the knowledge and passion of local area cliff stewards and covering all of Victoria, working with land managers to help preserve the environments of the places where we love to climb or boulder.

While CliffCare has traditionally carried out this work, there has been a significant financial cost associated with funding an Access and Environment Officer and, because so much has fallen on the shoulders of that one person, it has been difficult to sustain a truly state-wide (rather than Grampians/ Arapiles) focus. So we have watched with significant interest to see whether the CSV model could work. Again, COVID-19 has severely hampered the sorts of collaborative projects that land managers such as Parks Victoria are able to do with organisations such as CliffCare and CSV, but the signs are promising. We will continue to monitor and to keep an open mind when considering how CliffCare and CSV can best work together in the future.

KL



The **Womxn Uprising Virtual Climbing Festival** is happening this Saturday 5 September. The event is for all women climbers, non-normative gender identities and individuals who identify as womxn.

There's an awesome line-up of panel discussions and clinics during the day, including Nutrition for Climbing and Life with Amanda Watts, Multi-Pitch Changeover—No More Clusterfucks! with Anna Veronique L'hoest, and How You Can Help Adaptive Climbers Reach New Heights with Katie Kaminsky and Araminta McLennan.

The WUVCF has exclusive giveaways for VCC members!

The first 4 women/identifying/gender queer/non-binary folks who purchase tickets and email the *Argus* their confirmation will receive:

- 1) A Blueberry Sprinkles Duffle Bag from Donut Crash Climbing
- 2) A Chalk Bucket from Donut Crash Climbing
- 3) A Large Pouch from Donut Crash Climbing
- 4) A Small Blue Pouch Donut Crash Climbing.



Tickets are available via [Eventbrite](#).

Caring for Country Webinars

IPAA Victoria, in conjunction with the Victorian Aboriginal Heritage Council, is running [a series of webinars](#) on Caring for Country throughout September and October 2020.

The series is an opportunity to hear from Traditional Owners from across Victoria, talking about why it is so important to protect cultural heritage, how it is managed, and what needs to occur at the government level to help Traditional Owners (and all Victorians) better care for Country.

The first event is on Friday 11 September with Barenji Gadjin Land Council.

RECONCILIATION AND CLIMBING

There are times in history when it becomes apparent that big changes are afoot and, however uncertain the future may be and however differently it might turn out from what we anticipate, we know that life for many people will never be quite the same again.

The social upheavals that led to the huge political changes in the former eastern bloc countries (and the symbolic fall of the Berlin Wall), the demise of apartheid in South Africa, and the inexorable move in some western countries to enshrine various LGBTQ rights in law are some examples of historical shifts that have occurred in my lifetime. The spotlight being shone on rights for First Nations people, including Indigenous Australians, and on continuing injustices and embedded systemic racism, are quite probably indicative of another turning point in history.

This spotlight challenges all of us to reflect on how our actions—or inaction—might be contributing to such injustices and inequalities. Truth telling and reconciliation are not just abstract concepts that gained traction and proved their efficacy in post-apartheid South Africa. They continue to gain resonance in Australia and challenge all of us, climbers included, to consider how we can pro-actively listen, learn, and apply what we have learned.

For climbers, this includes considering how we can act in ways that respect not only the cultural heritage and environment of the places where we climb, but also respect the critical importance of these sites and landscapes to Indigenous Australians. And, further, consider how we can empower Traditional Owners by what we say or do. Building respectful relationships with Traditional Owners is a starting point. *KL*

UPDATE—AROUND THE WORLD BOULDER

On Friday 14 August, Parks Victoria announced the temporary exclusion zone surrounding the Around the World boulder at Mt Arapiles had been extended to include Monkey Puzzle, Superman and Finalgon boulders. Around the World boulder had been fenced off in July after Parks Victoria was notified of potential rock art at the site.

A subsequent inspection by Parks Victoria and Barengi Gadjin Land Council confirmed multiple quarry sites, with other cultural heritage also found nearby.

The announcement said that, 'Barengi Gadjin Land Council will work with Parks Victoria to confirm the longer-term protection measures for the site. The outcome of this will be shared in the coming months with the outcomes of the assessments of the known rock art sites in the Park.'

MEMBERSHIP



Welcome to new and returning members

Jimmy Naylor
Michael O'Reilly
Richard, Julie, Elise & Hugo Taylor
Casper Murtonen & Valerie Bommarito
Matthew & Jessica Brooks
Leigh Hopkinson, Nic Low & Ahi Hopkinson-Low
Dave, Keiran & Peter Bowles & Cath Black
Tobias Orchard
Meg Pavey
Luke Burns
Janet Cunningham
Stuart Martin
Heather Murray
Kurt Pitts
Kevin Lindorff

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



Victorian Climbing Club Incorporated Notice of Annual General Meeting

Notice is hereby given that the Committee has convened an Annual General Meeting to be held on Tuesday 29th September 2020 via Zoom <http://us02web.zoom.us/j/88670718943> commencing at 7:30pm.

AGENDA

Present:

Apologies:

Business:

1. Confirmation of Minutes:

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

2. Reports:

- a. President
- b. Treasurer (including statement submitted in accordance with Section 30(3) of the Act)
- c. Trip Co-ordinator
- d. CliffCare Trust

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.

4. Election of Officers and Members of Committee of Management

- a. President
- b. Vice-President
- c. Treasurer
- d. Secretary
- e. Ordinary Members of Committee of Management (at least 1, and not more than 7)

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

6. Changes to Rules

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

The following resolution will be proposed as a special resolution, to update the Rules to clarify proxy voting:

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)

Voting Explanation: In order to be passed, at least 75 % of the total votes that may be cast by members entitled to vote on this resolution (present in person or by proxy) must vote in favour of the resolution.

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

All eligible members are encouraged to attend the meeting online to vote, or by completing the proxy form below and ensuring it is received by the Secretary secretary@vicclimb.org.au no later than 24 hours before the time of the meeting.



**Victorian Climbing Club Incorporated
 FORM OF APPOINTMENT OF PROXY**

I, of
 (full name) (address)
 being a member of the Victorian Climbing Club hereby appoint

..... of
 (full name) (address)
 being a member of that incorporated Association, as my proxy to vote for me on my behalf at the annual general meeting of the Association to be held on the 29/09/2020 and at any adjournment of that meeting.

My proxy is authorised to vote as follows:

Resolution	In favour	Against
3. Treasurer's Honorarium	<input type="checkbox"/>	<input type="checkbox"/>
5. Membership fees	<input type="checkbox"/>	<input type="checkbox"/>
6. Changes to Rules	<input type="checkbox"/>	<input type="checkbox"/>

Signed Theday of.....20...

New Temporary Protection Zones for Taipan Wall and Bundaleer

On Friday 14 August, Parks Victoria (PV) announced that it had established Temporary Protection Zones (TPZs) covering Taipan Wall and most of Bundaleer because of the re-discovery of Aboriginal cultural heritage.

This is undoubtedly big news for Traditional Owners of these sites. It is also huge news for climbers. Taipan, in particular, is an internationally celebrated climbing destination. It is no coincidence that the announcement and its possible implications spread like wildfire among the international climbing community, as the following sample of stories from the US, the UK, France, Germany, Japan and elsewhere attest:

[Rock and Ice](#), [Planet Mountain](#), [8a.nu](#), [UK Climbing](#), [Fanatic Climbing](#), [Yukiyama](#).

Whilst Bundaleer does not share the same iconic status as the renowned Taipan Wall, is undoubtedly one of the best small crags in Australia. It is much-loved by climbers, no matter what their abilities, and is very accessible to those who might not



VCC Trip Coordinator Michael O'Reilly on the fabulous Mr Joshua (25) at Taipan Wall

climb at the sorts of levels required to achieve success on Taipan.

While PV were informing members of the Rock Climbing Roundtable that something was afoot—via a Zoom meeting they had hastily organised—other PV staff were already rolling out signage and temporary fencing at these TPZs. Carefully crafted press releases had been prepared in advance, whilst climbers were kept in the dark—as evidenced by the content that appeared online within minutes of the aforementioned Zoom meeting). For climbers, this was doubly disappointing.

It is of note that, in earlier exclusion zones PV has established—the SPAs and the so-called extra Focus

Areas—the general public can still enter but climbing is prohibited. In comparison, these new TPZs suggest that all members of the public should stay out until a longer-term management approach for site protection can be determined. I use the term ‘suggest’ advisedly. Whilst PV press releases imply that entry is forbidden, the reality is that until an Interim Protection Order is granted, the TPZs have no legal ‘teeth’.

Nonetheless, the climbing community will, no doubt, voluntarily stay away in deference to the importance of these re-discoveries, as they have overwhelmingly stayed out of other areas where such announcements have been made.

However, it would be an understatement to say that climbers are incredibly frustrated by PV’s continued reluctance to seriously consider alternative management options in cases where the site specifics allow for protections to comfortably co-exist with access for recreational climbers. Our goodwill is not endless.

There are some positive signs in regard to Taipan and Bundaleer: a joint Traditional Owners media release states that the TPZs at Taipan and Bundaleer have been implemented ‘until a plan can be agreed upon which balances recreational use and essential cultural protection’ and ‘this isn’t about trying to close down recreational activities such as climbing’ but more about

going through a ‘process required under legislation to ensure the protection of cultural heritage which will then lead to greater certainty in future for recreational users when carrying out their activities.’

The Traditional Owners invited members of the Gariwerd Wimmera Reconciliation Network (GWRN) to accompany them on Country when site assessments were carried out in June. Though GWRN themselves are not a climbing advocacy group, rather a reconciliation organisation, they have members who are climbers and some of them were able to provide practical information relating to climbing at these sites, which should enable informed decision making.

Just what decisions will be made, and whether and under what conditions or restrictions climbing may be allowed to return to parts of the current TPZs, remains to be seen.

KL

*(Ed: you can read more about GWRN and their involvement in a recent [interview](#) with *Vertical Life*)*



There was a time when summer climbing in Victoria was synonymous with Mount Buffalo. When we couldn't countenance the thought of remaining in an oven-like metropolis or the prospect of braving the desiccating torpor of the roasting Wimmera plains in order to climb, the higher altitude and the relief of the cooler breezes of the Mt Buffalo plateau beckoned.

In the seventies and eighties, the VCC used to book a couple of campsites over the Christmas – New Year period and into early January. Although the people filling (and overflowing) the VCC sites were an eclectic mix of climbers of all ages, places of origin, climbing abilities and temperaments, there was an undeniably festive camaraderie each summer among those who gathered there.

During these summer visits to the plateau, after days of reacquainting myself to the demands and delights of climbing on majestic (and sometimes humbling) sweeps of granite, the café at the Chalet offered respite for worn fingertips or a scarred psyche, as did navigating along the magical underground river or swimming in the enticing but bracing water of Lake Catani.

For me, these were memorable times in a unique place: intimidating abseils down into the depths of the gorge and long multi-pitch extravaganzas

climbing back out, getting caught in summer hail and suffering from simultaneous sunburn and hypothermia, some derring-do antics on some scary run-out slabs, encounters with snakes and lyrebirds, walks across beautiful snow-grass plains and through majestic stands of mountain ash, soloing up Peroxide Blond and stopping for the briefest of moments to appreciate the stunning view over my left shoulder, amazing sunsets, views of wave after wave of blue mountain ranges rolling to the horizon, an illicit night camping on the Horn from where it seemed every star shone brighter in a crystal clear sky than it ever had before, and an amazing cavalcade of people—people with a sense of fun and daring who were always up for adventure.

Like most things, that time came to an end. Camping at the Lake Catani campground during summer became so popular that the booking system was changed, requiring visitors to book months ahead. The sites had to be reserved for a week at a time, each site could cater for only a half-dozen people and the sites were priced accordingly. Consequently the VCC stopped booking sites. For many climbers contemplating securing a site themselves, this was an expensive outlay that had to be made four months ahead, irrespective of what life circumstances might pop up or regardless of the



*This page: Lucy Creamer on Glossop Skins Direct (24) on The Hump
Previous page: Malcolm Matheson on his test piece Shifting Sands (28) on the Cathedral
Photos: Glenn Tempest*



*David Gallagher on the atmospheric Coming up for Air (20) in The Gorge
Photo: Glenn Tempest*

weather forecast closer to the time, with no guarantee friends whom they counted on to share the costs would front up. For those climbers who were typically more spur-of-the-moment in their decision-making, the possibility of a campsite being free during the summer holidays was virtually nil. And so, the scene that had enticed climbers back to Mt Buffalo year after year ebbed away.

Climbers still visit the plateau and are still seduced by its charms. But the number visiting is definitely hampered by the difficulties in securing a campsite. So, with some luck, the VCC hopes to book a couple of sites for a few weeks during this coming summer, which a limited number of members can use if COVID-19 restrictions don't keep the campground closed.

Since there is a limit of six people per site (but only room for two or three cars) demand might very well exceed supply, so we would also suggest that interested individuals consider booking a site themselves. It's possible the online booking system will open on 14 September when current COVID-19 restrictions ease, so keep an eye out. If COVID-19 or anything else causes Parks Victoria to close the campground, all camping fees will be refunded. We look forward to seeing you there.

SUPER QUIZ!

For a total of 30 points



Beginner—1 point

1. *Free Solo* won an Oscar in 2019 in which film category?
2. Who was the first person to free the nose of El Capitan?
3. Which Victorian crag has the crack line *Where Angels Fear to Tread*?
4. The Grampians is predominantly what type of rock?
5. What year did Australia's first rock climbing museum open?

Intermediate—2 points

6. What does RP stand for?
7. How many square kilometres are the climbing bans in Gariwerd / the Grampians?
8. What city has the world's tallest climbing wall?
9. Is *Punks in the Gym* the hardest climb at Mt Arapiles?
10. What is the name of the world's second 5.15d, recently completed by Alex Megos?

Advanced—3 points

11. Will sport climbing feature in the (postponed) 2020 Paralympics?
12. What US mountain has a voluntary ban on climbing during June?
13. Who was the first Australian to climb 5.14d / 35?
14. What's Australia's longest climb?
15. Who invented the modern climbing shoe?

Answers on p41

TRAINING

DURING LOCKDOWN

It's tough being a climber in Victoria right now, especially in Melbourne. As lockdown drags on and we realise that COVID-19 is not going away anytime soon, life starts to look very different than it did at the beginning of the year.

Priorities have shifted; plans have changed. Connecting with the people we care about has moved largely online. Time has taken on a surreal quality: for some, there's simply not enough time in the day, as work, home schooling and childcare are simultaneously juggled; for others, especially those living alone, there's too much time.

For most of us, climbing has been shelved, eroding the physical and mental benefits we rely on. Training and goal setting have also radically changed, bringing a host of new challenges. Just as prioritising Zoom chat-ups with your mates can require a major head-shift when what you're really craving is physical interaction, so can prioritising training take a shift in perspective when all you want to do is go to the gym or get out on the rock. So what are the challenges to training and how can we address them?

Obviously access to equipment and space to workout are biggies. Some

people have a home woody, others a hangboard, free weights or a pull-up bar, while others still are relying on body weight resistance.

Training guru and Olympic coach Duncan Brown recommends taking stock of your assets—whether that's access to local crags, or a hangboard and yoga mat at home—and looking at the positives of what those assets can provide you, then making a plan that takes advantage of what you do have, rather than lamenting what you don't.

'Planning for the long term—next year instead of next month—and keeping positive about what you do have is going to help you stay focused, stay structured, and importantly stay motivated.'

It's something elite athlete Campbell Harrison has more riding on than most. Before lockdown, he was at the climbing gym once or twice a day, most days of the week. Now he's mostly restricted to a set of weights and a hangboard in his apartment.

'The pandemic obviously threw a huge spanner in my year. A lot of my goals were going to be determined by our Olympic selection event that was to be held in March, which was ultimately postponed to this



Photo: Francesco Vicenzi

December. The World Cup season has effectively been cancelled for those of us outside of Europe, so I have found myself at home trying to maintain my form and make small gains wherever I can. Not having regular access to a wall can feel like a huge hindrance at times, but it's forced me to get creative with my training.'

Campbell says that normally his climbing schedule allows for freedom in what he decides to climb on any given day, so he tries to allow for some of that freedom in his lockdown regime by testing out new exercises and trying to come up with his own.

Another way of overcoming limited access to equipment is to shift the focus of your training. It's an

approach favoured by Northside Boulders' Climb Mechanics, formed by trainers Justin Foo, Garry Williams and Hakan Akkus during the first lockdown as a way of sharing training ideas and videos that encourage more nuanced ways of improving your climbing.

For example, you could use lockdown to work on antagonistic muscles, cardio or flexibility. Coach Garry is using the time to improve shoulder mobility, aiming towards getting his hands to touch behind his back (cow pose in yoga). Doing a little bit every day will add up over the weeks.

Justin says that many of us intend to prioritise these types of training but don't, because we're too busy

doing our favourite routes at the gym or going to the crag. Ironically, now that climbing's not getting in the way of training, we're likely to see real progress in these areas.

Climb Mechanics are producing a series of 'coffee-table chats' and one of their recent discussions was about finding the motivation to train and goal-set during lockdown. (Highly recommended viewing.) When it comes to equipment, Garry points out that you don't really need much to make gains. One of the biggest challenges we're facing is motivation.

Justin agrees. While it's not an issue for his clients—he tells me that most have come to him with clear goals, such as improving finger strength or fixing muscle imbalances—he makes no secret of personally struggling to stay motivated. Partly it's because he's been so busy and partly it's the uncertainty created by COVID-19, of not knowing what's going to happen at the end of this lockdown.

Justin also believes that for many climbers the closures in the Grampians will be affecting motivation levels. 'I think many people will be feeling very deflated in light of the recent news regarding the closures at our favourite crag,' he says. 'We are all watching that space, understandably nervously as there doesn't seem to be a light at the end of the tunnel.'

Garry says there have been times during lockdown when he felt

unmotivated too, recognising it was because he was tired and needed a break. Watching Alex Megos's recent first ascent of Bibliographie—the world's second 5.15d—helped him to get some psyche back. 'I thought, what if I could do that one day? Why not dream big? I had to imagine all the steps along the way, all the intermediate goals. And that dream was enough to trigger me to take those extra little steps... If I'm going to get there before I'm a hundred, then I'd better start now. So I guess today's the day.'

Long-term planning—also recommended by Duncan Brown—is likely to prove critical as the uncertainty of the pandemic continues. During the first lockdown, many of us were able to just push through because we saw it as a short-term, necessary inconvenience. The second lockdown, with its more severe restrictions, has amped up the challenges.

Climbing Mechanics suggest keeping projects in mind and breaking goals down into manageable chunks. For example, Garry made a few trips to the Grampians before the second lockdown started and 'opened an account' on a lot of projects (ones more immediate than Bibliographie) to 'just start and see where I'm at and then train and come back with more realistic abilities'.

Working Magician's Code, a boulder problem with a dyno crux, he was able to spot his weaknesses and

is now training to improve them. 'I've been doing big throws on the moonboard and learning how to be more brave. The projects are there, and I know I need to get stronger, and that motivates me to get training goals. So I'm like, this is how strong I want to be on the Beastmaker... Every time I go to my doorframe to do some training, I know what I'm training for.'

Liam Atkins, an Accredited Exercise Scientist who is studying a Masters in Exercise Physiology, says that there's a number of well-researched techniques to help you keep training once you've planned and goal set, such as self-monitoring, feedback and social support.

Self-monitoring can include logging your training in a diary or calendar; feedback could be using a pedometer, app or timer on a hangboard, or engaging the services of a mentor or personal trainer. Social support might be joining an online class or getting your friends involved by arranging a workout partner to train with online.

During the first lockdown trainers at Urban Climb created the Urban Climb Training Community, a centralised online space to share training resources. The goal was simple: keep everyone connected, motivated to train, and provide the resources to do so. (They've since released this content for everyone to use.) By training together like this, we can 'see' our friends,

lessen the boredom that can come with repetitious activity, and keep ourselves accountable.

If you're training alone, schedule it into your day, rather than trying to squeeze it in. Trainers stress that you only have to do quite short sessions to see gains—even 15 or 20 minutes a day will add up. That's encouraging for those of us struggling to fit everything into the time we have available.

Justin emphasises the importance of sticking with a training program and having faith in the process. Often it can take a few weeks to see results and if you 'program hop' you're likely to become disheartened. Similarly, setting realistic goals is important to your sense of achievement. He says, 'Improving a little is probably better for the longevity of your climbing.' If you set big goals within a small timeframe and don't achieve, mentally you'll get a much harder knock.

For those climbers who have an excessive amount of time on their hands, it's important not to overtrain and potentially injure yourself, especially if you're new to hangboarding. 'The worst thing you can do is get injured at this time,' says Hakan from Climbing Mechanics. 'Obviously the hangboard is much more intense than the gym, so you've got to be careful.' (See our article on Hangboarding in this issue.)

The intensity that tools such as

hangboards provide may prove to be a silver lining of lockdown. Interestingly, climbing trainers in the UK reported an unexpected benefit of being cooped up: most if not all of their clients made significant gains once they resumed climbing. The reasons were three-fold. Some clients rested, which allowed for much-needed recovery. Many varied their usual training regime, a technique proven to facilitate improvement. And most shifted to high-intensity training, resulting in significant strength gains.

Are we likely to see the same gains here? Duncan, Campbell and Justin all agree it's possible.

Duncan says that learning how best to use a hangboard can lead to dramatic changes in intermediate-to-upper-intermediate-level climbers. 'Finger strength is hugely important in climbing, obviously, and even if that is all you can train at the moment, then train it intelligently and you will see great effects on your climbing later. I mean, no one has ever complained that their fingers were too strong, right?'

Justin says the premise that you need a climbing gym as a means to get stronger is a wobbly one. 'Yes, you do need to climb to get better at climbing, but to get significant gains in terms of finger strength or muscular strength, a sound training program that focuses on progressive overload should be your primary concern.

'With the recent restrictions, people are now suddenly sticking to their programs without the distraction of climbing. It's not at all surprising to see people come out the other end much stronger than before. Sure, they might be a bit rusty with their movement and their footwork might not be all that great at the start, but the muscle memory will kick back in soon enough and they'll be able to reap the rewards of the strength that they have gained during lockdown.'

Liam points out that, before climbing gyms were commonplace in seasonal climates, there were many stories of climbers hunkering down with nothing but a hangboard over winter, and sending their hardest come spring. (Here's hoping!)

It's worth noting that [the UK Climbing article](#) interviewed predominantly personal trainers, enlisted by climbers. We all know that we tend to prioritise something we pay for. What about climbers who went it alone during overseas lockdowns?

On Reddit climbing forums, many climbers lamented a complete lack of psyche post-lockdown, which distressed them. When once they lived for climbing, now they were struggling to even get to the gym or the crag, for reasons including climbing's importance paling in the face of a global pandemic, fear of catching COVID-19, and the difficulty of accepting where their abilities were at after a big break.

Justin sums it up when he says, 'We are in unprecedented times and none of us actually have a blueprint on how to deal with what we are going through now.'

With the stresses we're currently facing, all of the trainers emphasised the need to be kind to yourself.

'Maybe think of training as therapeutic rather than ambitious,' says Garry. 'Just putting it in the bank: 20 minutes of hangs that are easy, you get a really gentle pump and you feel good.'

Justin says, 'Setting goals is important at this time just to keep sane, but it's also not the end of the world if you know that you're not taking the necessary steps or not performing 100 per cent, especially in situations like these when you can't even get out of the house.'

Campbell acknowledges the difficulties too. 'Honestly, it's really hard. I spent the better half of the first lockdown feeling completely stuck. First and foremost, I think we have to be forgiving of ourselves when we fall short of our lockdown goals. But when the motivation is there, getting creative by coming up with new and interesting ways to stay in shape is key.'

Liam says, 'I started off well, training two-to-three times per week with a minimalist home set-up, however after about eight weeks this transitioned into regular, socially-

distanced cycling with a friend. I found the cycling and the social aspect really good for my mental health, so this is where I've been putting my energy. I'm just starting to reincorporate smaller strength sessions where I can to maintain some strength.'

He says it's important to move your body in ways that you enjoy. 'I think it's especially important to take care of your mental wellbeing alongside your physical wellbeing. If you enjoy what you're doing, you'll be more likely to stick to it and reap the benefits of exercise long-term.'

Duncan also says the most important thing we could do at this time is look after our mental health. 'A healthy mind will be able to train and recover better than one that is busy dealing with the troubles of the world. So be kind to yourself, talk to your friends, reach out to people to help or be helped, and together we can all see this through and come out the other side healthy, happy and climbing better than ever.'

Leigh Hopkinson

Duncan Brown—[Athlete by Choice](#)

Campbell Harrison—

[@campbell_harrison547](#)

Justin Foo—[Justin Foo PT](#)

Climb Mechanics—

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Liam Atkins—

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Hangboard Training

for Intermediate and Mature Climbers

During this latest COVID-19 lockdown, the gyms are closed and training options limited to what we can do at home. Those of us without a home woody are left with improvised strength programs, and cardio workouts restricted to an hour outdoors. There's quite a bit of information out there if you're interested in basic home strength workouts, with or without free weights. This article addresses hangboarding during lockdown—climbing-specific training.

If you've already been climbing solidly for one to two years, and you're currently free from injury, then it's time to consider using a hangboard or equivalent. This is the training designed to get you stronger, particularly the fingers. Oh, you don't have a hangboard in lockdown? No problem, you can use any horizontal edge. I used a doorframe architrave for many years. It's about the right height for me and did the job. An older house tends to have edges that are more rounded/ergonomic too. Or screw an appropriate piece of wood onto something structurally sound and you're away. Let the training (and the boredom) begin.

Prerequisites should include general all-round fitness and a degree of muscle development and basic strength. You don't need to be able to do a dozen chin-ups or push-ups to start hangboarding, but be careful. It can be intensive training and you need a base level of fitness and climbing background to undertake hangboarding safely. Don't try hangboarding if you already have pre-existing shoulder, elbow or finger injuries.

So what is hangboarding? Basically any training that involve static hangs from a smallish edge. You don't pull up, like classic pull-ups—you just hang from the holds and lift your feet off the ground. If that basic hang is too difficult, then you're not ready to be doing this type of training.

Again, there are plenty of programs for training with hangboards. The manufacturers have websites with programs and apps. Books and the internet have some great offerings too. In this article, I'm only going to cover one type of training on the hangboard: repeaters. It's not the best protocol for advanced climbers, but it's the safest way to specifically improve your finger strength, in my opinion. Intermediate and mature climbers should be adhering to principle #1 at all times. And that is to avoid injury! It's no good training to get stronger fingers and ending up getting injured in the process. Repeaters on a hangboard can produce stronger fingers in the safest way.

Warm-up

The warm-up for hangboarding is the most important step to avoid injury, so don't rush it. Some cardio to increase your heartrate and warm-up the bigger muscle groups is required. Once you've got yourself ready, then some 'scapula shrugs' are needed. These can be done using the hangboard, a chin-up bar or a door frame. The aim is to hang with some weight on your slightly bent arms, but not full body weight. Keep your feet on the ground or on something to allow you to reach the bar. These small shrugs are designed to engage your scapula. If you learn something from this article, it is that engaging your shoulder blades is an important skill. You engage and pull your scapula/shoulder blades downwards and inwards. It's a tiny movement, but it's important. Think shoulders down and chest out. Do ten of these. Then have a short rest and repeat with a bit more weight on your arms. Rest and repeat with more weight. This downward-and-inward movement of your shoulder blades is what you want to be doing at all times when you're hangboarding.

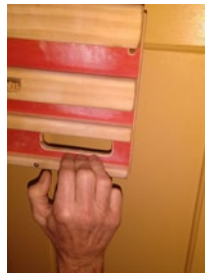
Now you're ready for some pulling with the larger muscles. Focusing on the scapula engagement, do some chin-ups or partial chin-ups. Use the big holds on the hangboard if you've got one. You're the best judge of your body, so you'll know when you're ready.

Grip position

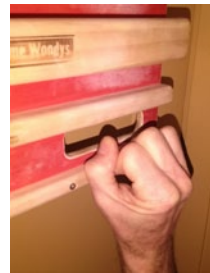
The preferred grips for hangboarding are the open hand and the half crimp. Using the full crimp, with or without the thumb, is not recommended. It places way too much stress on the tendons and you risk injury. Many climbers already have a strong crimp, but are relatively weaker when using the open hand grip. Think slopers. So there are more gains to be made in training the open hand grip.



Open hand



Half crimp



Full crimp, with or without thumb



The business

Repeaters are so named because you hang for 7 seconds and rest for 3 seconds, then repeat! Easy! If that's too difficult initially, hang for 5 seconds and rest for 5 seconds.

One set is usually 6 of these hang/rest intervals and will take one minute. Rest for 3 minutes and then do another set.

The basic program would be to do somewhere between 6 and 12 sets of these repeaters. Build up the number of sets as you get stronger and gain confidence. Each set and rest takes 4 minutes. So after your warm-up, the 'business' is over quite quickly! The beauty of hangboarding is that your progress is measureable.



Michael on his Awesome Woodys hangboard, showing set-up and hanging position

When you're hanging, it's also good to lift your knees up a bit. It helps to engage your core.

If you have a hangboard, then vary the holds that you use. Do 2 sets using one type of holds and then change holds. I use the bigger holds initially and then progressively use smaller holds and pockets. The first couple of sessions will enable you to explore which holds/pockets are easier for you. Try three-finger pockets and then move to the two-finger pockets. With the two-finger pockets you get to use both 'pairs' of fingers. (Pointer and middle; middle and ring.)

If you don't have a hangboard, then you are using a doorframe architrave or another rail. You can vary the difficulty by varying the grip that you use and how many fingers. I used a doorframe for training many years ago and it does produce finger strength gains.

How to time the hangs

Using your phone/clock within sight is an option to assist, but the counting is fraught! By far the easiest option is to download an app. There are a number of free apps for both Android and iPhones that make interval training easy. I use Tabata Timer on my Android. The app has a visual count as well as

sounds and keeps track of your hangs and sets. It means that you can focus on the actual hangs, not the time or counting.

Difficulty progression

Options to make it more difficult include doing more sets and using smaller holds. But the most effective progression is achieved by adding some weight. Put on your climbing harness—or a mate's if you're a boulderer—and use a sling to attach something to make you heavier. Adding one to five kilograms should be enough to make the repeaters more challenging. The added bonus of experiencing the extra challenge of 2 kilograms is that you might think twice about that second helping of dinner or dessert! The effect of extra weight is quite measureable from a climbing point of view. It's stark when you hangboard over an 8-week cycle.

Warnings

Don't overdo it! Always warm up thoroughly and stop if there is any finger, elbow or shoulder pain. Hangboarding has caused a huge number of injuries in climbers. Stay with 'repeaters' and be careful. Use your scapula/shoulder blades correctly. Keep your arms slightly bent—don't hang on your ligaments with straight arms.

Motivation

Hangboard training is boring, tedious and soul destroying. Be warned. The benefits in finger strength are worth the effort, but are only seen on rock in the future. In the case of Melbourne's lockdown 2.0, possibly very far in the future. The easiest way to stay motivated is to keep detailed records of your hangboard training. Write down the holds and grips that you've used, as well as the added weight. Also record which hangs you failed on. Your improvement will be there for you to see as you train. So put on some music and hang!

How often?

This is a tough question. I normally would use a hangboard with repeaters once a week for 5 or 6 weeks. Then I would have made gains and give my body a break. But during these COVID times without gym climbing, I would be prepared to use the hangboard twice a week. But be careful. Listen to your body. Overtraining may be obvious in your performance, or more likely it will appear in sore fingers or elbows. If you're only just starting, then once a week for your first cycle.

When the gyms open up and you can climb again, continue to be careful with your hangboarding. It shouldn't be done after a climbing session. Mind you, you wouldn't know that if you frequent the gyms! Hangboarding is the main

game of your session. Sure, warm up by climbing, but don't think that it's safe to hangboard after a whole session. Your body will object. Just warm up, hang and then go home.

More information

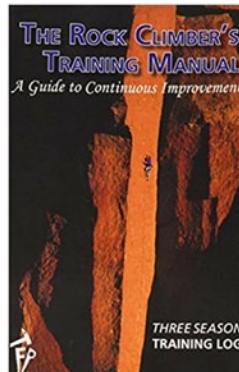
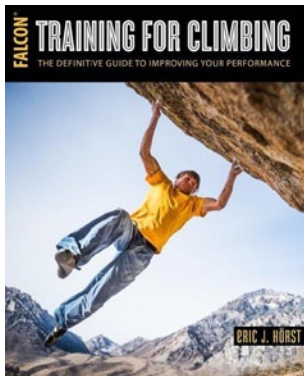
Here are the two most useful resources that I've used when planning my hangboarding training. Certainly worth reading before you start.

Training for Climbing Eric Horst

His [website](#) is extensive and well organised. Eric has been training climbers and writing books for decades. Highly recommended.

Rock Climber's Training Manual Mike and Mark Anderson

Again, their [website](#) and blog are detailed and easy to use.



Michael O'Reilly

Disclaimer:

Michael O'Reilly is a 'mature climber' who has been climbing for 35 years. He is a retired Maths teacher, not an exercise physiologist, physiotherapist or a gym instructor. He's not a climbing instructor. But he is a passionate climber and has continued to push his body in trying to get up climbs that seemed too hard for him. It works sometimes. Michael works hard to avoid injuries that stop him from climbing. He recommends seeking professional advice if you're not sure about hangboarding.



Turning Points

Geoff Gledhill recalls climbing the Comici-Dimai, on the north face of the Cima Grande in the Dolomites, years after he thought he had it in him.

After an ascent of the Spigolo Giallo (Yellow Edge), my Austrian friend Victor and I returned to the car and discussed where to spend the night before climbing the Comici-Dimai. I favoured the Lavaredo Hut, while Victor was keen to bivi. Victor insisted he had enough food for us both, so bivi it was.

After packing our bags, Victor consulted his late father's guidebook, then cut a page out of his modern select guide containing the route description to take with us, and we set off for the meadow beneath Sasso di Landro.

As I settled into my sleeping bag, with the excitement and anxiety of the big day to follow, I began reflecting on the events that had brought me to this place.

I first became aware of the Tre Cime in the late 1960s, when many of the VCC's more active members headed off to Europe. Mike Stone and Ian Guild were in the first wave and Chris Baxter followed shortly after. It was not long before stories of their exploits, both triumphs and tragedies, began to appear in the *Argus*.

My first visit to the area came twenty years later during a business trip to Italy, when a long weekend enabled me to get away. I was mightily impressed with what I saw, but considered myself over the hill for any serious climbing there.

Another twenty years passed before I met Victor at Mt Arapiles. By then I was in my mid-forties. The summer after that, a young Italian couple from Dobbiaco came to Arapiles and convinced me to pay them a visit as they lived near the Tre Cime. So here I was.

Victor and I were up at first light and, after a hasty breakfast, hid the bivi gear in the bushes and headed off through the frost to begin our adventure. The wisdom of biviing and making an early start soon became apparent, as another party approached us across the scree from the direction of the Forcella Lavaredo.

As I started up the first pitch chunks of ice were falling from near the summit, but fortunately hit the screes well out from the cliff base. At the belay my hands were very cold, but Victor was fine, and set off up a steep dark wall with a quick hoik on a long sling attached to something rusty. We were really on our way, and had no need to resort to any more aid for the rest of the climb.

Many beautiful pitches followed, with nice cracks and shallow corners, at around grade 17 with the occasional grade 19 move. The other party were climbing the Demuth Arete on the Cima Ovest, and it was satisfying to see that we were gaining height at the same rate as them, theirs being an easier and less steep climb.



Cima Grande: the route follows the dark streaks on the yellow wall on the RHS of the face

My most vivid recollection of this section of the wall was belaying Victor off a stance the width of a brick, with the rope dangling down in a great loop, the bottom of which was well clear of the rock.

We stopped for lunch at the ledges at the top of the steep climbing, then Victor started up the chimneys that led to a large overhang. A little later I heard a shout of alarm as a volley of stones rattled down, knocking some rope off the ledge. Fortunately neither of us was hit, and the rope was unharmed.

The chimneys were pretty wet, and I found the narrow sections easier to negotiate with the pack hanging from my harness. Next came the big roof, and negotiating it involved a delicate traverse across its lip with fingers



Above: the north faces of the Tre Cime; below: Cima Piccola with the Yellow Edge climb (LHS)

groping for invisible side pulls, one manky peg for protection, and an uninterrupted view of the screes 400m below!

A couple of easy pitches followed and then we were at the ring band, which marked our exit from the face. This involved an airy scary traverse to the descent route. After an uneventful descent, we went around to retrieve our bivvi gear then headed down to Dobbiaco for a celebratory pizza and beer.

The Comici-Dimai was a break-through route in its day (1933). To put it into perspective, it was done a mere fifteen years after the area was a Great War battlefield, and Joe Brown was three years old. I have been on bigger climbs and steeper climbs, but never one as big and steep as that.



This climb was pivotal for me because it made me realise I still had some good climbing left in me. It set me up for some great adventures over the next twelve years, with hopefully more to come.



YOUNG CLIFFHANGERS

Keep Calm and Carry On: Powerful mental health strategies for young climbers in lockdown

Based on techniques shared by one of Australia's best known psychologists

For many of us in Melbourne, this second lockdown has been excruciating. Far tougher than the first. Feelings of frustration, anxiety and isolation have become a normal part of our lives. Add to that, our young climbers are desperately missing climbing, and not just the physical side of it. The social aspect, the feelings of self-worth and accomplishment, the challenges—all such big parts of a young climber's life.

For young climbers, this may show up through:

- Wanting our attention (so much it can become unbearable) or the opposite
- Lack of motivation to do activities they usually love
- Tiredness and poor sleep
- Anger, rudeness, talkback, defiance
- Worry, sadness, frustration, anxiety, depression
- Not caring about following instructions
- Tantrums (in primary school kids).

This can be tough to deal with, especially when we, as parents, are facing similar frustrations and feelings of isolation.

Recently I attended an online session: *Managing the Coronacoaster—Tips for building resilient families*. It was run by one of Australia's highest profile psychologists, Michael Carr-Greg, invited by the Department of Education and Training. I came across Michael when I worked at the Mental Health Professionals Network. He stood out as a psychologist with an incredible amount of experience, who genuinely cares about helping kids and teens—and shares his knowledge in an approachable way.

This piece shares the tips and resources I found useful during the session—tips that may be helpful for young climbers and us, their parents.

You'll discover:

- How to build resilient kids and teens
- 3 good sleep habits
- 4 powerful techniques for young climbers to cultivate calm amidst turmoil
- Techniques for kids
- Techniques for teens
- 3 free apps for nurturing our young climbers (and parents).

Amongst it all, I've added my ideas and experiences that can help make these tips and techniques work even better for your young climbers.

Let's dig in.

Building resilient kids and teens

Michael spoke about the characteristics of resilience and what can help build it in our kids:

- Charismatic adult: to help them feel safe, valued, and listened to.
- Spark: find what ignites their passion, for instance, art, music, drama, sport.
- Spirituality: what can help them find meaning? Not necessarily religious.
- Sleep: create good sleeping habits.
- Exercise: do 60 minutes of medium-to-high intensity exercise.
- Structure: routine can provide meaning to each day through the reassurance of knowing what to expect.
- Quality content: stress less about screen time—focus on quality.

Exercise

I've spoken to other climbing families over the past few months and their kids enjoy using scooters, bikes, ball sports in the backyard, mini gym workouts, boxing training, gym rings, parallettes, and doorway chin-up bars.

'They're always climbing,' Annette Lion says of her daughters. 'They're making bouldering problems up the stairs and walls.' Annette is the mum



Photo: [Baudesign](#)

of girls Kira and Mikaia who climb in Hardrock in Nunawading and in competition (featured in the May issue of the *Argus*).

Quality content

Don't worry about screen time as much as usual. Instead, encourage your kids to spend time on quality content, for instance spending an hour on Facetime with their grandparents or playing Minecraft with their friends.

3 good sleep habits for every young climber (and parent)

- Create a dark environment
- Switch off blue screens (eg. iPads, TVs) at least 30 minutes before bed
- Maintain a comfortable temperature—around 20 degrees is ideal.

4 powerful techniques for young climbers to cultivate calm amidst turmoil

- Write a worry list: a great way to get their worries off their chest.
- Deep breathing: breathe in for 4, breathe out for 4 to help them relax—an excellent technique to take back to the walls.
- Colouring books: a proven way to settle their fight or flight response (stress reaction).
- [The Brave Program](#): Free online self-help course for anxious kids and teens to do with parents at home (created by Beyond Blue and the University of Queensland).

Techniques for young children

- Create structure and routine
- Clearly define behaviour you expect from them
- Praise their efforts, especially little kids
- Remove distractions
- Learn together: do activities such as write, draw, take photos, share fun facts.

Young children may find joy and be more enthusiastic about doing activities together. This is what we've found helpful with my 7-year-old. She misses her friends and is clingier toward us. She loves spending time on fun activities such as writing dad jokes and painting by numbers.

Techniques for teens

- Get good sleep
- Eat well
- Encourage exercise
- Schedule: having activities at the same time and same place each day and week

- Spend more time on subjects they enjoy: perhaps they could watch climbing competition videos or movies such as Free Solo to keep inspired about climbing
- Drink plenty of water: their brain needs it and it helps to maintain motivation.

3 free apps for nurturing our young climbers (and parents)

[3 Good Things: A Happiness Journal](#)

It's been shown that if you write down three good things that happen to you every day, your happiness and positivity increase. A great practice that can help with situations such as competition climbing.

[ReachOut Breathe](#)

Helps with stress and anxiety by slowing down breathing and heart rate with an iPhone or Apple watch. This awareness can help young climbers improve how they get through cruxes.

[Smiling Mind:](#)

Practise daily meditation and mindfulness exercises from any device. A unique tool developed by psychologists and educators. This will help to calm your young climber's mind and to find perspective—helpful when projecting climbs.

Summary

This situation is tough for our young climbers—and tough for us as parents. However, this is a great opportunity to form deeper relationships with our kids, and discover how we can nurture them and ourselves more during this time.

Today you've learnt a few proven, powerful techniques, tips, and resources to nurture resilience and calm in your young kids, teens, and yourself. Not just during lockdown.

Give them a go.

Cynthia Marinakos

NEW ROUTES AND BETA

Mt Arapiles

Comic Strip Wall

The following three climbs are on the upper part of Comic Strip Wall, right of Slime Time, etc. Easiest approach is via the Skyline Trail, skirting around the upper end of the gully and abseiling in.

Ginger Meggs 20m 12

Start at a short right-facing corner. Up corner, step right and follow right-trending weakness, then straight up centre of headwall via an oval-shaped patch of pale rock.

First ascent: Keith Lockwood, Geoff 'Viking' Lierse, 30/7/20

Saltbush Bill 20m 10

Starts right of Ginger Meggs, where the gully narrows. Bridge up smooth wall to jugs, continue up clean headwall on the left, past a 'rhino horn' jug (just left of the black streak).

First ascent: Keith Lockwood, Geoff 'Viking' Lierse, 30/7/20

Ettamogah Pub 20m 11

Up steeply 3m right of Saltbush Bill. Move left on a row of jugs, then up easy headwall.

First ascent: Keith Lockwood, Geoff 'Viking' Lierse, 30/7/20

King Rat Gully—Rock Bottom

Bum Steer 15m 12

This is the second route on the lump of rock behind Bum Rock, near the bottom of King Rat Gully. Climb the slab right of Back Passage to the overlap/corner. Swing left onto ledge then continue up wall, finishing via the right-hand of parallel seams.

First ascent: Keith Lockwood, Ray Lassman, Geoff 'Viking' Lierse, 24/7/20

King Rat Gully—Slander Wall area

Claptrap 45m 11

Completes a perilous trilogy—it's the wall right of Mouse Trap and Rat Trap.

To the right of Claptrap is a prominent easy corner system which could well be the long-lost climb Prairie. Scramble to top of the Chubby Like Chris Speedy Lou wall to start. A juggy grey rib followed by a steep wall lead to a horizontal orange overlap topped by a distinctive slab. Step left and broach the overlap via a shallow square grey groove. Finish up wall above slab.

First ascent: Keith Lockwood, Ray Lassman, Geoff 'Viking' Lierse, 24/7/20

Dead-point Wall

Point of Order 45m 12

Completes a cluster of three parallel lines. By the way, the right-hand line—Chris Baxter's old route Point the Bone—is quite a nice climb. Point of Order is the line between Dead Reckoning (*Argus* February 2020) and Point the Bone. Follow the line about 1.5 metres right of Dead Reckoning. Halfway up there is a slab move, which is to the right of Dead Reckoning's nose.

First ascent: Keith Lockwood, Geoff 'Viking' Lierse, 14/7/20

Campbell's Kingdom

Vintage Club 32m 13

Nod and Ray, who independently pioneered Campbell's Kingdom 53 years ago, finally got together on the cliff this year—hence the name. Vintage Club takes the right-facing corner system between Benign and Sporus.

1. 16m—Groove to corner and so to ledge.
2. 16m—Climb up and step left past wedged block into the narrow vertical corner which is followed to the left side of orange rooflet. Step left to finish.

First ascent: Keith Lockwood and Ray Lassman, 29/5/20

*Note: A nice easy journey (about grade 8) is to do the first pitch of Vintage Club and the second pitch of Sporus.

Poppaea 17m 11

An alternative second pitch to Sporus. From the belay ledge, climb the line immediately right of Sporus's second pitch V-chimney.

First ascent: Keith Lockwood, Norm Booth, 23/5/20

*Note: This was probably the second ascent of Sporus, 53 years after Nod and Muz (Murray Taylor) did the first ascent as boys in sandals and a few slings. It was graded in ignorance Mild Severe (loosely translated as grade 8), but this time it felt more like about 14. Must be getting old.

Hard but Fair 30m 14

Nothing to write home about. The right-facing corner just left of Sundowner, continuing via the left-facing line above.

First ascent: Keith Lockwood, Norm Booth, 24/6/20

Spread Eagle 45m 16

Interesting moves on some of the best rock at Campbell's Kingdom. Scramble up the ramp left of Soft Centre to the central, right-facing corner.

1. 25m—The short corner, then balance right to the seam which is followed to the big ledge.
2. 20m—Spectacular bridging up the major right-facing corner.

First ascent: Keith Lockwood, Geoff 'Viking' Lierse, 19/6/20

Horse Feathers 45m 16

More interesting moves. Takes the line right of Spread Eagle.

1. 25m—Follow the right-facing corner system, which features a curvy little crux halfway up.
2. 20m—Steepish wall leads to a narrow corner on the right arete of the Spread Eagle corner.

First ascent: Keith Lockwood, Geoff 'Viking' Lierse, alternate leads, 7/7/20

Toe the Line 45m 19

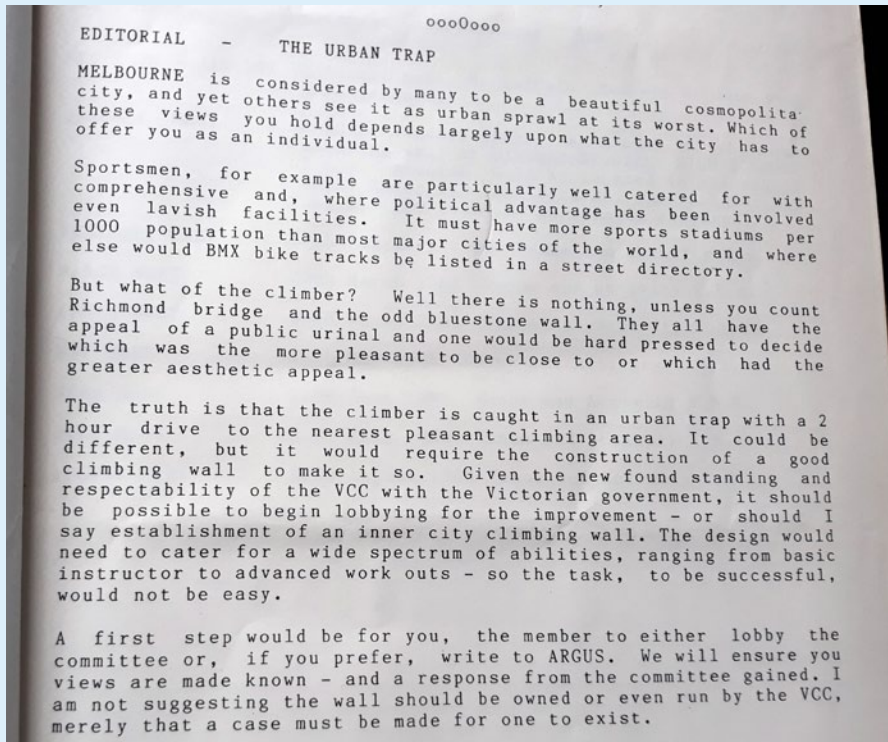
Worthy companion to nearby Coeur de Lion. Gets harder and better the higher you go. It's the line between Snorkler and Mr Crab, featuring an impressive clean headwall.

1. 30m—Up line to the bulge at 15m, step right 1m and up to a block in the little corner. Straight on up thinning line to the blank wall. Step right to a good belay.
2. 15m—Thin moves up the blank slabby wall lead to the glorious open groove above.

First ascent: Keith Lockwood, Glenn Tempest, alternate leads, 21/5/20

FlashBACK

to the November '85 issue of the *Argus*, when not being able to climb in Melbourne was a different problem entirely...



Super Quiz! Answers

1. Documentary Feature; 2. Lynn Hill; 3. Mt Buffalo; 4. Sandstone; 5. 2019; 6. Roland Pauligk; 7. 551 square kilometres; 8. Copenhagen; 9. No—Somalia and Punks Addiction are both graded 33, Punks in the Gym is 32; 10. Bibliographie; 11. No—it will feature in the Olympics, but not the Paralympics; 12. Devils Tower; 13. Tom O'Halloran (Baker's Dozen in the Blue Mountains); 14. Red Tide (1000m grade 18 traverse in the North Grampians, FA by Steve Toal and Martin Jackson in 2013); 15. Heinz Mariacher.

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Show your VCC Membership Card to obtain discounts
Call the online retailers before ordering*

GOAT OF THE MONTH!

This is a thing. Indoor Goat Yoga (as opposed to Outdoor Goat Yoga).



Photos: Cliveden.org

Yes it's Happening! Virtually coming to
a room, any room near you.



This is also a thing. Goatfest is back and it's going virtual!
Short films—15 mins or less
For more info: goatfestnatimuk@gmail.com or Goatfest Facebook