

Runout

Newsletter of the Canberra Climbers Association Inc.

February

2006

Issue 5

www.canberraclimbing.com



**Training for Alpine Climbing
New Routes
Product Recalls
Dangers of Cross Loading
Kyajo Ri Expedition Summary**

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Special Thanks

Thanks to all the people who have helped in the production and supplied material for the use in Issue 5 of Runout including Zac Zaharias, Ken McKeon, Hatice Sitiki, Max Fourman, Gemma Woldendorp, and Armando Corvini.

Contributions

RUNOUT is the official newsletter of the Canberra Climbers Association Inc. (CCA).

Please feel free to submit any material concerning the Canberra region climbing community. New route descriptions, access issues, updates to the Canberra Granite Guide, trip reports and tall yarns and self discoveries, are most welcome.

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Cover Photo

(Betsy Adams playing 'Possum' (13), South Buttress, Booroomba 8 May 2005)

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Editorial

There have been a few complaints on the CCA Web Forum that the Climbing and Bouldering Guides have not been updated as regularly as they would like. Remember if you want the guides updated, you have several options : -

1. Complain on the Web Forums.
2. Complain to your mates at they gym.
3. Email the guide maintainer or CCA with the new information. The Tuross, Nerriga, Bittangabee & Green Cape Guides have email contacts included.
4. Make a post to the New Route Info Forum on the CCA Web site, to add new information or make a correction.
5. Offer to help maintain the guide if options 1 to 4 fail to get your name in lights.

Options 3, 4 & 5 will be significantly more productive.

The Nerriga and Bittangabee Guides have recently been updated and are available for download from the web site.

On Tuesday 7th February The National Library was a hive of activity, it was great to see upwards of 20 boulderers gracefully making their moves across the walls. It wasn't only the younger set displaying their talents with a couple of the boulderers making their FA's in the early 1970's. Keep on Keeping On!

Climb often and climb safely,

Dave Cameron
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President's Foreword

"The ACT has some unique climbing to offer, especially on the slabs of the North Buttress and Mt Scabby, in a glorious, un-spoilt bush setting. With outstanding frictional properties, the rock emphasises footwork, balance, and mind control rather than raw upper body strength." John Churchill and Mike Peck, ACT Granite 1987.

To many ACT climbers, Booroomba holds a special place within their hearts. January this year saw the 40th anniversary of the first ascent at Booroomba Rocks, the solo ascent of Aitchison's Needle (13), by Peter Aitchison. To commemorate this significant milestone a special evening will be hosted by the CCA on Wednesday 15 March from 7.45 pm at the YMCA Sailing Club on Alexandrina Drive, Yarralumla. Many of the early pioneers including John Armstrong, Tony Wood, Peter Cocker will be there to share an evening of adventure, story-telling along with a display of the climbing equipment and gear used during these early ascents.

In early December last year, the CCA jointly hosted Simon Carter's *World Climbing* book launch. The evening was a tremendous end to a successful year. Over 100 people were present and entertained by Simon's outstanding photographs from around the globe. The evening was also successful in raising \$129 towards the CCA bolting fund.

Access issues continued to dominate CCA Committee business. The biggest threats to Canberra climbing revolve around the proposed ban on any further bolting within the Namadgi National Park. Both the CCA and the Sydney Rockclimbing Club made lengthy submissions and it is hoped that the arguments presented by both Clubs can sway the Park administrators to change their views.

The CCA Bolting fund has been very successful with a significant amount of money raised. The Bolting Committee's priority for 2006 will be to make a start on the bolt replacement program. Consideration is being given to purchasing a suitable drill in order to facilitate this task. The Bolting Committee consisting of Justin Ryan, David Cameran, Jamie Valdivia and Steve Halpin would be pleased to hear from any member who wishes to assist with this mammoth task.

I look forward to seeing all of you at our 40th Anniversary celebrations on 15th March at Yarralumla YMCA Sailing Club.

Zac Zaharias
CCA President
Canberra.
zaharias@webone.com.au

If you want to view the submissions follow the links below to the CCA Web Site.

CCA Namadji POM Submission

www.canberraclimbing.com/pages/Submissions/CCA-Namadgi-Submission-Final.pdf

SRC Namadji POM Submission

www.canberraclimbing.com/pages/Submissions/SRC-Namadgi-Submission.pdf

CCA Blue Lake POM Submission

www.canberraclimbing.com/pages/Submissions/CCA-Blue-Lake-Submission.pdf

CCA Draft Bolting Policy

www.canberraclimbing.com/pages/Submissions/Draft-Bolting-Policy.pdf

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Warnings

Gibraltar Peak

Both the bolts on Get Your Motors Running (12) have seen better days. The first bolt is missing its hanger and the second is loose.

Booroomba

The fixed wire and aluminium hangered bolt on New Presence (25) should be backed up with a small Alien and RPs.

Next Meeting

Our next CCA meeting will be held on Wednesday March 15th at 7.30pm in the YMCA Sailing Club at Yarralumla Bay. We will meet in the downstairs meeting room, first room as you enter from the front door.

YMCA Sailing Club
Alexandrina Ave, Yarralumla.
(west from the junction with Hopetoun Circuit)
Canberra UBD Map 58 M11



Guest Speakers

Several of Canberra's the early climbers will display some of their memorabilia including photos, notes and log books as part of the 40th Anniversary of climbing at Booroomba.

Training for Alpine Climbing

by Max Fourman



The mighty Southern Alps, New Zealand.

Prominent are (from left to right): Mt Sefton, The Footstool, Mt La Perouse, Aoraki - Mt Cook and Mt Tasman

Expectations

Many people thinking about getting into Alpine Climbing don't quite know what to expect. This is especially true in Australia when our grandest peak has a 4 wheel drive track to the top. However there are alpine challenges in Australia and there are ways to prepare yourself for bigger expeditions. Most Australians will undertake their first serious Alpine expedition to New Zealand and usually during the summer season. The previous winter in Australia offers you many opportunities to develop your alpine skills and give you a head start.

So what is involved in alpine climbing in New Zealand? Firstly there is usually a horrific walk over chossy moraine, then a precarious weave through crevasses on a glacier. As your walk in will take some time, you will end up bivouacing or staying in a hut over night. The terrain will be varied and may consist of glaciers, rock, ice or snow. Each type of terrain will challenge you in very different ways, it's best to be prepared for all of them. How do you train for such varied terrains? Well, its easy and you can train right here in Australia!

Approaches

I won't tell you how to train, but I will advise doing some before you head overseas. In Australia we just don't have the same height gains as in New Zealand. As hiking uphill is 90 per cent of mountaineering I would emphasise that you to hike up hill, preferably with a heavy pack. Most mountaineering books I have read, advise that 300m uphill an hour is a good pace. My advice is to aim for 500m an hour comfortably without killing yourself. Remember that days walking up to 2000m of altitude are not uncommon in New Zealand.

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Crevasses

You can learn crevasse rescue at any climbing wall or cliff. Self rescue skills from crag climbing will help here. Find an alpine climbing book or instructor. Teach yourself how to haul. Learn how to prussic, with one cord only, with a variety of set-ups and with a minimum of gear. You can even practise using snow stakes in the ground (good earth is as solid as any snow) but do it all with a bomber backup anchor. If you are taking a course in New Zealand, it makes sense to learn crevasse rescue before you arrive, otherwise you're wasting your \$400 dollars a day sitting in crevasses when you could be climbing peaks. Obviously we don't have crevasses in Australia, but large snow banks and cornices can be found to practice on. Don't throw your buddy over the edge, instead use a weighted pack. The Kosciuszko cornice is quite suitable to learn rescue skills.



Bivouac

You can learn all the aspects of living in the cold in Australia. You really don't need to take much gear if you are sleeping in the NZ alpine huts as they are much cosier than those in Australia. It is also worth learning how to bivouac. I don't like using tents as they are heavy and they blow away in high winds. Always aim to minimize how much stuff you have to carry. Also remember that:

- If you sleep in all your clothes, you'll need a lighter sleeping bag.
- Down sleeping bags are lighter but they are useless if they get wet.
- Eating utensils need to be light. Learn to survive with one pot and a spoon.
- Think of recipes that only require you add water.
- Test out your clothing, especially your gloves against cold weather.
- Your windshirt (such as Marmot drielime) can be worn in many temperatures to minimise several clothes layering.
- A synthetic belay jacket can be worn over everything else.
- Don't wear down. It gets wet and you get cold.

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Alpine Rock

Most mountaineers invariably have a rock climbing or hiking background. These skills will hold you in good stead. Crag climbers will find their climbing skills particularly useful for mountaineering. Don't panic if you have neither of these skills. You can easily learn them. Alpine mountaineering is like the difference between sport and trad climbing, be prepared to adjust when in New Zealand. The first thing you will have to concede is that NZ rock (with a few wonderful exceptions) is pretty bad. Learning how to climb loose rock safely can be done by climbing 'crap' climbs at home. Try to find long scrambles where you can practice moving confidently, un-roped on easy terrain. Go adventure climbing at the Warrumbungles, Mt Buffalo or Bungonia. Practice climbing in inclement weather and at night.



Alpine Ice

There are a few destinations in Australia where you can hone in your ice climbing skills. I will post a winter climbing guide for Australia. Online Guides to Mt Bogong and Mt Buller can be found at www.chockstone.org

Blue Lake has some Ice climbing possibilities. Finding long slopes with easy ice where you can practice front pointing and leading. This will have more benefits for beginners than top roping 5m high bits of water ice, even though they are more fun.

Don't expect to find too many good screw placements in Australia. Carry snow-stakes or heaven forbid sawn off snow-stakes!

Alpine Rock Traverse in the Remarkables, New Zealand. Most of this was unroped scrambling at around Oz grade 6 – 12.

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Alpine Snow

Practice cramponing (The French technique) and self arrest in Australia. Find a relatively steep slope, get up some speed and learn to self arrest in every orientation (front/back, headfirst/feet-first) Practice without your crampons on. Several people have broken their legs after snagging crampon points while practicing. Learn how to hold your axe when walking and how to self belay with it. Learn the American technique also. Don't forget all those other variations with their fancy French names!

You can build snow anchors in Australia too! Learn how hard snow has to be to take a stake and when you need to dead-man instead. Build them, test them and try to pull them out. Learn how much force they take, you don't want to learn these things half way up a mountain in New Zealand.

Learning to ski can help speed up approaches in winter. In fact XC skiing in Australia is probably the best way to get fit while also collecting experience of spending quality time in the icy-cold weather.

Blue Lake in Winter: The Ice conditions in this photo are a tad thin, unfortunately!

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How to Fit Training In

Here is a picture of one of my XC skiing training trips in the dark. We left Canberra at 11:00 pm after a freinds going away party arrived at the snow site at 2am; skied until about 5:30am; then tested out new bivy sacks till dawn; skied for another 5 hours or so; then left for home at midday, and I got back for work that afternoon at 3:30pm!



Bleary eyed Max enjoying himself?

Mixed Climbing

Learning to confidently climb rock in crampons is a valuable skill to have. But, don't bring your axes/poons to the local crag or climbing wall. Try to visit Mt Buller or Bogong.

Maybe you can find a brick wall to practice traversing on. If you visit the snow in the winter many of the chalets offer excellent technical dry-tooling possibilities on those lovely stone walls around the edge. Try not to get caught, and if you do, I didn't endorse doing this!

Climbing rock in Crampons, New Zealand



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New Routes Bittangabee

Brown Bass Buttress

70m to the North of Not Nostradamus Again Arête is Brown Bass Buttress, named in honor of the brown bass like fish Mal caught with his new hormone impregnated lures.



☺☺☺ Sedition

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Step across the water onto the face and place gear as you see fit (Don't comment on the government). Trend left (of the political landscape) over the bulging (capitalists pigs) and place cams in the sickle shaped crack. Undermine the status quo by using underhanded techniques in the crack, then head straight up the middle of the road on good crimpers. Easier than it looks, easier said than done.

David Cameron, Mal MacDonnell, Richard Morely 13/11/2005

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New Routes Bittangabee

A few metres around the corner from Not Nostradamus Again arête a bulgy buttress capped by a small roof appears.



Johnny Shoot the Messenger boy

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Step across the water onto the arête, head on up, cams in horizontals. Arrange gear under small roof and pull through to glory. Alternate starts possible as indicated.

David Cameron, Richard Morely and Mal MacDonnell 13/11/2005

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New Routes Bittangabee

Beer Boulder

A shortish (7m) bouldery wall is located 30m North of Orange Ruffy Wall – a small section of the wall is accessible by a dry section of the ground in the middle.



☞☺☺☺ **Zymurgy**

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Very bouldery start – the landing is good. Up to thin horizontal slot, place 0.5 cam after you reach the next holds. Thin moves follow on equally thin gear, bloody brilliant.

David Cameron 13/11/2005

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Bouldering Bittangabee

Gemma Woldendorp and Natasha Sebire have been exploring the Bittangabee areas bouldering potential. They have discovered few V0's and an excellent V3.

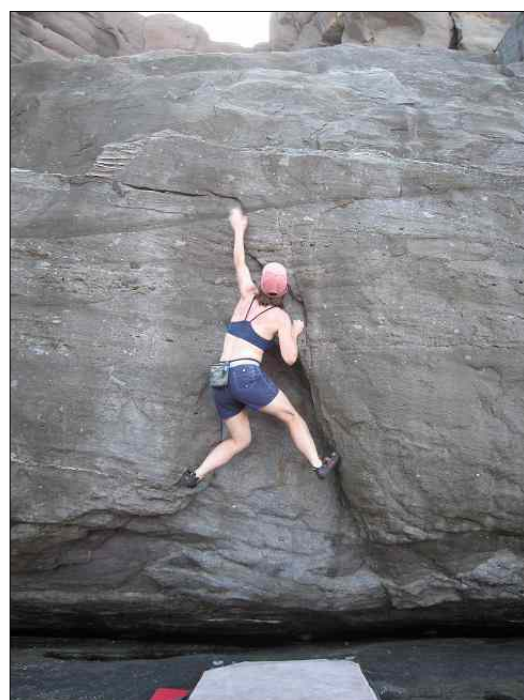


V3 Pub Crawl:

Start at the white splattered rock a few metres right of '6 beers before midnight' and traverse left for about 17m. Follow the lowest dyke for the first half, undercling through the small overlap on the corner (crux), and stay on low holds well below the dyke for the second section, finishing at the incut corner

Natasha Sebire traversing on the V3 Pub Crawl, near Beez Neez.

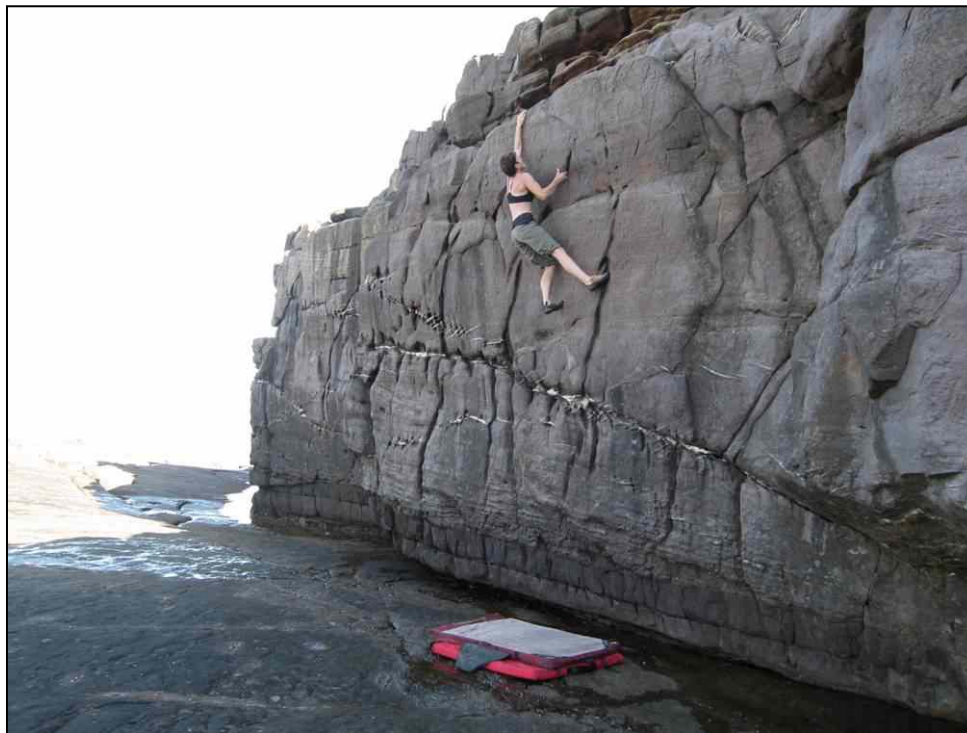
Natasha Sebire mid move on a V0, left of Beez Neez.



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Highball Bouldering



Gemma Woldendorp hitting the finishing hold on a highball V0 left of the V3 traverse

Gemma and Natasha have not entirely forgotten roped climbing at Bittangabee with Gemma reporting a new line right of Orange Ruffy –

“It follows the obvious clean right diagonal crack, then up the arête of the cave, straight up the thin crack to finish between the 2 blocks on top. We had a go at it and it's really nice. We didn't redpoint it on the weekend - it was a bit slimey on the top two-thirds and some of the holds need a bit of a clean as their surfaces were a bit sandy - but it's got good gear and we figured it will go at about 23/24. It's got a rather desperate move near the top of the diagonal crack, and then it's just pumpy, with a couple of long moves. Really good line though. We'll give it a go again next time we are there”

New Routes Booroomba

Spatch

25m 18

Start 5m left and down from the start of Incisor just right of the arête, and goes up through two horizontal breaks then up left around the arête to finish more easily up a groove to the belay for Incisor/Indecision. It is well protected with trad gear.

Nick Herrald, Oliver Story. Oct 2005

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New Routes: Nerriga

Late Shift Ledge

Located on a ledge 150-200m left of the gap and above Burnt Gum Wall is Late Shift Ledge. A thin crack labeled with TT at head height splits the wall. A few old mild steel dyna-bolts are located high on the wall. Ken McKeon established 1 trad and 2 bolted routes in July 2005.

Oxenbold

13 8m

Short slightly dirty crack on left of wall. Use medium cams.
Ken McKeon 23/7/2005

Bloke Man

17 8m

3 RB's up center of wall to DRBB under roof. Left of trad crack marked TT.
Ken McKeon 23/7/2005

Kissing Dogs

14 10m

Round the corner from BM, 2 U to U anchor.
Ken McKeon 23/7/2005

Bouldering: Black Range

At The Hill:

SS, Starting bottom left of 34 (finger lock) in the dug out bit. Right hand diagonal traverse to above finger lock and mantle over top V2 possibly 3.
F.A: B. Jangles.

Dyno: SS, In between 32 and 33 from left pinch/crimp, right jug(ish) up to sharp slopey ledge, I think it was graded at V3 possibly 4.
F.A: Ross "Plastered" Irwin.

Same place as above dyno only SS to right heel hook and use tiny crimps and edges to work your way to the sharp slopey ledge rather than dyno then top out. V3 possibly 4.
F.A: Ross "Plastered" Irwin.

New Routes Pulpit Rock

abbey.dog.com.au

15 10m

Start easily up blocks 3m left Obnoxious Poet. Gain rightward sloping ramp by traversing. One delicate move for short arses. Finish up small corner.
Rick Carey & Chris Brandson Jan 2006

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Kyajo Ri Expedition: A Summary

\$790 in donations have been collected for the Dr Fred Hollows Nepal Foundation. Our team members would like to thank the following sponsors for their invaluable and generous support to make our trip possible.

- Mont Adventure Equipment;
- Cook Local Grocer;
- STA Travel Belconnen;
- Real Fun Canberra;
- Sonam Sherpa Trekking Kathmandu;
- Isaly Consulting Canberra and;
- The Canberra Times

Pre-trip Preparation

Cheryl 29 September



I have few days to go before I shall be leaving this great town that I call home. Yeah, I know you won't believe me, but it's a great place to live. I am all excited for my trip and can hardly sit still with anticipation. I keep thinking have I packed the right gear? Have I packed enough underwear? Will all of this fit in that little bag?? Do I have spare of everything.

Before I go, I have spent some really enjoyable time with really good friends. I am lucky to have some really supportive friends here in Canberra. I am excited to return quickly and share this experience with them.



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Armando Corvini 1 October

Today is 1st October 2005. It's a clear temperate day in Canberra. I have just come back from my hike to Mt Painter which is a 20 minute walk from Cook where I live.

The view from Mt Painter is clear towards the Brindabella Mountains. I am sitting up here enjoying this scenery and breathing in the cold, fresh air. A group of kangaroos are feeding quietly on my left and a curious magpie is looking at me for food.

Tomorrow I leave on an adventure. We will leave in the eveing at 9:40 p:m flying direct to Bangkok from Sydney. We will be arriving at Kathmandu about 1:30 p:m local time on Monday afternoon.

Cheryl, our arrival in Kathmandu:

Tuesday 4th October 2005.

Here I am on Tuesday morning in an Internet Cafe trying to catching up on any world news and to check on my emails. Internet has really brought all of us so close that its so hard to figure out the distance from one place to the next. Right now I am sitting in Kathmandu, but I could be sitting in a café in Bondi, Sydney. The only difference, really is the street noises and the language outside the café.

After a stop over in Bangkok over the weekend which was fantastic we flew to Kathmandu on Monday afternoon. As soon as I met my expedition mates I realize my dream is real. Boy, the gear we all brought with us! It must be at least over 300 kg.

Today we are getting ourselves organized as we need to purchase some more mountain climbing gear and repack items so the porters can move at there own pace.

Since arriving in Kathmandu a few of us decided to go exploring and even though I've been here before we actually lost our sense of direction. This city has grown so much since I was here last. My pride was a bit bruised when I had to ask for directions.

Graham, in Kathmandu.

Wednesday 5th October 2005.

This is my third time in this crazy city and every bit as enjoyable as the previous two. I like to describe this place in a Buddhist evolution cycle. It is constantly changing. Never stays the same. It's always a surprise to me what I will find, or not find here. Kathmandu, to my mind is a place that is mad, chaotic and suspended in time. Its intensity and vitality is immediately evident. I love being here! I am excited about the trekking tomorrow..

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Graham, another day in Katmandu

Thursday 6 October 2005.

We are still here and not on our trek after 3 days. Bad weather. All flights to Lukla are postponed, until when? We are not sure. I'd like to leave today, but who knows?? As we have 300 kgs of gear could cause a head-ache or two, especially if our gear arrives after us. But, I mustn't panic. Be calm. Deep breathing. More deep breathing.

Just to kill some time, we all decided to see a Bollywood movie last night at a Hindi cinema near our hotel. It was a great laugh and made everyone forget our worried. The movie was called "Salaam Namaste" and filmed entirely in Melbourne Australia. I guess it was so relevant to our journey. 'Namaste' means peace, submission and acceptance of what it ahead. So true. The movie, predictably enough, was a love story. Pretty girl Radio Jockey living in Melbourne meets pretty Hindu boy who is chef and hate each other on sight (crank up the music and sing a song), girl and boy fall in love, half-way through movie, add a Hindu Crocodile Dundee with knife and a hat, then the girl and boy fall out of love (turn down the music and sing a sad song), girl and boy fall in love again (crank up the music really loud and sing and dance down Collins Street), get married and have babies (crank up the music till the plaster falls off the walls, bring in an insane doctor, and sing very loud). The end. The Cycle continues.

Cheryl, in Lukla - at last – OK where's our luggage?

Sunday 9 October



After being stuck in the Kathmandu airport for 4 days, we finally make it to the mountains. I have been feeling very frustrated and tense as every morning we head to the airport then sit around for 5 hours or so, only to be told that our flight has been cancelled.

Cycles within more cycles. We return to our hotel to wait another day. Patience. Patience. I am beginning to accept that everything that is happening to us as part of our adventure and has its own innate rhythm.

Well, we finally made it to Lukla. Lukla airport is built on the side of a mountain - about 25% gradient. To fly in the pilot must navigate up the valley around the cliff line then straighten to land up the run-way.

Only problem is we are in Lukla and our luggage is in Kathmandu. Ahh well. More cycles. More patience. More acceptance of things.... I shall go for a walk, and enjoy this beautiful scenery. Its great to be here regardless of our luggage problems.

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Graham, at Namche Bazaar

Tuesday 11 October

Guess what? We are at the Namche Bazaar and so is our luggage!!! It feels like Nirvana to be united with our belongings, I can tell you! As I write this our mountaineering gear is being carried to our base camp at Machermo.

In the evening we spent our time in the local bar listening to blues and rock music played live. Great night. Very loud. A concert held at 3000 metres high. There are a group of rock musicians travelling through this area, planning the world's highest gig on the top of Mt Kalapatar that's over 5000 metres high and facing Mt Everest. They are trying to raise money for homeless kids in Nepal, to buy land and to set up a work-development program for the whole family. So far, they have raised 30,000 pounds so far.



Cheryl at Mongla Pass

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Graham, our first news after our climb.

Saturday 22 October 2005.



We are back down in Namche en route for Lukla. Unfortunately we did not reach the summit of Kyajo Ri because of flight delays in Kathmandu eating up 4 days climbing time, leaving us only two days to climb up the mountain. We spent three days on the mountain setting up an advanced base camp at over 5000 metres high. We then climbed a loose rock face – the start of the first glacier.

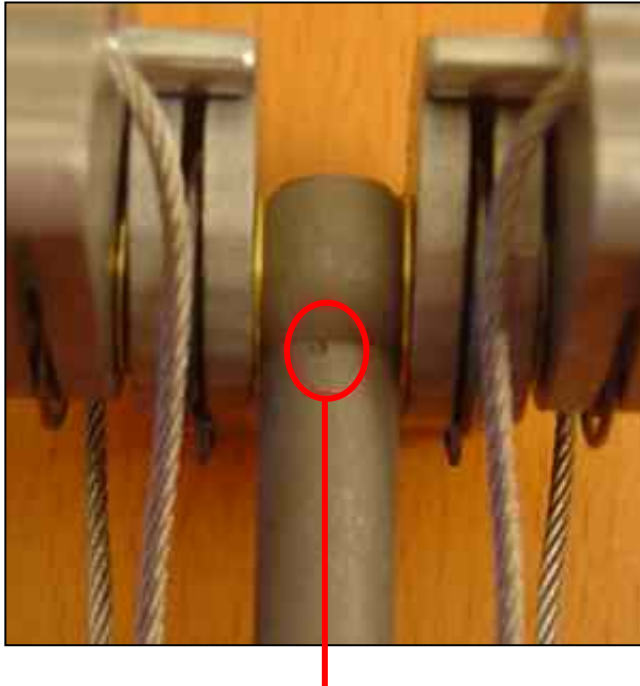
The next morning we decided that it would take us too long to reach the headwall and set up the second camp. Disappointed we reluctantly, head down. I have learnt many things on this expedition and I have realized how much I have fallen in love with this place.



As we were slowly descending and feeling rather sorry for ourselves we received news that a member of a South Korean expedition had fallen into one of the crevasses and died. I am glad we all made it back down alive.

Colorado Custom Hardware -Alien Cam Recall

Colorado Custom Hardware (CCH) have recently completed an investigation and extensive testing to identify and isolate safety issues concerning the brazing on CCH Alien cams. CCH stated that 'The safety of our customers is our number one priority.' Testing has revealed that there was a brazing issue with specific cams made after November 2004. The cams in question can be identified by a small centre punch dimple at the base of the round ball where the axle goes through the cable eye.



(Image supplied by CCH)

Identifying mark

Although few failures have been reported to CCH, they strongly recommend to immediately discontinue using any of their Alien Cams with this mark. CCH is recalling these cams with visible punch mark. Please return them to CCH for a new replacement unit.

In Australia you can return them to the retailer where they were purchased or the Australian distributor -

Spelean Pty Ltd
PO Box 645
Artarmon NSW 1570

If you are not sure if your cams are included in the recall, ring Spelean's Technical Service Line on 1 800 634 853.

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Omega Pacific Five-O Carabiner

September 23, 2005

Airway Heights, WA – In cooperation with the US Consumer Product Safety Commission (CPSC), Omega Pacific is voluntarily recalling a small percentage of Five-O Screw gate locking carabiners built between November and December of 2004.

The Carabiners affected by this recall can be potentially opened under moderate loads even when properly locked and should be returned for replacement.

1. Only Five-O locking carabiners with the lot stamp "VT"
2. No other models are affected.
3. The lot number can be found on the backside of the spine and is clearly identifiable.



Omega Pacific Five-O Screw gate

Please do not return carabiners to retailers. Instead, please ship any affected carabiners directly to Omega Pacific. Please mark all packages with "Attn: Warranty Returns, RA 728." Be sure to include your name and shipping address where we can deliver a replacement Five-O locking carabiner.

All returns or inquiries can be directed to:

Omega Pacific Customer Service
11427 W. 21st Avenue
Airway Heights, WA 99001
Attn: Warranty Returns, RA 728

If you have any questions, please call us at 800-360-3990 or email at [**info@omegapac.com**](mailto:info@omegapac.com)

We sincerely apologize for the inconvenience this may cause.

--Omega Pacific, Inc.

Montrail Crampons.

CPSC, Montrail Inc. Announce Recall of Crampons; Products Used for Ice Climbing and Mountaineering

WASHINGTON, D.C. - The U.S. Consumer Product Safety Commission announces the following recall in voluntary cooperation with the firm below. Consumers should stop using recalled products immediately unless otherwise instructed.

Name of product:	Crampons (used for ice climbing and mountaineering)
Units:	969 pairs
Manufacturer:	Montrail Inc., of Seattle, Washington.
Hazard:	The vertical rails at the front of these crampons can break, which could result in falls and injuries to consumers.
Incidents/Injuries:	Montrail has received three reports of crampons breaking. No injuries were reported.
Description:	The recall includes models I354, I356, and K364 sold under brand names I.C.E. 9 and Khumbu. The recall includes products with UPC numbers beginning with 619120036 and ending with 204, 211, 464, or 457. These model and UPC numbers are listed only on the packaging, but not on the products themselves.
Sold at:	Outdoor equipment retailers nationwide from September 2003 through Feb. 1, 2005 for between \$US135 and \$US185.
Remedy:	Consumers should stop using these crampons immediately and contact Montrail to find out how to return them and for further recall details.
Consumer Contact:	Contact Montrail toll-free at (800) 826-1598 between 8 a.m. and 5 p.m. PST Monday through Friday.

Dangers of Cross Loading



Some Victorian climbers recently discovered, to their horror, the effects of cross loading carabiners.

Michael Lane of Omega Pacific reports :

Hello Everyone,

Thanks to everyone for showing concern over this issue. We've spent a lot of time discussing it and conducting extensive testing on our Jake as well as several other HMS & master/belay-type carabiners on the market and are happy to share our results and conclusions:

Our intention was to determine three things:

- 1) If minor-axis loading was possible.
- 2) To identify any contributing factors to shredding ropes when loaded in this manner.
- 3) How the Jake compared to other biners when ropes were dragged across the back of the gate.

In addition to the Jake, we tested six competing carabiners (other brands are intentionally not revealed in this report or accompanying photos) in a similar manner as the previous poster. We set the 'biners up so that rope could be dragged back and forth across the back of the gate with approximately 100 pounds of force until failure and noted the number of strokes necessary to produce a core shot (failure of the sheath to reveal the core).

In this test, the lowest-performing (quickest to produce failure) biner took 8 strokes before we got a core shot. Others took 11, 17, 18, 21 & 33 strokes before the rope was wrecked. The Jake required 36 strokes before failure.

In the field, we belayed top-roped and lead climbers alike with the various carabiners to get a feel for whether any had a greater tendency to flip and become cross-loaded than any other. While not as reproducible or objective as our lab tests, we felt this was worthwhile to familiarise ourselves with how other brands compare to the Jake in real-world use.

In that testing, we found that while top-roping, it was consistently easier to maintain proper loading (along the major axis) for all brands. When belaying a leader, all the carabiners tested have some tendency to rotate and become cross-loaded due to the more dynamic action of paying out slack and taking in rope as required of a leader. None were particularly more prone to it than any other.

However, when clipped into both tie-in points of the harness, as opposed to being clipped into the belay loop, the tendency to rotate and become cross-loaded increased significantly, regardless of brand.

We carefully inspected all the carabiners and noted several factors which contribute to the occurrence of shredded ropes. The way the back of the gate is formed and finished (whether it was an "open" style or "hooded" style) and the manner in which the rivets were finished (whether rounded, sharp or flush with the gate) appeared to be the most significant factors. Less significant factors were the radius of the top edge of the locking sleeve and protrusions from the interior of the frame into the "working area" of the carabiner.

The Jake specifically addresses each of these factors within its design: we build all the solid gates of our climbing carabiners with an interior hood to prevent exposure to sharp edges; our flat-spin riveting process helps to keep the rivet heads from ripping open the sheath; the interior of our frames are smooth and our gate sleeves are made with wide radii on the top edges.

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NEWSLETTER OF THE CANBERRA CLIMBERS ASSOCIATION FEBRUARY 2006 ISSUE 5

Pay Close Attention to Orientation

These features contribute to the results of our testing which shows the Jake to be among the safest of all the belay carabiners tested.

Still, as some in this forum have suggested, the most vital factor to prevent this from happening lies with the user. Every climber must ALWAYS pay attention to their 'biner and how it's oriented during use. Failure to do so may result in cross-loading and a shredded rope, regardless of which brand or style of carabiner is used.

We recommend that repellers and belayers clip into the belay loop of their harnesses rather than the tie-in points. Although it does add another "link in the chain," the belay loop is the strongest point of virtually any harness and contributes to more consistent, proper loading of carabiners.

As I've said in a previous post, we take these issues very seriously and put significant resources into making sure our 'biners are among the safest and best-tested 'biners in the world. This attention to detail has contributed to the tremendous success of the Jake carabiner.

In the eight years since we introduced this 'biner, it's become one of the most popular of its kind with over half a million sold to climbers, arborists and rescuers the world over. Historically, we've had incredibly few returns for any reason on this biner ... much less than a fraction of one percent, in fact.

I hope this addresses the concerns presented here. Please feel free to contact us at info@omegapac.com at any time.

Thanks again for the time and interest you've all put into this.

Regards,

--Michael Lane

Fast Ascents

Pete Tosen has been cranking hard in both Australia and Thailand, his recent ascends are :-

Dungeon Master		31 (South Central)
Non-Dairy Cheese Like Substitute		31 (Cheesedale)
Metamorphosis	FA	30 (Cheesedale)
Physical Graphity		30
El Maco		31 (Rosies)
Light Years		31
Tu Tu Sullied Flesh		29 (The Glen)
Tantrum		30 (Thailand)
Cream of Sum Yun Gui		30 (Thailand)
See Power		29 (Thailand)
Pheet Maak		29 (Thailand)
Elephant		29 (Thailand)

Pete would like to thank Red Chili for their recent help.



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SUMMER AND FALL

Alan James (George) Simpkins.

Thirty metres up, climbing on steep, solid rock with good holds, I felt on top of the world. The sun was shining and life was wonderful. I moved onto a small ledge and hung a runner, a safety loop, round a solid reassuring spike, threaded my rope through its strong, metal snap-link, then moved upward, confident that if I fell the safety loop would look after me.

Crux

Six meters higher up I reached the crux, the hardest bit of the climb. The rock became steeper and the holds smaller. Precariously balancing on a small hold, I took another runner off my neck and hung it in place. This time there was no solid spike so I looped it around a small flake of rock. It looked secure to me and I moved on. Next moment I was bungee jumping, closely followed by the top safety loop that hadn't been as firm as I'd thought. I wasn't scared, but I felt most indignant that there had been no warning that I was going to fall. Instead of falling half a metre or so, until my top safety loop held me, I plummeted twelve metres, narrowly missing the ledge I'd started from, before the loop round the big spike did its job and saved my life.

Crash

A moment later the rope tightened, stretched, and finally flicked me upwards to the ledge where my white-faced partner, Garry, was frantically taking in the rope. He grabbed me by the arm, lugged me onto the ledge, and tied me to the rock so that I couldn't fall any further.

No Blood

There was no blood and nothing was broken. I just felt sore all over. There would be bruises showing tomorrow. For a few seconds I sat there, breathing heavily. Slowly my heart beat slowed. Finally I felt able to move.

Retreat

Somehow we retreated from the climb to solid ground and safety. The walk to the car was purgatory, though Garry made me a pair of walking sticks from a couple of dead branches, and insisted on carrying my gear for me. The twenty minute walk took an hour as I slowly and painfully hobbled downwards. Garry drove me home, dropped me outside my house, and then carried on to meet his friend who he should have been with hours ago.

Walking Wounded

I tottered dramatically into the house where Liz was talking with visitors. "You've had a fall," she said, giving me a concerned glance, and then briefly resumed her talking and then followed me inside. "Yes. I did have a bit of a tumble," I said as I made myself a pot of tea and hobbled towards a hot bath, then fell into bed exhausted. The night was agony. I ached and pained all over and I tossed and turned trying to find a comfortable position to escape into. I barely slept that night. Early in the morning, I decided that a hot shower might loosen things up a bit, so I slid out of bed. Then I found out that I couldn't get to my feet. My loud agonising groans woke Liz and she yawningly helped me to my feet, and then supported me as I shuffled painfully and very slowly towards the shower.

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Give Up Climbing – Bigger that!

She then waited patiently as I showered, helped me to dry myself, then escorted me back to bed. There she did her Christian duty and fetched me a cup of tea. As I sipped the strong black tea, she expressed her common-sense and concerned view, "of course you'll be giving up climbing now. You're really much too old for the sport." I closed my eyes and did not say anything. I thought of the jar as the rope had tightened the pain of the walk to the car, the humiliation of having to be helped to stand up, and the very real possibility of being killed. Then I thought of suitable activities for people of my years playing gentle games, jolly sing-songs, outings to museums, hours sitting watching television, and other innocuous activities...." Bigger that!" I opened my eyes and shouted startling Liz, "I'll stick to climbing, Deo volente".



George Simpkins leading at Mittagong in his 76th year

Great Outdoors Centre

Gus Cutler, the Manager at Great Outdoors Centre in Phillip, has recently offered to CCA members a 10% discount on selected products sold in the store. To make use of this generous offer, just show your CCA membership card. You can find The Great Outdoors Centre at:

C.S.E. Great Outdoors Centre
18-24 Townsend Street,
Phillip,
ACT 2606.

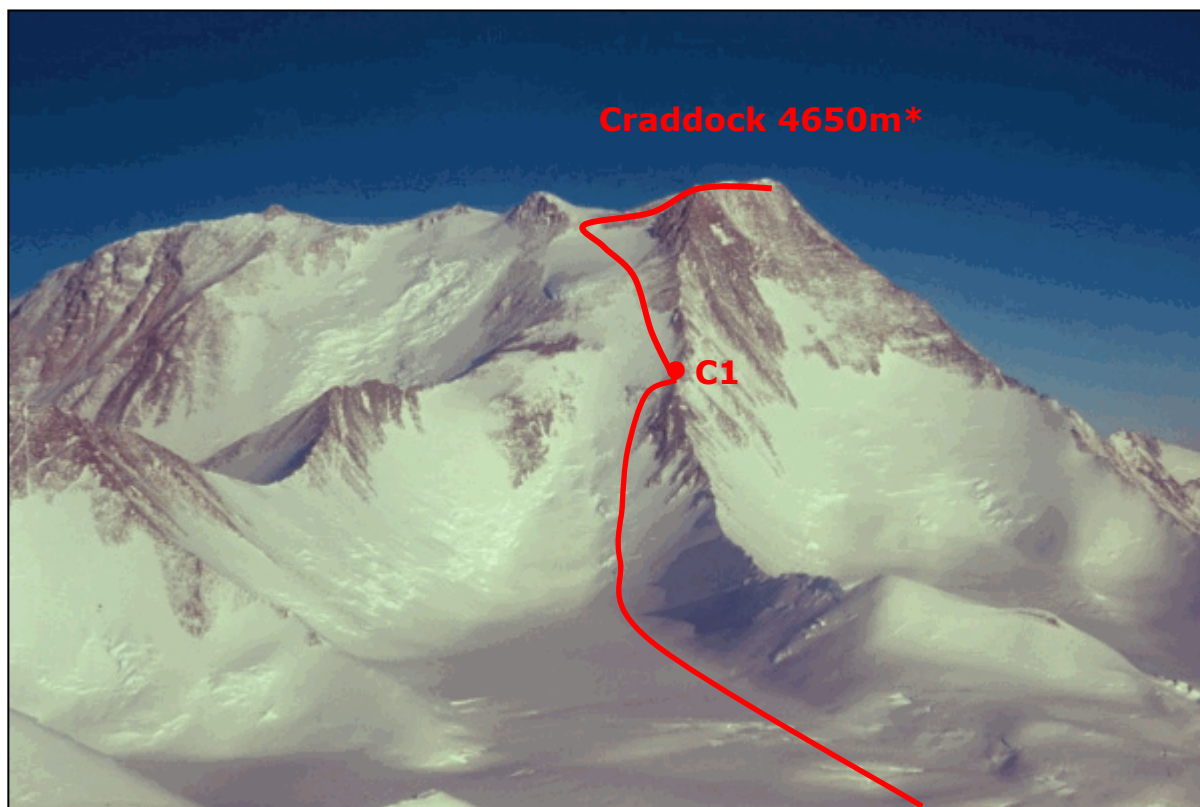
Email : greatoutdoors@grapevine.net.au
Phone : 02 6282 3424

The Omega Expedition

During November and December 2005, the Omega Foundation, returned to the Antarctic's Sentinel Range to climb and measure Antarctica's highest mountains. This expedition was a continuation of Omega's scientific work in Antarctica since 1998 and the Foundation's fifth Antarctic GPS mapping expedition. Omega is the first and only organisation to have climbed and measured the five highest mountains in Antarctica. In 2005 they spent over a month on the Vinson Massif Antarctica's highest mountain, recording a new summit height of 4892m. They also climbed and measured 13 other points in the massif, including eight previously unclimbed sub-peaks of Vinson. Omega's work on Mount Shinn in 2002 confirmed a new height of 4661m for Antarctica's third-highest mountain. This data will be the basis of a more accurate map of the Sentinel Range in 2006.

The team used the logistics services of [Antarctic Logistics & Expeditions](#) to fly from Punta Arenas, Chile to the company base at Patriot Hills and from there to a base camp in the southern Sentinel Range. The expedition lasted approximately 60 days, and involved the ascent of four of Antarctica's highest and hardest mountains. There has been data collection at each of these summits.

Craddock 4650m* is the extreme southern face of the big Sentinels and the highest unclimbed mountain in Antarctica. In 1992 the western spur of it was climbed by Conrad Anker and Jay Smith. Craddock has not been climbed since that date.



* Craddock's height is now established to be at 4368m

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Gildea reports from Base Camp

"Hello everyone,

After several days delay in Punta Arenas, we finally hit the ice on Nov 22nd and after spending a night at Patriot Hills. We flew into our base camp (via Vinson BC) beneath Mt Craddock - a small but beautiful spot. We had to circle around three times and swoop in low to see if there were any crevasses big enough to swallow the plane. We set up camp right where the plane dropped us.

That afternoon Steve and I did a short ski up the valley to recce the route to Craddock. The next day all four of us continued up this route and into the basin beneath Craddock. We were lower down than planned due to the landing site. It was a 3hr ski with packs just to reach the edge of the basin where we made a cache of 10 days food and fuel at 2110m. The 2000m high west face of Craddock, our intended route, looks big and icy, more broken with seracs and blue ice than in photos from previous years.

Today is Friday 25th. We all make the first ascent of a small peak above BC, around 2313m, nothing too technical, but some icy slopes up high and amazing views. We need to acclimatize before attempting Craddock and get our gear up closer to the climbing."



The Omega Foundation's Base Camp beneath Mt Craddock , good weather never lasts!!!.

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Four Day Hammering

"We are still getting hammered after four days. Winds up to 60 knots (110km/h) from the east and lots of blowing snow. People on Vinson are getting the same apparently. Sometimes it eases off and you think it's clearing, then it comes back again.

But we're fine in our tent, plenty of food, and its warm. We're due to be picked up by ALE (make mine cold!) on the 16th or 17th to fly on to a new base camp for Mount Gardner and Tyree.

So, all we are doing until then is waiting, eating, sleeping, digging, phoning birthday wishes for Steve's dad, waiting, some more waiting, more eating, more sleeping more thinking..."



The weather can only get better !

The Hi5 Team reached the summit of Mt Craddock and was able to take GPS measurements for several hours. AUSPOS reduction of the data gives a new height of...14,327' (4368m). The previously recorded height was at 15,252' (4650m), sadly Mt Craddock is no longer Antarctica's 4th highest mountain but the 7th highest peak.

Climb Tasmania - A Selected Best Guide

The ultimate rock climbing guidebook for visitors to Tasmania

The guidebook of choice for climbers on road trips to Tasmania, having only the best cliffs and 550 classic climbs. Locals will also appreciate this concise guide to all the best cliffs when climbing in different parts of the state.

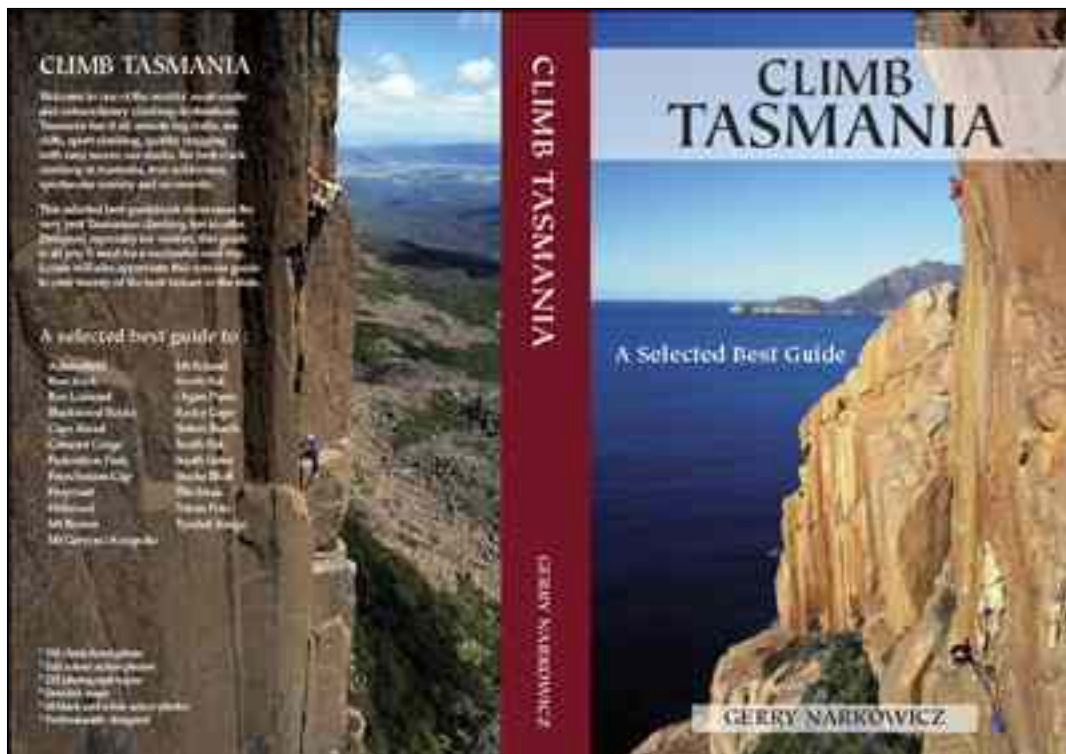
Features include:

- The best cliffs and 3 star routes clearly described, and chosen by a panel of experienced local climbers.
- Photographic topos of each cliff with the lines clearly drawn.
- Professionally drawn maps.
- Full colour action photos by renowned photographers Robert McMahon and Simon Carter
- Professional graphic design and layout

Climb Tasmania Incorporated has a track record of producing quality guidebooks to Tasmanian areas. We have published four definitive guides over the last 5 years. This new guide is designed especially for the interstate/international visitors and is our best yet.

The total cost including postage is \$44.95. Please email or phone your orders to

Gerry Narkowicz
pnarkowi@tassie.net.au
Phone 03 63301435



Australian Climbing Association Launch

The website of the Australian Climbing Association (ACA) has been officially launched.

Who is the ACA? In short, we are a non-profit organisation created to further the interests of climbers, of all disciplines, across the country. If you haven't heard of the ACA before now, don't be concerned - we have been keeping a low profile. The answers to any other questions you have about the ACA can be found on the ACA website.

We have spent quite a bit of effort into building our website. We realise that it is the mechanism to stay constantly involved with the climbing community. The website offers:

- A country-wide user-contributed Route Register;
- User-contributed news (routes, boulders and mountains); and
- A forum.

The website is not designed to replace local communities and forums. It is designed to supplement them. The Route Register in particular offers something new:

- It aims to be the original and accurate source of ALL route information in the country;
- It is completely searchable;
- It integrates the latest Access, Maintenance and Safety information;
- It is maintained by the users in a collaborative fashion;
- It allows users to record their ascents, which are used to adjust ratings and grades over time; and (most importantly)
- It belongs to the community and is completely free to use.

Currently the Route Register contains 2,800 routes in 100 crags, most which are in the Blue Mountains. It is a great start, but we need more. Certainly we could do with some 'volunteers' to take ownership of more crags and areas.

I think that is enough by way of introductions.

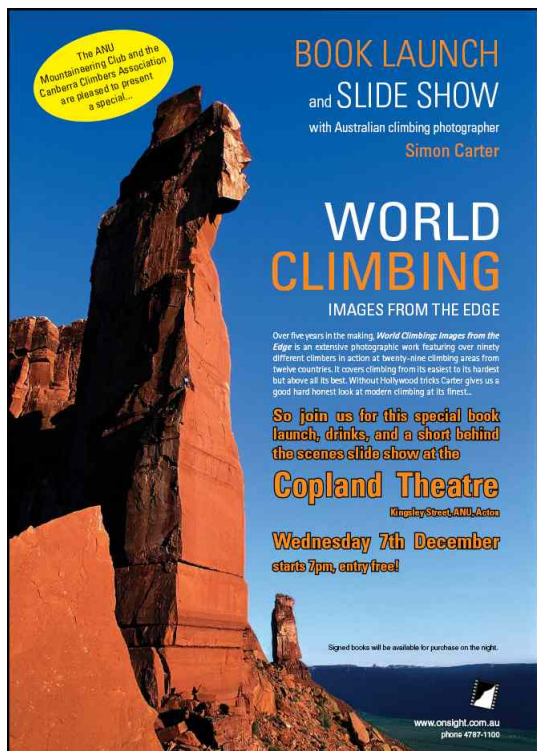
You will find us at www.climb.org.au

Cheers,

Kyle Dunsire (Secretary).

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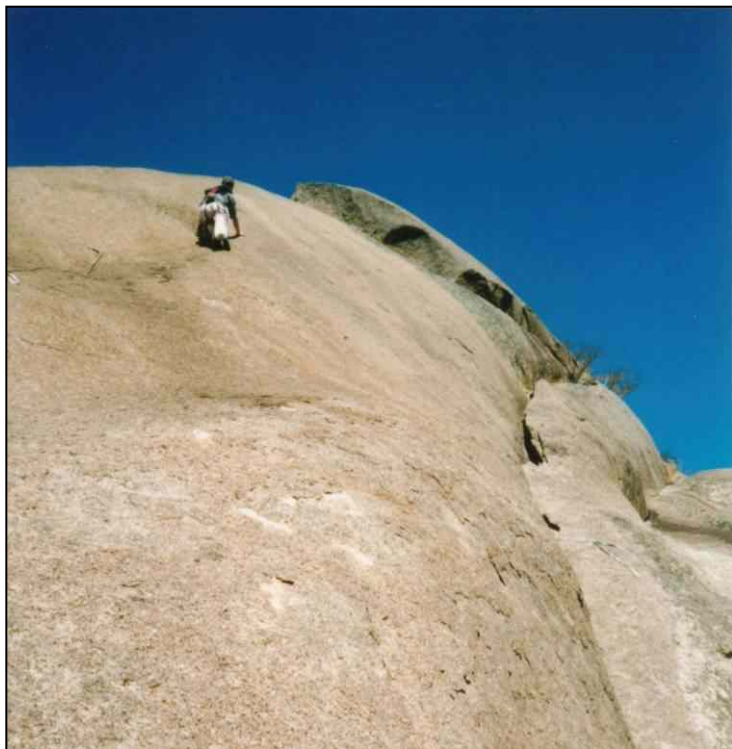


World Climbing Launch Images from the Edge

Well known Australian climber and photographer, Simon Carter launched his latest book – 'World Climbing' in Canberra on December 7, 2005. The event was jointly hosted by the CCA and ANUMC, kicking off at 7pm at the ANU Copland Theatre. The free drinks and nibbles seems to have bought the climbers out of the woodwork with upwards of 100 people attending.

Simon gave a very entertaining slide show titled 'Images from the Edge' featuring many photographs from his latest book. Signed copies of Simon's new book and 2006 Climbing Calendar were available for purchase. A raffle to raise proceeds for the ongoing rebolting fund was also held.

Who, What and Where and How*?



Can you can figure out, Who this is, what climb they are leading and How is it possible?

* Check out the 70's climbing attire!!!

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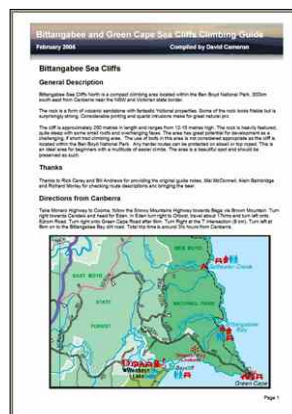
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Guide Updates

Updated Climbing Guides for Nerriga and Bittangabee Sea Cliffs North in PDF format are now available on our web site :



Nerriga Guide



Bittangabee Sea Cliffs Guide

www.canberraclimbing.com/pages/climbing/nerriga.htm

www.canberraclimbing.com/pages/climbing/Bittangabee.htm

Runout Back Issues

Back issues of Runout are now available on our website:

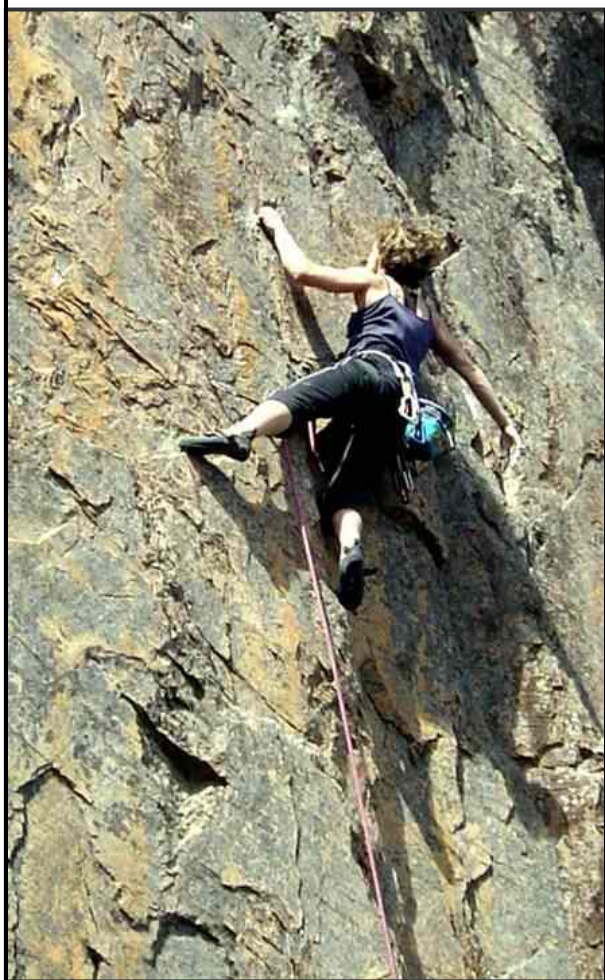
<http://www.canberraclimbing.com/runout>

Our CCA members receive the latest and greatest news in climbing!!! Join NOW.

Member and non-member contributions are welcome*. Please send your stories to our editor
Dave Cameron ddavec@ozemail.com.au

* Although we will accept any articles from non-members, we would prefer if you joined. Remember, your membership fees will benefit the entire climbing community.

CCA Membership Application



The Canberra Climbers Association (CCA) aims to promote climbing in the ACT through education of members and the general public. Fostering a sense of community through social activities and to maintain access to climbing areas in the ACT region.

For further information contact:

Zac Zaharias 0262-572208 email: zaharias@webone.com.au

Damien Janocavic 0262-882829 email: damoiscool@hotmail.com

Or visit our website at : www.canberraclimbing.com

First Name :

Surname :

Address :

Post Code :

Phone (h)

(w)

(m)

email :

Application forms can be sent with a cheque or money order for \$15 payable to:

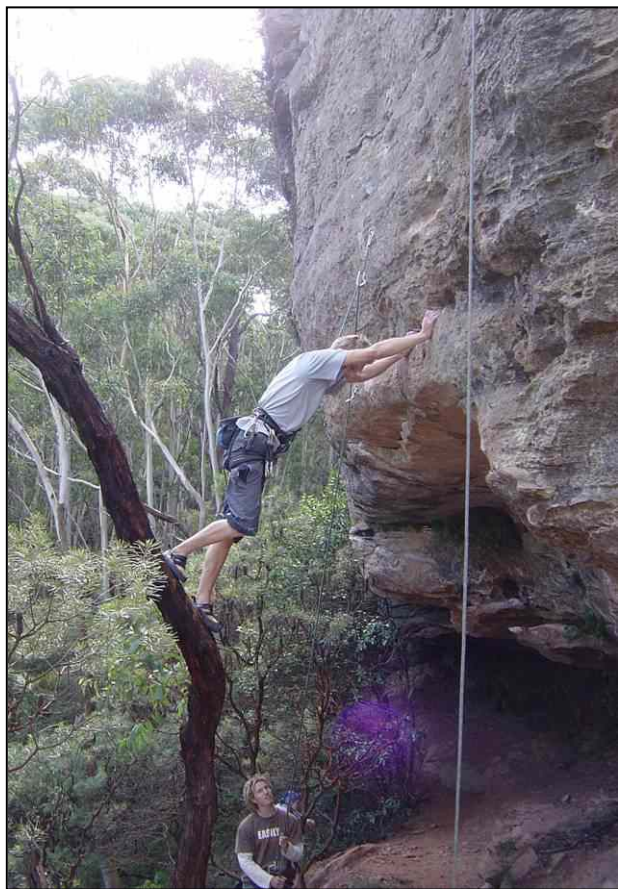
Canberra Climbers Association Inc.
PO Box 972,
Dickson, ACT,
2602.

Isabel Perez, Laidback International 23, Mount Coree

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The Aftermath



Ben Davies on a 25 T1.
Boronia Point, Blue Mountains

Hotel Ollie

When the kitchen sink is not enough, bring a lounge suite, for a mere \$10 at the Horsham op shop. Mini bar expenses are extra.

