

**Himalayan
Day
Celebration
Dinner**

Friday 28th
May

Venue:

Shalimar Indian
Indian
Restaurant
Civic

Cost:

\$30 per head

See Events
Calendar for
booking details

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Runout

Winter 2010

The quarterly newsletter of the
Canberra Climbers' Association

President's Bit

Welcome to the new version of Runout. Runout will be a quarterly newsletter that keeps CCA members informed of news and happenings in the club and the climbing community in general. There will also be interesting and informative articles about climbers exploits and different areas, etc.

On the 29th of March a group of CCA members had a send off dinner for Zac Zaharias and Chris Warner who departed on their quest to scale Mt Everest via the North Ridge Route. The CCA wishes Zac and Chris a safe and successful expedition.

I wish to express my thanks and appreciation to Dawn Roberts for taking on the role of newsletter editor. I believe the newsletter will be a success and very much appreciated by CCA members.

Armando Corvini
CCA Vice President

From the Editor

This has been a busy few months for the CCA. A big thank you to the members who have contributed articles for this issue. The Runout newsletter is for and about CCA members so I would like to encourage all members to submit articles on their areas of interest. Whether its climbing, bouldering, trekking, kayaking or other outdoor adventures, take advantage of the newsletter to share your experiences with CCA members. Members can also contribute by sending in book reviews, event promotion, selling climbing equipment or you may have a specific topic of interest.

The Runout newsletter will be published quarterly and made available to members on the CCA website, including back issues. **The next newsletter will be available in September, contributions will need to be received by the end of July.**

How to send in your contributions to Runout

Articles and photo's sent to the newsletter should not be more than two pages in length and can be submitted by sending to:
committee@canberraclimbing.org.au.

Articles may need to be edited for length and style.

The CCA Committee

President Zac Zaharias	Social & Club Activities Fiona Hurley
Vice President Armando Corvini	Newsletter Dawn Roberts
Secretary John Wilson	Webmaster Mike Law-Smith
Treasurer Graham Franklin-Brown	General Member Chris Warner
Public Officer Justin Ryan	

Contact the CCA

Email	The Committee committee@canberraclimbing.org.au
	Membership Enquiries join@canberraclimbing.org.au
	The President president@canberraclimbing.org.au
	The Webmaster webmaster@canberraclimbing.org.au
Post	Canberra Climbers' Association PO Box 972 Dickson, ACT 2602

JOIN THE CCA

The annual membership fee is \$20

Please pay electronically via your bank's online facility, CCA account details as follows:

Service Credit Union
BSB: 801 009
Account No: 1064291

Note: If you pay online, remember to put your full name in the comments or message box on your bank's online form. This will show up on the CCA bank statements and we can identify who has paid.

You can also pay by cheque, money order or cash.

Cheques and money orders should be made out to "Canberra Climbers Association"

Alternatively you can attend on of the meetings or climbing days and pay your \$20 there.

Members receive a membership card that entitles them to discounts at many of Canberra's outdoor shops and at Canberra Indoor Rock Climbing. Members also receive regular e-news bulletins and are entitled to participate in climbing days.

ABOUT THE CCA

The Canberra Climbers Association (CCA) was founded in 1998. Membership is steadily growing and is now a respected body representing climbers' interests. The CCA has a broad membership base and supports all types of climbing such as: traditional, sport and aid climbing, mountaineering and bouldering.

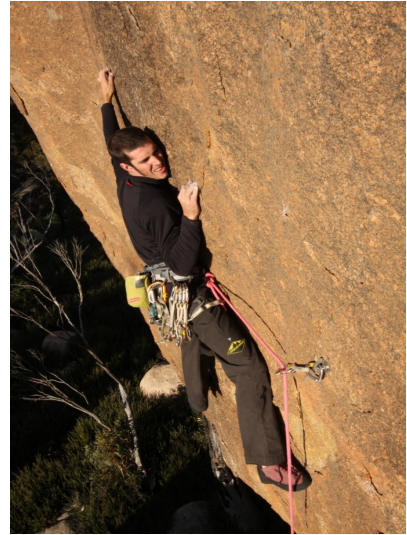
The Association aims to:

- Promote the image of climbing in the ACT
- Educate climbers and the public about climbing
- Foster local climbing areas
- Provide social activities for ACT climbers
- Maintain and ensure access to crags
- Keep climbing safe by maintaining fixed protection

The Association is involved in many consultations with Namadgi and Kosciuszko National Parks and Environment ACT about access to climbing areas. The CCA has worked closely with Parks ACT to repair and maintain access tracks to climbing areas since the 2003 bushfires.

Members meet regularly to discuss local issues as well as see and hear from a range of speakers about their climbing experiences in Australia and overseas. Members follow a diversity of climbing beliefs, styles and techniques, keeping the club lively. The club provides an opportunity for local climbers to network, organise private trips and find new partners..

The club's introductory climbing days at crags such as Booroomba expose new members to the traditional climbing style of the local granite.



Chris Baxter OAM 1946 - 2010

It is with great sadness that we report that Chris Baxter OAM an Australian climbing icon passed away on Sunday February 28 2010.

Chris was a prolific climber from Melbourne who established literally thousands of new routes over five decades in Victoria and across Australia. Chris also established the highly successful Rock Magazine in 1978 and Wild Magazine in 1981. Through these magazines Chris was an extremely tireless advocate for the preservation and appreciation of wild places.

The Canberra Climbers Association appreciates the valuable contribution Chris gave to Climbing and wild places. His legacy will live on!

ALFRED GREGORY

born 12 February 1913 died 9 February 2010

Mountaineer and photographer

This year saw the passing of Alfred Gregory, remembered by many people as the chief photographer with the British Mount Everest expedition which made the first ascent of Everest in 1953. With modest photographic equipment compared to what is available today Alfred Gregory will be remembered for some of the most iconic images of the 20 century. Many of the black and white images record a climbing era that has passed but will not be forgotten, images such as Hillary and Tenzing just returned from the summit of Mount Everest.

I had the pleasure of hearing Alfred Gregory speak in Sydney at the Sir Edmund Hillary tribute dinner organised by the Australian Himalayan Foundation. His talk on 'Everest recollections' was presented with such clarity and humour as if it had only been yesterday. Alfred gave his own personal perspective of what it was like to be part of the 1953 Everest expedition and the photographic difficulties he experienced in the brilliant high altitude light and harsh conditions.

In 2003 at the age of 90 Alfred Gregory was honoured with an exhibition of his work at London's National Theatre. Alfred Gregory's book published in 2007 entitled **Alfred Gregory. Photographs from Everest to Africa** looks back over 50 years of travel and exploration through a spectacular collection of photographs will ensure that Alfred Gregory will continue to be remembered by future generations.

Booroomba South Buttress – Rock Renovations & Improvements by Jamie Valdivia

For many years, climbers from all over have enjoyed the long granite climbs the South Buttress of Booroomba has to offer. If you've never been there, you haven't been there for a while, or even if you haven't noticed — over the last few weeks, the area has undergone some fine renovations and improvements.



Don't You Know I'm Loco

The Canberra Climber's Association anchor replacement program has begun work at the South Buttress. Yes, the bolting-elves have been at it again. Old bolts have been replaced with new 'superior' bolts, to better keep our nerves in check whilst climbing on the thin granite. Climbs so far touched by the renovating-elves include *Danger Mouse*; *No Beans for Bonzo*; *Ruffles*; *Moral Turpitude*; *African Walking Tree*; *Modern Times*; and *Alligator Wine*. However, a lot more work is intended for the area over the coming months—including a track maintenance day, for those of you who may be interested.

But, that's not all! Rap-stations have also been upgraded or added for better access. You'll have now noticed new twisted shackles when rappelling after climbing one of the jewels of Canberra granite, *Integral Crack*. Another rap-station has also been set up at the top of *African Walking Tree*.

Even more revolutionary, you can now climb *Peter Pan* and then rap down from the 'new' rap-station, near the top of this climb. The rap will take you to the half way ledge inside Square Gully, where you can clip on the 'new' rap-anchors (at the half way point) and either rap to the ground, to the start of *African Walking Tree*, or climb the newly renovated and exciting *Modern Times*, which starts at this ledge and now has a direct finish through the roof (at grade 21), thanks to our local climber 'Boro'.

Can you see the potential? You can now climb one exquisite route after another, as *Alligator Wine* and *Purple Haze*, without wasting too much time walking to the next climb—just rap! You no longer need to walk for half an hour to get down to the bottom of *Integral Crack* after doing a *Peter Pan/Confessions of a Stripper* variant.

Two new routes have also been added at the left side of Square Gully (this is the wall opposite *African Walking Tree*). The first, is a delightful 15 metre (grade 19) climb, left of *Modern Times*—starting at the same half way ledge, which is still unnamed; and the second, is a 35 metre (grade 21) climb—called *A Baby and a Wedding in February*—which starts at the bolted face to left of *Jacks of Diamonds*, and joins the second half of *Peter Pan* at the crack, only after a finicky and funky move.



A Baby And A Wedding In February



Another route has also been put up to the right of *African Walking Tree*, called *Don't you know I'm Loco* at grade 24.

So there you go, a bit of development for 2010, with much to come. Now it's up to you to take advantage and potentially go and climb 500 plus metres worth of rock in a day at the South Buttress of Booroomba without having to waste too much time walking to the next climbs. Otherwise, you could always fly to the Dolomites on the weekend.

Don't You Know I'm Loco



INVITATION

HIMALAYAN DAY DINNER

Date: Friday 28 May

Time: 7.00 pm

Cost: \$30pp (plus BYO or bar service)

**Place: Shalimar Indian Restaurant
34 Marcus Clarke Street, Canberra City**

Bookings and payment must be made in advance, online through the
AHF website

www.austalianhimalayanfoundation.org.au

Himalayan Day is being celebrated around Australia by the Australian Himalayan Foundation. Enjoy a wonderful Indian banquet and hear about the latest project developments and future events from our ACT and Sydney AHF representatives

CCA Climbers Obtain Guiding Accreditation

By Steve Halpin – Photos Peter Blunt

Four CCA climbers recently obtained single and multi-pitch guiding qualifications for rock climbing and abseiling. The process was facilitated through the ACT Outdoor Education Association via the University of Canberra College. Assessment was based on a Recognition of Current Competence that involved a mix of previous experience, log books and a Peer Assessment Workshop.

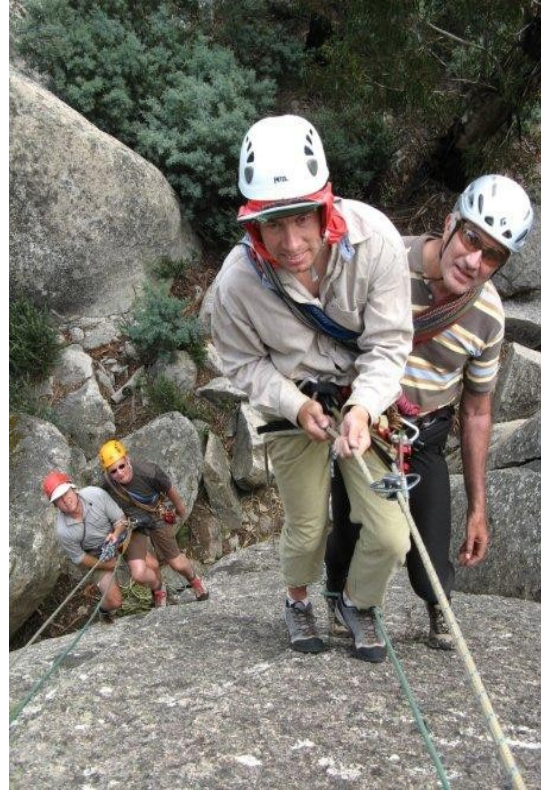
Participants were assessed against climbing related competencies as set out in the Outdoor Recreation Industry Training Package developed by the Australian National Training Authority. In theory these qualifications should be recognized by both commercial entities and government agencies throughout Australia. The actual program covered guiding skills, group and risk management and rescue techniques. Anybody interested in guiding in a professional or voluntary capacity should strongly consider undertaking this accreditation. Recreational climbers would also benefit.



Graham Escaping The System

One thing we all took away from the assessment workshop was that to maintain competence and efficiency in the more technical skills, you need to practice over time. Hence Mike, Keith, Graham Franklin Brown and I would be more than happy to pass on what we learnt to any CCA members. This could happen informally at the crag, through designated practice days, or assisting in future accreditation workshops. Contact the CCA committee if you are interested.

Mike, Keith, Graham and I would like to thank Kathy Mann from the ACT Outdoor Education Association for facilitating the program. Peter Cunningham and Dirk also helped out by giving up a morning's climbing and acting as victims to help us out. Last but not least thanks to Peter Blunt for running the actual workshop. Peter is a top guy and a gifted teacher who really knows his stuff. If you ever get a chance to work with him take it- you will learn a lot.



The Assisted Abseil (Pluck Off)

The actual assessment workshop was conducted over a weekend. The first day was spent at the Cloisters discussing and practicing various techniques. The second day was originally going to be at Booroomba where the plan was to demonstrate competence on some actual multi-pitch climbs. However dubious weather resulted in us retreating to Legoland. Skills covered included releasable, assisted, and counterweight abseils, pluck offs, stretcher rescues and assisted and unassisted hoists. Both Keith Bell and Mike Law-Smith who have done a reasonable amount of climbing between them were both amazed by the amount they learnt and didn't know.



Practicing Stretcher Rescue

Mt Akadake (2899 m), Yatsugatake Mountain Range, Japan

By Dirk Staunton



In early March this year I attempted to summit Mt Akadake, a 2899 metre peak in the Yatsugatake Mountain Range in the Southern Japanese Alps. The Yatsugatake Mountain Range consists of eight peaks, of which Akadake, which means red mountain, is the highest.



There are hundreds of mountains in Japan – indeed there is even a famous book listing Japan's top 100 mountains over 1500 metres. These mountains are divided into three main ranges – the Northern Alps – where the serious winter mountaineering takes place (Australian skiers may know Mt Hotaka and Mt Norikura from the Northern Alps); the Central Alps (Mt Utsugi is a particularly challenging mountain on this range); and the Southern Alps (for example, Mt Kita).

The Yatsugatake Mountain Range is easily accessible and offers a number of great climbs for both beginners and highly advanced mountaineers. In winter, the main access point into the Yatsugatake Mountains is the Akadake Kosen Mountain Hut. It only takes two hours to hike up from the trailhead to the hut and people use the hut as a launch pad to embark on mountaineering, ice climbing and cross country skiing trips. Akadake is often used as a training ground for novices to develop their mountaineering skills. To the left of Akadake is a huge pyramid-shaped crag that offers excellent training for the harsh conditions of Himalayan climbing. Expeditions planning on going to the Himalayas hone their skills winter rock climbing on the crag and endure very strong winds and freezing conditions. Only a few hours hike up from the Akadake Kosen Mountain Hut is a waterfall that offers excellent ice climbing in winter. There is also an artificial ice wall next to the hut that is free to climb on. Hut employees climb on the wall in their down time and are happy to belay and offer ice climbing advice.

As I had never done any mountaineering before, let alone in Japan, I hired a guide. I settled on a small husband and wife-run guide company called Hopping Japan. The wife, Tomoko Sasaki, is a ski instructor, antique shop owner and tour operator and speaks great English. Her husband, Tsuyoshi, would be my guide and is a very experienced climber who knows the Yatsugatake area extremely well. He is registered with the Japan Mountain Guides Association and is a member of Japan's mountain rescue team. Apart from providing great service at the cheapest price I could find, they were also a really nice couple.

I met Tsuyoshi and Tomoko at the Minoto lower gate car park and we drove up a rutted narrow mountain road to the end of the road. The plan was that Tomoko would join Tsuyoshi and I on the hike to Akadake Kosen Mountain Hut and would act as interpreter. Once at the mountain hut, Tsuyoshi would run me through the basics of snow and ice climbing. On the second day, Tsuyoshi and I would climb the mountain and Tomoko would wait for us at the Hut.

The hike up to the Akadake Kosen Mountain Hut was beautiful. We followed a river up a valley set in old growth forest. Our view was framed by a line of magnificent peaks, the foremost of which looked like Matterhorn. Tsuyoshi took us on a short cut up a frozen stream.

We arrived at the mountain hut in time for lunch. Some 'hut'. By Australian standards it was a resort – a beautiful wooden building full of nooks and crannies with bedrooms everywhere, a dining room and a large kitchen. The Hut prided itself on serving the best food of any of the winter mountain huts in Japan. They did this by carrying up fresh supplies on a daily basis. The other mountain huts in Japan had to rely on helicopters only and so didn't have the same access to fresh supplies. The only drawback was that there was no running water to the hut in winter.

After lunch we hit a nearby slope and Tsuyoshi ran me through the basics of snow climbing. After that we spent the rest of the afternoon ice climbing. Dinner was pretty good. I couldn't believe that they could prepare fresh, great tasting food so far away from civilisation. The weather report that night looked grim. It was forecasting high afternoon winds and snow for the following day. We arranged to leave at 5 am in order to beat the wind.

I woke up the next morning to the sound of rain and the end of my summit hopes. Tsuyoshi said that in the 25 years he has been climbing in the Yatsugatake Mountains, he had never seen rain in March. This was a first time experience I would have been happier to do without. Tsuyoshi explained that as the snow on the slopes was still soft, the rain would create very dangerous climbing conditions with a high risk of slab avalanches. There was one valley in particular that Tsuyoshi was worried about traversing. There was nothing for it but to break out our wet weather gear and descend.

In all, I had a great experience hiking and climbing in Japan. It was great to see the little things that are done differently and also the things that are the same. Tsuyoshi and I had some great conversations about gear and he even took me to his favourite gear shop after the climb so that I could make the most of Japan's super cheap prices (half Australia's prices). One interesting thing though - I was struck by the number of old climbers I encountered. Apparently in the last 10 years or so mountain climbing has lost much of its popularity in Japan. Young people today aren't interested in the outdoors in general let alone something as serious as mountain climbing. The result is that the mountains are generally the preserve of retirees. It was pretty bizarre passing climbing groups of 10 people and finding that everyone was in their 60s. I even passed a group that consisted entirely of old women! They were all wearing their gortex clothes and gripping their ice axes with big smiles on their faces. I'll be back.

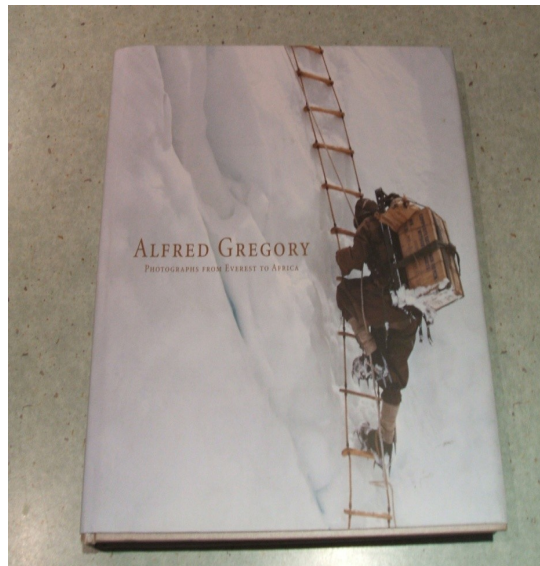


Tomoko and Tsuyoshi Sasaki Enjoy Fine

ALFRED GREGORY. Photographs from Everest to Africa
Lantern /Penguin Group (Australia). Camberwell, Victoria,
2007. 212 pp.

Published in 2007 this book is a tribute to the talent of Alfred Gregory as a photographer and explorer. With more than one hundred stunning images over 212 pages, it takes the reader on a visual journey through landscapes and cultures photographed over many decades of Alfred Gregory's life. Each picture has a story to tell from the iconic front cover image of the porter in the Khumbu Icefall, to the many images captured around the world and ending with the haunting image of the Mountains of the Moon in Uganda shrouded in mist and cloud. This book will appeal to anyone to who loves photography and the earlier days of travel. If you have enjoyed and been inspired by the work of other great photographers such as Frank Hurley and Ansel Adams then this book would be a great addition to your collection.

Reviewed by: Dawn Roberts



MOUNT EVEREST SPRING CLEAN-UP ABOVE 8000m

This spring a team of 20 sherpas will remove rubbish from above 8000 meters on Mount Everest. This area is known as the 'death zone' because of the lack of oxygen and difficult terrain. Previous clean-ups have taken place below 8000 meters. The leader of the Extreme Everest Expedition 2010 is Namgyal Sherpa who has climbed Mount Everest the worlds tallest peak, seven times. Previous clean-up attempts have focused on the normal route from Base Camp to the South Col, this expedition will concentrate on the area above the South Col. The team will be removing rubbish that includes empty oxygen bottles, ropes, damaged tents and utensils.

"This is the first time we are cleaning at that height, the death zone. It is very difficult and dangerous," said Sherpa who has climbed Mount Everest, seven times. "We'll bring down the body of a Swiss climber who died in the mountain in 2008 and cremate it below the base camp for which we have got the family's consent"

The team is hoping to remove around 3,000 kilograms of material from Mount Everest during their expedition. The Government in Nepal has imposed new regulations, all climbers attempting to climb Mount Everest have to avoid littering the mountain or will be subjected to a financial penalty if they do not comply.

(Reuters, April 2010)

Upcoming Events Calendar

Date/Time	Event	Venue	Cost
Sunday 25 April, 2010	Introductory Climbing Day	Booroomba Rocks	Non members can join on the day for \$20
Wednesday 12 May at 7.45 pm	CCA General Meeting	Henderson Conference Room, Eggleston Road (off Garran Road) Australian National University	
Friday 28 May Dinner 7.00 pm	Himalayan Dinner (Indian Banquet)	Shalimar Indian Restaurant Tasman House Marcus Clarke Street Canberra City	\$30 per head Book through the Australian Himalayan Foundation www.australianhimalayanfoundation.org.au
Thursday 10 June 7.30 pm	On High In New Zealand A presentation by Elke Braun-Elwert Go to CCA website for additional information	Innovation Centre, Lecture Room, Eggleston Road (off Garran Road) Australian National University	

Updated information on meeting and events can also be found on the Canberra Climbers' Association website at www.canberraclimbing.org.au