11am-8pm

AC Grand
Dening
Dening
Dening
DeningDening
Dening
Dening
Dening
Dening
Dening
Dening
Dening
Dening
Dening
Dening
Dening
Dening
Dening
Dening
Dening
Dening
Dening
Dening
Dening
Dening
Dening
Dening
Dening
Dening
Dening
Dening
Dening
Dening
Dening
Dening
Dening
Dening
Dening
Dening
Dening
Dening
Dening
Dening
Dening
Dening
Dening
Dening
Dening
Dening
Dening
Dening
Dening
Dening
Dening
Dening
Dening
Dening
Dening
Dening
Dening
Dening
Dening
Dening
Dening
Dening
Dening
Dening
Dening
Dening
Dening
Dening
Dening
Dening
Dening
Dening
Dening
Dening
Dening
Dening
Dening
Dening
Dening
Dening
Dening
Dening
Dening
Dening
Dening
Dening
Dening
Dening
Dening
Dening
Dening
Dening
Dening
Dening
Dening
Dening
Dening
Dening
Dening
Dening
Dening
Dening
Dening
Dening
Dening
Dening
Dening
Dening
Dening
Dening
Dening
Dening
Dening
Dening
Dening
Dening
Dening
Dening
Dening
Dening
Dening
Dening
Dening
Dening
Dening
Dening
Dening
Dening
Dening
Dening
Dening
Dening
Dening
Dening
Dening
Dening
Dening
Dening
Dening
Dening
Dening
Dening
Dening
Dening
Dening
Dening
Dening
Dening
Dening
Dening
Dening
Dening
Dening
Dening
Dening
Dening
Dening
Dening
Dening
Dening
Dening
Dening
Dening
Dening
Dening
Dening
Dening
Dening
Dening
Dening
Dening
Dening
Dening
Dening
Dening
Dening
Dening
Dening
Dening
Dening

Saturday 17th September (Junior Competition – under 18's) - 10am registration opens

Sunday 18th September (Senior Competition – over 18's) - 10am registration opens

If that isn't enough!!!...there will be some special guests from the climbing world in attendance including... John Partridge who will be running a Footwork Workshop (check our website for details)

The following sponsors will have varied routes in the wall for you to try out – come along and test your skills!







DMM



rockfrogk

The competitions will be based on the following disciplines:

- Bouldering traverse
- Bouldering
- Auto Belays
- Sport lead climb
- Traditional climbing line
- Dyno comp

There is no ability restriction for the competitions – if you have never experienced any of the disciplines then this is a great opportunity to give it a go!

£10 entry fee*

(includes climbing and competition fees)

There will be prizes for the Junior and Senior competition winners...as well as on-the-spot prizes for those competitors who are showing huge potential and skill whilst competing! * Entry requirements apply – see website for

more information.

Check our website for more details:

XC, Jarman Park, Hemel Hempstead, Herts, HP2 4JS Telephone: 01442 228799

