



Britains Jonathan Stocking at the EICA Ratho in the European Youth Series 2009.

— Lukasz Warzecha - LWimages.co.uk

Psyched!

The UK Competition Climbing Newsletter from the BMC Competition Committee



*Here it is... the second Competition Newsletter
from the BMC Competition Committee*

All About Competitions...

Here it is, the second BMC Competition Newsletter from the BMC Competition Committee, ably compiled by British Team Managers, Climbing Wall Managers, British Team Members and the UK's Competition Climbing Population.

The aim of the newsletter is to keep you informed on the UK Climbing Competition Circuit as well as upto date with what the British Climbing Team is doing, not only on home ground, but the world climbing circuit as well.

I would like to thank all the contributors for their articles and photos and if for some reason an article or photo has not been used it will be down to the sheer volume I have received.

This edition sees us introduce a foreign climber that is doing well on the Competition Circuit as well as the first in a series of Training Articles written by Ben Meeks on better use of a Climbing Wall, junior team coach Tom Randall is following it up with an article in the next edition on Core Conditioning.

A few people said the first edition was good but will the momentum continue?, I say the proof is in the pudding! Enjoy Psyched! and a huge good luck to all the team members and people taking part in the next round of Competitions.

Iain McKenzie

Chair, Competition Committee.



Brian sent us this crowd shot from one of the Competitions at the the Climbing Works. I was struggling a bit with choosing a photo that represented a competition, the spirit, the age range and the mood, this came through at exactly the right time. Iain.

— Brian McAlinden - Climbing Works

Rachel Seymour showing why City Bloc in Leeds is a facility that the British Bouldering team like to use as a training venue.

— Ben Meeks



Notice on the ground

Psyched! ... news

Important Team News

On the 18th January 2010 a meeting was held at the BMC offices in Manchester to discuss the future of the British Climbing Team, Nick Clement (Bouldering Team Manager), Ian Dunn (Junior Team Manager), Iain McKenzie (Chair Competition Committee), Rob Adie (Competition Officer) and Nick Colton (BMC Deputy CEO) were all present

The decision was made to amalgamate both the Junior and Senior lead teams. This would allow joint training sessions and routes to be set for both teams as well as improving the transition between junior and senior teams with the older and elite junior categories being able to train along side the senior members.

Drew Haigh is to become the Assistant Team Manager (leading) and he would be responsible for organising the senior team. Ian Dunn now steps in as overall team manager and Jane Newman is Assistant Team Manager (junior).

It has also been suggested that it would be beneficial for team members of both the bouldering and leading team (junior and senior) to attend each others training, this is to be planned in advance on consultation with the appropriate managers.

*By Iain McKenzie
Chair Competition Committee*

an identity crisis: solved



Both the British Bouldering Team and the British Climbing Team are pleased to announce that they have a new Team logo.

The logos have been designed by Tom Sugden, one of the Coach's on the Bouldering Team.

The logos have been developed as part of the strategic marketing plan to help give the Teams a unique identity.

Both Teams would like to offer their sincere thanks to Tom Sugden for his excellent work.

*Nick Clement
British Bouldering Team Manager*



Introduction

BMC

YOUTH CLIMBING SERIES 2010

A series of three friendly, inexpensive competitions for youngsters at local climbing walls, followed by a grand final where the top three from each category in each region compete for the British crown.

All competitions feature bouldering and either top roping (ages 8-10 and 11-13) or leading (ages 14-16).

British Mountaineering Council
Working for Climbers, Hill Walkers and Mountaineers



Entry forms available from thebmc.co.uk/youth

Round 1 30 January

Round 2 27 February

Round 3 13 March

British Final 12 June EICA, Ratho, Edinburgh

Climbers must compete in the region in which they live

Support British Climbing - Join the BMC today



Team News

>> *Helen Shilleto training at the Foundry*

— Nick Clement Collection

British Bouldering Team-Pre-Season Training Report

The British Bouldering Team started their pre-season training on the 5th September 2009. The Team and Squad met at the BMC office in Manchester where they met the Management Team. The Team Manager Nick Clement gave a presentation outlining the Teams aims and objectives and an overview of the periodised plan for their pre-season training. After this the Team signed their individual contracts before moving onto the Manchester Climbing Centre where they completed all of the boulder problems set there.

The members of the British Bouldering Team for the 2010 competition season can be seen below:

Team

- Gaz Parry
- Dave Barrans
- Stewart Watson
- Mark Croxall
- Ned Feehally
- John Partridge
- Leah Crane
- Diane Merrick
- Mina Leslie-Wujastyk

Squad

- Dave Mason
- Adam Jeeworth
- Keith Bradbury
- Gill Peet
- Katy Piddock
- Helen Shilleto

Management Team

- Nick Clement-Manager
- Gaz Parry-Assistant Manager/Men's Coach
- Tom Sugden-Women's Coach
- Domonic White MSc-Sports Scientist

The following weekend the Team met at the Climbing Works in Sheffield. This involved members of the Team and Squad completing a variety of power, strength and power endurance based fitness tests. The tests involved the use of campus boards, finger boards, system board, pull up bars, rowing machines and a standing jump test. Sunday involved the Team and Squad climbing six boulder problems that were set to a World Cup Semi-Final standard.

The results of the testing were used to identify individual strengths and weaknesses in order to set training goals. The team will be retested in February in order to assess improvements gained from their pre-season training.

The Teams third training session took place in Leeds over the weekend of the 3rd and 4th October 2009, where they continued with their Strength and Conditioning phase of their periodised training plan. As outlined by the Team's Sports Scientist Dominic White MSc, "A conditioning phase is important because it is a vital component of any athletic groups preparation for competition. The purpose of any periodised training program is to improve physical work capacity (muscular endurance, strength, power) and sport specific skills and manipulate these training variables so that peak performance coincides with competitive bouldering season. A solid foundation in general strength and conditioning type training will provide a better standard of athletic development and the physical "platform" for the bouldering team to improve their competitive climbing performance. Additionally, through a process of physiological testing over the training year individual strengths and weaknesses can be identified so that a strength and conditioning training programme can be tailored to individual members of the bouldering team."



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The British Bouldering Team photo at the Climbing Works.

Back Row, Left to Right;

Nick Clement (Manager), Tom Sugden (Female Team Coach), Leah Crane, Diane Merrick, Gaz Parry (Assistant Manager), Stewart Watson, Ned Feehally, Jon Partidge, Dave Barrans, Dominic White MSc (Sports Scientist)

Front Row, Left to Right;

Adam Jeewoth, Katy Piddock, Gill Peet, Keith Bradbury, Dave Mason, Helen Shilleto.

— Nick Clement Collection



On Saturday the Team met at the Climbing Depot. The day started with Dominic the Team's Sports Scientist conducting blood lactate testing with members of Team. As explained by Dominic, "This is important in order to assess and monitor training status and training intensity. Bouts of difficult sport climbing to exhaustion rely quite heavily on production of energy by anaerobic means and result in significantly elevated levels of blood lactate above resting values. Although lactate accumulation is not all bad as without any lactate production our ability to perform short bouts of high intensity muscle contractions would be nonexistent, high lactate levels can be detrimental to subsequent climbing performance through the inhibition of muscle contractions. Having said that very little is known about the physiological response to high level bouldering so monitoring training sessions is vital to determine training intensity and to monitor changes in fitness throughout the training season. It is particularly important to understand the physiological response individual team members have to the same bouts of activity to help in the prescription of individual training programmes."

After the blood lactate testing the Team completed a circuit of 40 boulder problems. In the afternoon they also completed a strength conditioning circuit that comprised of 12 exercises. The day finished with Dominic giving a presentation on periodisation.

On Sunday the Team moved to Leeds Wall and started the day with a workshop on the importance of warming up correctly. The team then did another high volume session on the bouldering wall, the women completed all of the boulder problems up to V6 and the men up to V9. In the afternoon each member of the Team did an hour of lower intensity climbing on routes.

Over the weekend 6th - 7th November 2009 the Team started a new phase of their periodised training plan which involves improving Maximum Strength.

As outlined by Dominic, this is important because, "The development of maximal strength needs a foundation phase which prepares the body for the high intensity workloads typically experienced during maximal strength training. So as part of a periodised training programme it is important to have a maximal strength phase after a hypertrophy/conditioning phase and prior to a power phase. This is primarily due to power being the product of strength and speed so that power output has the potential to be greater if maximal strength improves."

On Saturday the Team met at the Foundry in Sheffield. The morning session involved Team members working in groups of 4 and attempting 5 hard boulder problems (women font 6c-7b+, men font 7b+-7c+). Each group had 20 minutes per problem, with an emphasis on climbing the problem statically and without the use of egyptians or twist locks.



Top; Katy Piddock fitness testing at the Climbing Works.

Middle; Dave Barrans Completing Dumbbell Press Ups as part of a Strength Conditioning Circuit at the Climbing Depot.

Bottom; Katy Piddock Completing a Bar Bell Roll Out as part of a Maximal Strength Circuit at City Bloc.

— Nick Clement Collection

The afternoon session involved the Team completing a Maximum Strength based circuit involving:

- Campus Board
- Finger Board
- Assisted 1 Arm pull ups
- Front Leavers
- Dips
- Training Board

On completion of the circuit the Team were introduced to Craig Antcliff of Five Finger Thing who will be sponsoring the Team by providing competition clothing, training tops and T shirts.

Sunday involved a very similar session at City Bloc in Leeds, where the Team completed another set of 5 boulder problems in the morning and another strength based circuit in the afternoon involving:

- Training Board
- Bar Bell Roll Outs
- Hand Stand Press Ups
- Overhead Squats

The Team also received a workshop from the Teams Sports Scientist on the benefits of Recovery Methods including:

- Active Recovery Methods
- Cold Water Immersion

As Dominic outlined, "To recover from training or competition it is beneficial to utilise strategies that facilitate the physiological recovery process. Many studies have investigated this area and findings suggest that some form of active recovery (light intensity aerobic activity) when compared to passive recovery (resting) speeds up the recovery process (i.e. significantly greater reductions in Blood Lactate levels). This can be especially important when competing as the rest periods between climbing bouts are very short so any technique to improve recovery could potentially improve subsequent climbing performance."

Dominic also conducted some blood lactate testing and will be feeding back the results in a future Team Training session.

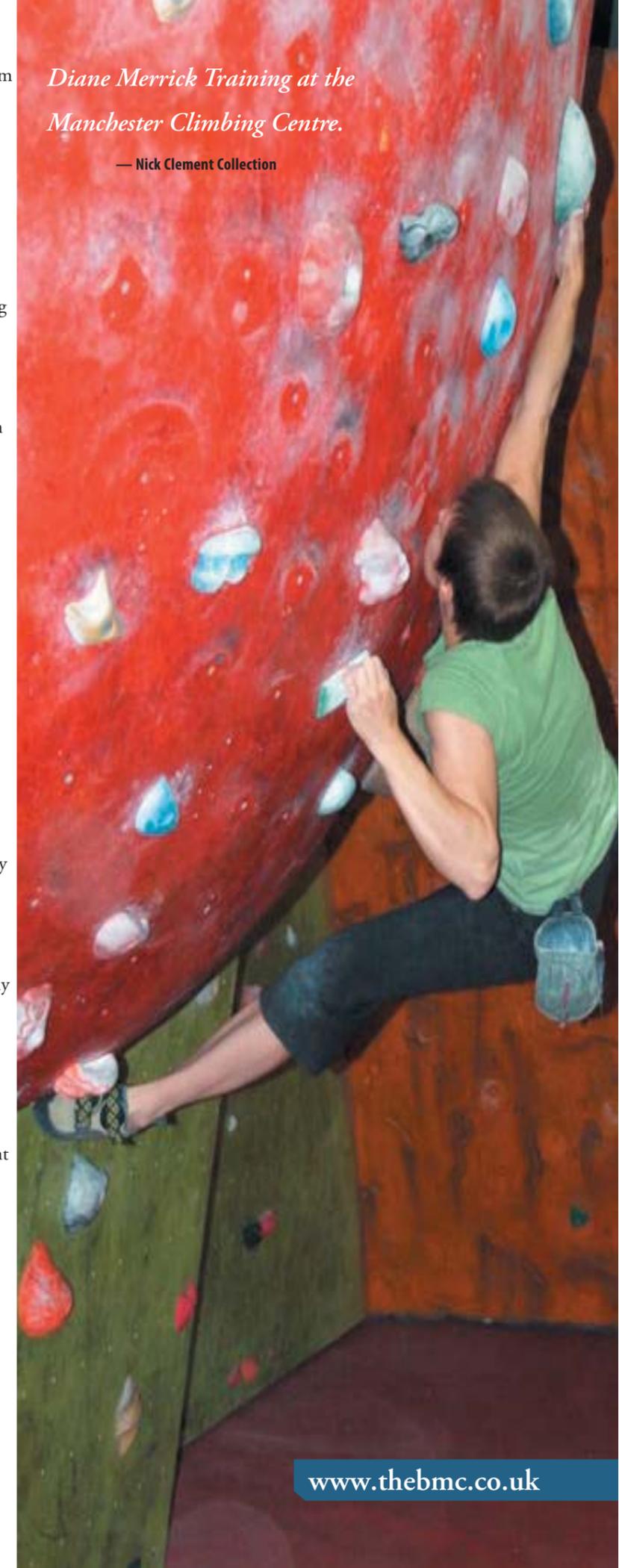
The British Bouldering Team would like to thank the following Climbing/Bouldering Walls and managers for providing excellent training facilities and allowing the Team and Squad to use their walls. Your continued support is greatly appreciated.

- Manchester Climbing Centre-John Dunne
- Climbing Works-Percy Bishton, Graeme Alderson, Sam Whittaker
- Climbing Depot-Steve Dunning
- Leeds Wall-Allen Price
- The Foundry Climbing Centre-Neil Bentley
- City Bloc-Ben Meeks, Martin Smith

*By Nick Clement
British Bouldering Team Manager*

*Diane Merrick Training at the
Manchester Climbing Centre.*

— Nick Clement Collection



Supporting Acts: Five Finger Thing

Supporting the Team



The new limited edition British Bouldering Team T shirts.

*Top Right: Dave Barrans and Dave Mason
in the Team Hoodies*



Five Finger Thing Sponsor the British Bouldering Team

The British Bouldering Team is pleased to announce their link with their new Team Clothing Sponsor - Five Finger Thing. Craig Antcliff of Five Finger Thing met the Team at their Team Training at Climb Newcastle over the weekend 5th and 6th December 2009.

Craig has donated each Team member with a Training Hoody and T shirt, see photos opposite. Future sponsorship plans include donating Team members with a formal jacket/gilet and competition vest.

The Team would like to thank Craig Antcliff for sponsoring the British Bouldering Team.

British Bouldering Team T Shirts for Sale

Craig Antcliff of Five Finger Thing has also produced two versions of a limited edition British Bouldering Team T shirt that are being sold in order to raise some funds for the team.

Only 50 T shirts of each design have been produced and both designs retail from £20. The limited edition T shirts are available to purchase from members of the British Bouldering Team, the Castle Climbing Centre and fivefingerthing.com.

Team News

The End of an Era



After the EYS in Ratho in September it came as a shock to all Junior Team members to hear that Tony and Debbie Powell had decided it was time to step down from their roles in the Junior Team. Tony as Team Manager and Debbie as the Regional Coordinator for the North and Chief Judge had between them worked tirelessly for the Junior Team for many years and they will be missed by all those who have been to team events. Both have given great service to young competition climbers and everyone is grateful for the efforts that they made to help scores of young climbers compete for Great Britain.

One of Tony's last jobs was to start the selection for the EYS in Kranj in Solvenia and attend the BMC NW Area Meeting where he helped ensure the vote for the BMC to support climbing in the Olympics was passed.

Without a Team Manager Ian Dunn volunteered to take on the role in an acting position till the Competitions Committee could meet and appoint a new manager. This happened the day before the Kranj EYS and Ian Dunn as Manager and Jane Newman as Assistant Manager took the Team to Kranj for the final event of the 2009 season.

Kranj

Tony Powell and Ian Dunn between them selected a Team of 16 climbers to compete at the Kranj EYS, selection was primarily based on results from Ratho and also to encourage some new members of the Team to see the standard required for Internationals and to motivate them for 2010.

The following competitors flew out from Stansted; Natalie Berry, Michaela Tracy, Robert McKenzie, James Garden, Ed Hamer, Luke Tilley, Paul Williamson, Jonathan Field Shauna Coxsey, Hannah Beresford, Suzie Zitter, Kitty Wallace, Alice Waterhouse, Charlotte Ellison, Charlotte Garden, and Ed Mowbray.

The competition was stiff with superb routes and some great climbing. Robert McKenzie and Luke Tilley both climbed well, Ed Hamer also excelled and only missed the final by a whisker, and both Kitty and Shauna made the finals.

The finals took place on Sunday morning and Kitty climbed superbly making fourth place in Youth B, and Shauna climbed to fifth place in Youth A. Kitty was climbing on the same route as Shauna and she would have had an excellent result in the higher age category which bodes very well for 2010.

New Team Structure

Whilst chaperoning the Team to Kranj Ian and Jane had pretty much a continuous discussion on how to develop the Team. Firstly we have abandoned the Junior and we are now GB Climbing Team. Tom Sugden from the Bouldering Team, has done a fantastic new logo to support this. Secondly we have eliminated the Aspirants Category and we just have one Team. Within



Members of the British Climbing Team (Juniors) getting to grips with the steep stuff at the first Inagrial Meeting at the Newcastle Climbing Centre.

— Mark Goodings

The European Youth Series well under way at the EICA, Ratho. <<

— Lukasz Warzecha - LWimages.co.uk

the Team there is an Elite which you join if you can make an EYS final and maintain that standard. We also appointed a Team Captain – Natalie Berry who can help the Team Management with many aspects of running the Team and give a valuable competitors point of view. The Team Management has also restructured with positions being developed around individual's skills rather than regionally. A parent's representative John Ellison was also brought on board to help disseminate information. The first meeting of this New Structure took place to select the New 2010 Team after the Youth Open Competition.

The Youth Open

The BMC organised the 2010 Youth Open at Awesome Walls, Liverpool on the 28th November, with the international age categories Youth C Youth B Youth A and Juniors. This event was how competitions should be, a 100% growth from the previous year's Team Trial saw 134 competitors arrive in Liverpool to compete. The atmosphere was fantastic, the climbing inspiring, and a great competition was enjoyed by all. Rob Adie did a great job with the organisation and he really made sure the day was a success.

It is impossible to report on every great climb of the day but there were some truly awesome battles and a few climbers deserve special mention for outstanding performances. Ed Hamer topped everything and was on fire, he certainly looked like he will get some great results in 2010. Robert McKenzie also climbed in his relaxed style and pushed Ed all the way. Catherine Whiteman climbed as well as I have ever seen her and pipped Becky Hall in the Junior Female category.

Kitty Wallace took advantage of her Kranj fitness to beat Shauna Coxsey on her home ground, be prepared to see some major battles in 2010 for top spot in Youth A Females. Luke Tilley won the Youth A Male and Dylan Mackenzie and Eleanor Hopkins won the Youth B category. Youth C in both male and female categories brought some outstanding climbing with Randy Roby out climbing all the Youth B Boys too and on his final route he would have placed 7th in the whole competition though he is still only 12. Tara Hayes was equally impressive as she would have made top five in older categories

A great competition supported by Sport England and Awesome Walls and great event for all.

Team Selection

The day after the Youth Open the Team selectors got together and picked the 2010 Team. A long meeting where every competitor from the Youth open was considered, coaches views listened to and an embryonic ranking system developed by Mark Alderson was also used which resulted in a unanimous new Team for 2010:

Junior Male

Robert McKenzie, Ed Hamer, James Garden, Ross Kirkland

Junior Female

Catherine Whiteman, Becky Hall, Natalie Berry, Michaela Tracy -Elite

Youth A Male

Jonny Stocking, Luke Tilley, Paul Williamson, Jonathan Field, Sean Hopkins, Josh Farrell, Oliver Grounell,

Youth A Female

Kitty Wallace, Shauna Coxsey, Alice Waterhouse, Suzie Zitter, Charlotte Garden, Charlotte Ellison, Ellen Macaskill,

Youth B Male

Dylan McKenzie, Jonny White, Michael Hopkins, Steven Addison, Matthew Roby

Youth B Female

Eleanor Hopkins, Jamie Davidson, Rachel Carr, Olivia Ratcliffe, Lily Rossengard

Youth C Male

Randy Roby, Billy Ridal, Angus Davidson

Youth C Female

Tara Hayes, Carmel Moran, Nikki Addison, Molly Thompson-Smith

The biggest Team we have ever picked but we really want to see some climbers pushing for podiums in 2010 and we have the World Youth Championships in Ratho in September to prepare for.

The Inaugural team meeting will take place in Newcastle on 23rd and 24th Jan 2010 and the next Team Training will be in Sheffield on 20th of March where we will be looking at every climbers fitness and standard before we pick the Team for the Imst EYS in May.

*By Ian Dunn
British Team Manager*

Kitty Wallace fully committed in the qualifiers.

— Lukasz Warzecha - LWimages.co.uk



Supporting Acts: Chunki Monki

Supporting the Team

Chunky Monki is proud to support the British Junior Climbing Team!

Hello from Chunky Monki! We launched our new brand of adventure clothing at the Outdoors Show at the NEC last February. It's been a busy year! We sponsor the British Junior Climbing Team, and they have been kitted out with a full wardrobe of funky clothing to hang out in as well as to compete in. As well as kit bags full of team gear, they also get cash for media appearances and photographs featuring the Chunky Monki brand.

If you don't know much about us, Chunky Monki is part of a big adventure group of companies headed by mountaineer Mark S Lewis, which is called the 'MSL Group'. Mark (and his staff) have a very busy time running the MSL Group empire: MSL Mountaineering (www.msl-mountaineering.com), Trek Uganda (www.trekuganda.org) and the Uganda-

based social action project Gulu Mission Initiative (www.gmi-uk.org)

We're having a particularly busy time at the moment, as Mark is going to be leading several British army charities on expeditions to bag the 7 Summits over the course of the year, so there is lots of organising to be done!

Mark has, however enjoyed taking time to cheer the British Juniors on at competitions. In September, he headed up the M6 to the European Youth Series Final - a milestone event of course, as this was the first time a British city has hosted a round of the competition. The standard of competition in Edinburgh was very high, but the Brits did a great job!

Mark was very pleased that Kitty Wallace wore the Cool Comfort leggings to compete in, as her trademark look has long been stripy black and white leggings. She loves the new leggings ... but has suggested we intro-

duce a new colour way (black and white stripes)! The leggings have been a particular hit with all the girls, and Suzie Zitter commented:

"I got the leggings at the British Bouldering Championships last July, and I have been wearing them ever since. I love them. I wear them to compete, and I wear them to train. I find them not too cold, not too hot, light, stretchy and flattering to the backside."

We were delighted at the response that we got when the Juniors wore Chunky Monki gear at the British Bouldering Championships last July. We had a stand at the event, and many spectators came to ask us for the gear that the team were wearing! So thanks guys.

Natalie Berry, the Junior Team Captain, is a big fan of the reversible Chunky Twist Tee, which she tested out while climbing in the south of

France this summer, and found that she kept nice and cool and comfy in it.

Taking their roles as gear testers seriously, Team GB have come back to us with comments and criticism about the Chunky Monki range, which we will take on board when we have a chance to develop it further.

As for cash, the team receive a sliding scale of money depending on the size of photograph they appear in wearing Chunky Monki in climbing media.

British Climbing Teams receive no money from the government to help them compete internationally, because all UK Sport's resources have now been focused on the run up to the London Olympic Games in 2012, and climbing is not an Olympic sport, so the option of cash incentives from Chunky Monki has been gratefully received.

Shauna Coxsey commented:

"The Chunky Monki sponsorship

allows us to be more professional. We have all received a generous amount of clothing from Chunky Monki, and you can tell that we are a team at trainings and comps. The fact that Chunky Monki are promising money for photographs and publicity is extremely good! The lack of funding for competitions in general is very poor. It becomes expensive when you are part of the team and you are travelling, competing and going to training events all over the UK and further."

The Team GB kit comprises a full set of Chunky Monki gear branded up with "British Junior Team". This includes tops, trousers, shorts, vests and t-shirts, all to go in their kit bag.

Moving forward into 2010, Chunky Monki is continuing the Team GB sponsorship. We'll also be the main sponsor for the British Bouldering Championships at Cliffhanger in 2010. And we're also providing all the competition vests for the BBCs and the BLCC. So should be a good year all in! See you around.

Team members Natalie Berry and Becki Hall going through the route viewing dance in their Team Kit

— Alex Messenger

By Sarah Stirling

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MORE INFO:
<http://www.sarahstirling.com>



The Junior Team are supported by Chunky Monki as featured in the last edition of *Psyched!*

— Tony Powell/BMC Collection

www.thebmc.co.uk





Psyched! ... introducing

Introducing a few of the team

In this section we will introduce members of the British Climbing Team, members of the Management Team, and Volunteers who all play an important part in UK Climbing Competitions.

First up for the British Bouldering Team is Diane Merrick.

I first tried climbing at a Scout campsite 20 years ago. A man-made wall against a tree. I was hooked. It was far more fun than climbing trees and things you get told off for climbing (like door frames - I was small at the time ok). I joined a climbing club in Essex when I was 16. It was with the club that I was taught rope work and trad climbing. We went on trips to the Wye Valley, the Peak District and Southern Sandstone crags.

A couple of years after this I went to study at Sheffield University. I didn't know anything about any famous climbers and didn't know Sheffield was the climbing capital of the country. I couldn't believe my luck. I discovered bouldering at the Foundry and very rarely do any other forms of climbing.

I entered a few competitions throughout the years through invitation, i.e. "does anyone know any girls that can boulder?". There weren't that many girls bouldering then. It's good to see that this has now changed with the improving and increasing number of facilities, and good promotion of the sport.

Eventually I decided that I wanted to have a proper go at competition climbing. I entered the 2007 British Bouldering Championships. I came 3rd and was selected for the British Team. I learnt how to train properly and am improving in leaps and bounds. I love competing and work well off the adrenaline, pulling off moves I struggle to repeat when not competing. I want to win and am proud to represent my country.

I mainly climb/train at the Foundry and the Climbing Works in Sheffield, but visit other walls for training and to get a good variety of climbing styles. I also train at home which makes it easier to fit more in after work. Weights, fingerboard/bar work, core exercises and stretching.

My best results are 15th in the Eindhoven World Cup 09 (International) and 2nd in the BBC 08 (British). My highest world ranking to date is 29th. My favourite competition to date was the Eindhoven comp. The crowd was amazing, the comp was really well organised, we had a full team competing, Pete my other half was there and I climbed well.

My climbing competition goals for 2010 and beyond are to win the BBC, consistently qualify for World Cup semi-finals, make a World Cup final and win.

My hardest onsight is probably 7a. I not too fussed about ticking grades. They are subjective and there are so many climbing styles. There are a lot of outdoor projects I want to get done at some point, especially in the Peak, but I am concentrating on competitions at the moment.

I am sponsored by Godsrock Clothing and Scott Wilson.

*By Diane Merrick
British Bouldering Team Member*



Left: Diane in Font.

Top to Bottom: BBC's 08, World Championships in Quighai, China 09. Vienna World Cup 09.

— Diane Merrick



>> *Suzie Zitter competing at the BBC's in Sheffield.*

— Suzie Zitter Collection

Introducing

First up for the British Junior Team is Suzie Zitter, newly promoted British Junior Team Member.

I started climbing 7 years ago (aged 9). I went to a summer camp at the Westway Sports Centre as a way to fill my free time in the summer. I developed a crush on one of the instructors and so came back for a second week and worked very hard to impress him. He left the country soon after (probably the result of being constantly followed around by a small girl) but my efforts were rewarded with the "climber of the week" prize. Having realized that I really enjoyed the sport for the adrenaline rush and sense of fulfilment after each climb I joined a club and was soon invited onto the Westway Squad, of which I am still a member.

Early on in my climbing career I had a master-class with Johnny Dawes and since then I have been in awe of his abilities. I met him again on a Westway Squad trip, but never got the courage to talk to him. I did hear him say that what makes a great climber is an understanding of how their body works. Since then I have paid more attention in biology lessons, but I am still waiting on an epiphany.

My first competition was the BRYCS of 2002 – just after that first summer camp. Much to my surprise I qualified in 3rd. I think only three people went to all of the rounds. Anyway, I came about 27th at the final and was extremely proud of myself. I bragged more than even when I won the same competition (this year). I continued to compete and was determined to improve. My hard work has paid off as I became an aspirant to the Junior British Team in January of 2008. On the day after my birthday, in May of this year, I was promoted to a Full Team Member. You can imagine that it was the best birthday present ever!

My best competition results would be either 1st in the BMC Youth Climbing Series British Final 2009, 2nd in the British Bouldering Championships 2008 or 3rd in the British Lead Climbing Championships 2009 (depending on which competition you value most). Over the years my favourite competition has always been the Southern Indoor Bouldering League for its friendly feel and vast number of well-set problems. I am looking forward to competing in the seniors next year, partly because there will be harder problems and partly because Kitty Wallace is still in the Juniors for one more year, leaving first place up for grabs!

My hardest on-sight is 7b+ for routes and V6 for boulders. I did on-sight one V8 in a wall in Sheffield, but we all know northern grades are soft. ;-p My hardest red-points are 7C and V8. Sadly, I don't venture outside very often. This is because I am frightened that the rock will fall apart and I get panicky if the bolts are any more than 1.2 metres apart. Basically, I am too much of a wimp to climb outside but I aim to keep improving as much as possible and enjoying climbing. This will be easy because anyone that climbs can tell you that once you have started, you will be addicted for life.

*By Suzie Zitter
British Junior Team Member*

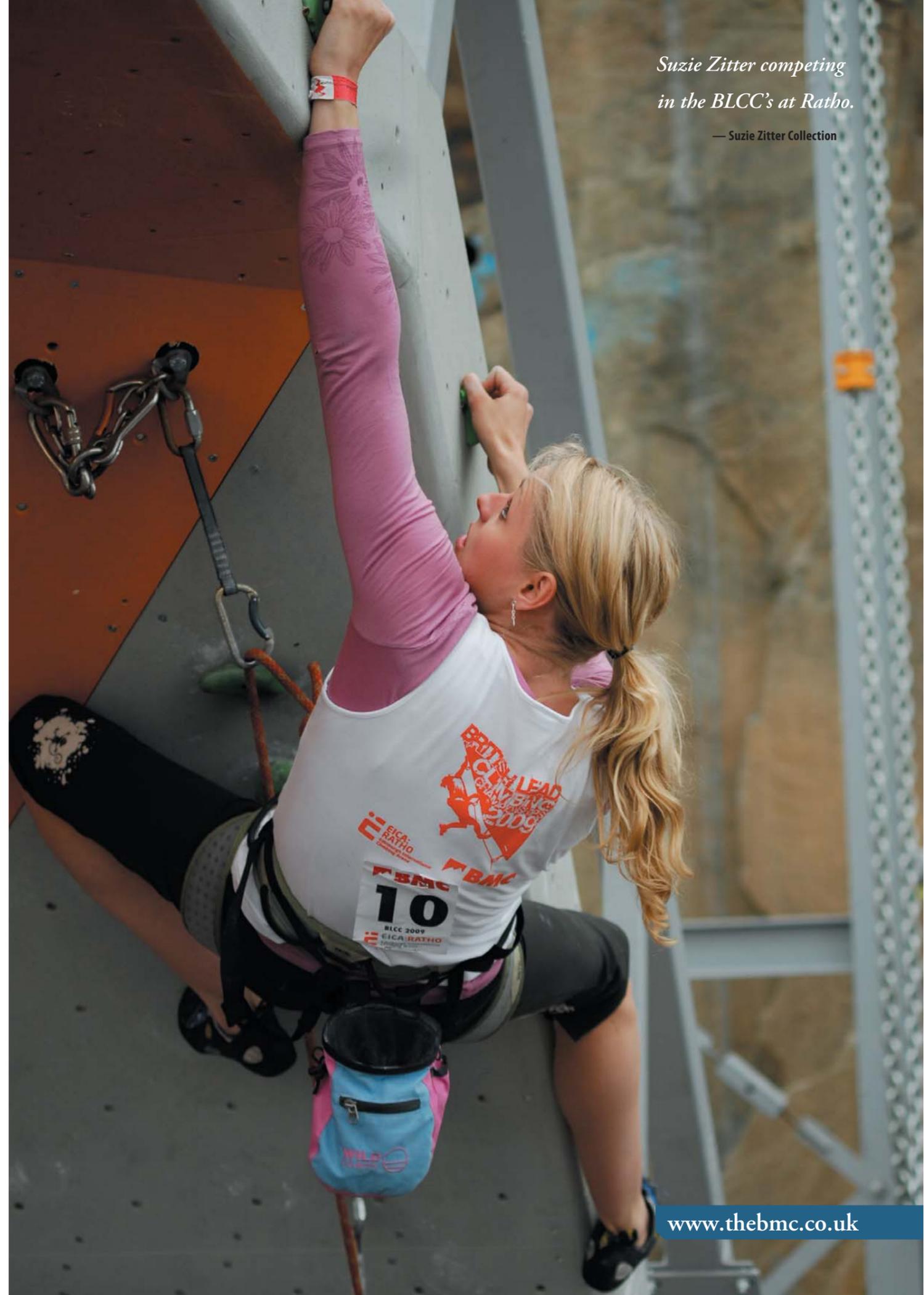
Suzie on Banana at << Bowles.

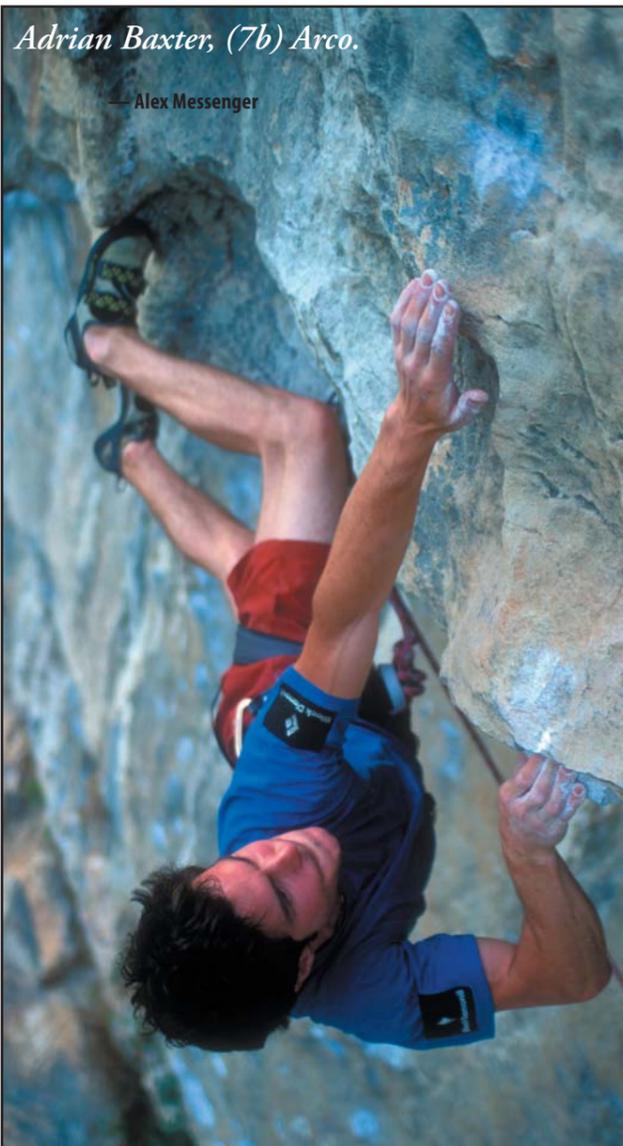
— Suzie Zitter Collection



Suzie Zitter competing in the BLCC's at Ratho.

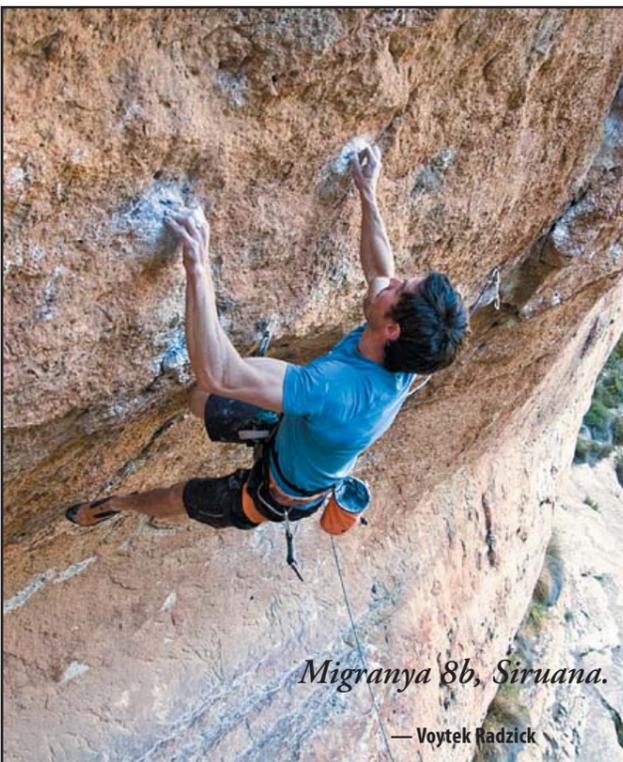
— Suzie Zitter Collection





Adrian Baxter, (7b) Arco.

— Alex Messenger



Migranya 8b, Siruana.

— Voytek Radzick

First up for the British Senior Team is Adrian Baxter.

My climbing career actually started with being forced to climb one afternoon as a end of year activity. I had images of lycra clad ramblers flash through my mind as we were forced into a minibus on the way to the local climbing wall, but after the experience I was completely hooked. . . 2 weeks later I had spent my savings on shoes, a harness and was climbing 3 times a week.

I was incredibly lucky to meet the right people to climb with very quickly – and within 9 months of starting climbing I had entered my first junior national leading comp and did surprisingly well. I vowed to always push my limits after that and so cockily entered the British Bouldering Championships as a senior at the age of 17 and somehow made the finals. I was completely blown away to be climbing against Malcolm Smith and to have Ben Moon shouting encouragement for me as I climbed in the final.

That year I also started going away on climbing trips with my first two being Ceuse and Thailand, both for a month's long trip during my summer and Christmas holidays – the sport just kept getting better and better – in fact, I nearly cried when I arrived on the Ton Sai Beach on a long-tail boat – it was the most amazing place I had ever seen!

I was so, so psyched to be there that I climbed my first ever 8a on Ton Sai beach on Millenium Eve as the sun went down – it was a dream come true.

Quite soon after in 2000 I was selected for the British Junior team; it felt like a real privilege to be travelling around the world to internationals but I also quickly realised just how hard they were - my first comps were really disappointing - I got so nervous that I would literally shake myself off routes. I needed to do a lot of work in order to just make semi-finals. . .

. . . So I decided that between finishing my A Levels and Uni I would spend what was meant to be a gap year (which actually turned into 3 years) climbing. I moved to Europe for 6 months of the year for 3 years – and spend most of my time in the South of France and Switzerland. That is when my climbing really took off. I was quickly on-sighting 7c+ really consistently but I had always considered a good climber someone who could on-sight 8a, and it had been my life-time goal since I started. I wanted to on-sight 8a so much that, once again, I would literally shake myself off routes a metre from the chain. After this happened 5 or 6 times, until I found myself on an 8a two metres away from the chain, only a line of jugs separated me from

Introducing

clipping them. I quite literally spent about 5 minutes traversing to and from the chain thinking there must be a hard move somewhere. Then I just clipped it. From that point on I believed I could on-sight the grade and it made an immediate massive difference to my confidence . I left England that first year having red-pointed one 8a and came back having on-sighted more than 15 and red-pointed 30 routes between 8a and 8b+. Therefore, If there was one bit of advice I could give someone to get better at climbing I'd say just go climbing!

Comps still play a big part of my life – I have always enjoyed both training for and competing in them even if I have never really been truly satisfied with them – but I suppose that's the point – to keep training, getting stronger and wanting to get better. I have had some great experiences too including being 1st at British Team trials 2008, 1st in the British Leading League 2009, 6th in the European Youth Championships in Birmingham 2001 & 17th in the World Cup in Edinburgh 2004. But by far the two best experiences I have had have been in China at an invitational comp – a mind blowing wall with a no expense spared ceremony and also at the European Champs in Chamonix 2003, on Bastille Day –it was an amazing setting, competition and party that went on till 6 am!

Now I live and train in London (mainly at the Westway). I work four days a week in an advertising agency called AMV BBDO as an account planner (a brand communications strategist). Despite working really long hours and it being really stressful at times I still manage to find time to train, I've just had to get very structured with a training plan. AMV have also been really kind in giving a day off a week to train and also allowing me extra time off to compete at internationals.

My other sponsors; Black Diamond, Maximuscle, Lyon – La Sportiva & Beal and MTB Works Physio have also helped me out a great deal with funding and products.

In terms of goals . . . I would love to win the BLCC's (I have come 2nd on four different occasions), to make another international final, climb loads of 8c's this year and travel to more amazing places.

*By Adrian Baxter
British Senior Team Member*

Adrian Baxter, BLCC Final 2008.



— Dave Pickford



*Katie Whittaker competing in the IFSC
European Bouldering Championships at
Birmingham 2007*

— Steven Li



Psyched! ... perspectives

The BMC Leading Ladder 2009 - 2010



Becki competing in the BLCC's at Ratho 2009

— Alex Messenger



British Team Member Becki Hall has been doing the rounds on this years BMC Leading Ladder, here is a brief update of her journey so far...

Leading ladder routes are known for quirky routes ranging from virtually no holds on a slab to dyno's on a 50 degree wall, strangely graded climbs and there's always one with a weird move or 'novelty' holds in the shapes of starfish or the alphabet! But, we still love them...

So far, I've been to the Leading Ladder rounds at Climb Birmingham, the Tower Leicester and both the Foundry and the Edge in Sheffield. All were completely different - the 7a at Birmingham was really spicy, and I saw many good climbers struggle on the 6c at the Foundry. Some routes were under graded and some over graded, but I guess that's part of the whole experience and competition-like aspect to it - you never know what you're going to get! After all, each route setter has their own style and that's what makes it's a fantastic way to get experience in different route setting styles.

For me, trying out these different styles is really beneficial in terms of preparation for comps because you never know what you will be faced with at a comp, especially if you don't know that particular route setter's style. If you are planning to do competitions this year, I would recommend you try as many rounds as you can, to get as much experience in adapting to these styles.

The latest round is at the Edge, Sheffield, and I thought the routes were really well set. The 7a in particular is awesome and even though it didn't suit my climbing style, it is loads of fun and tricky, with a volume mantle as the last move.

So- get yourselves to the next round for a great opportunity!
(Full details available in the Events Section at the back- Ed)

*By Becki Hall
British Team Member*



Above, Becki taking part in the Leading Ladder at various venues.

— Supplied by Becki Hall



Foreign Correspondence

This section is designed to give you an insight into what makes some of the top international competition climbers tick. Here Assistant Editor Natalie Berry catches up with Jakob Schubert.

Age: 18 years

Location: Innsbruck

Years climbing: 7 years

Occupation: Pupil

Best competition results/titles won:

3 times youth World Champion; 2nd place Worldcup China 08; 1st place round of the World Cup in Brno, Czech Republic, November 09

Hey Jakob, how are you at the moment?

I'm doing fine thank you.

Can you introduce yourself in just a few words to those who may not know you?

I'm Jakob Schubert an Austrian 18-year-old climber who has been doing competitions for 6 years now and also loves to climb on rock!

Tell us a bit about your climbing journey from the beginning...

One day my uncle asked me if I want to join him to go climbing in Tivoli (my home gym). I was a 12 year old boy who was psyched to do every sport, so I joined. I loved it and so I joined my uncle some more times. After a couple of climbing days, a coach of the climbing team asked me if I want to join the team and of course I did. Then I started to compete and climb more. I loved to compete and also to climb on rock and one important thing was that I loved the training as well, so I never lost my motivation. Besides all my good friends were climbers now and we made cool trips. I started to succeed and got even more psyched and here I am, I still love to climb like in the first seconds.

Do you remember your first competition? How was it?

It was a Tyrolean championship, I was 13 years old and climbed for only 3 months or so. I got 7th and was really happy about it and when my coach told me that I was qualified for the Austrian championship, I couldn't even believe it!

>> *Jakob bouldering in Font.*

— Heiko Wilhelm



Over the last few years you have made the jump from junior to senior level competitions. What differences have you noticed between these two different types of event?

There is a big difference between these two types. If I compete in a junior competition, my goal is to win and to top the final. In a senior comp I try to climb as high as possible and my goal is to make finals. The routes are also really different, in a junior route there is no hard move, just endurance climbing to the top, in a senior route are some boulders which make it much more interesting.

You recently won the World Youth Championships in Valence, your last WYC event as a junior. How did it feel to win in your last year, and will you miss the junior competitions (EYS, WYC etc?)

Of course it felt awesome! It was the perfect end of my junior comps and it's still a big thing for me to win the WYC.

Yes I'll definitely miss the junior comps, I made a lot of really good friends over the past 6 years in the youth comps and had a lot of amazing experiences!

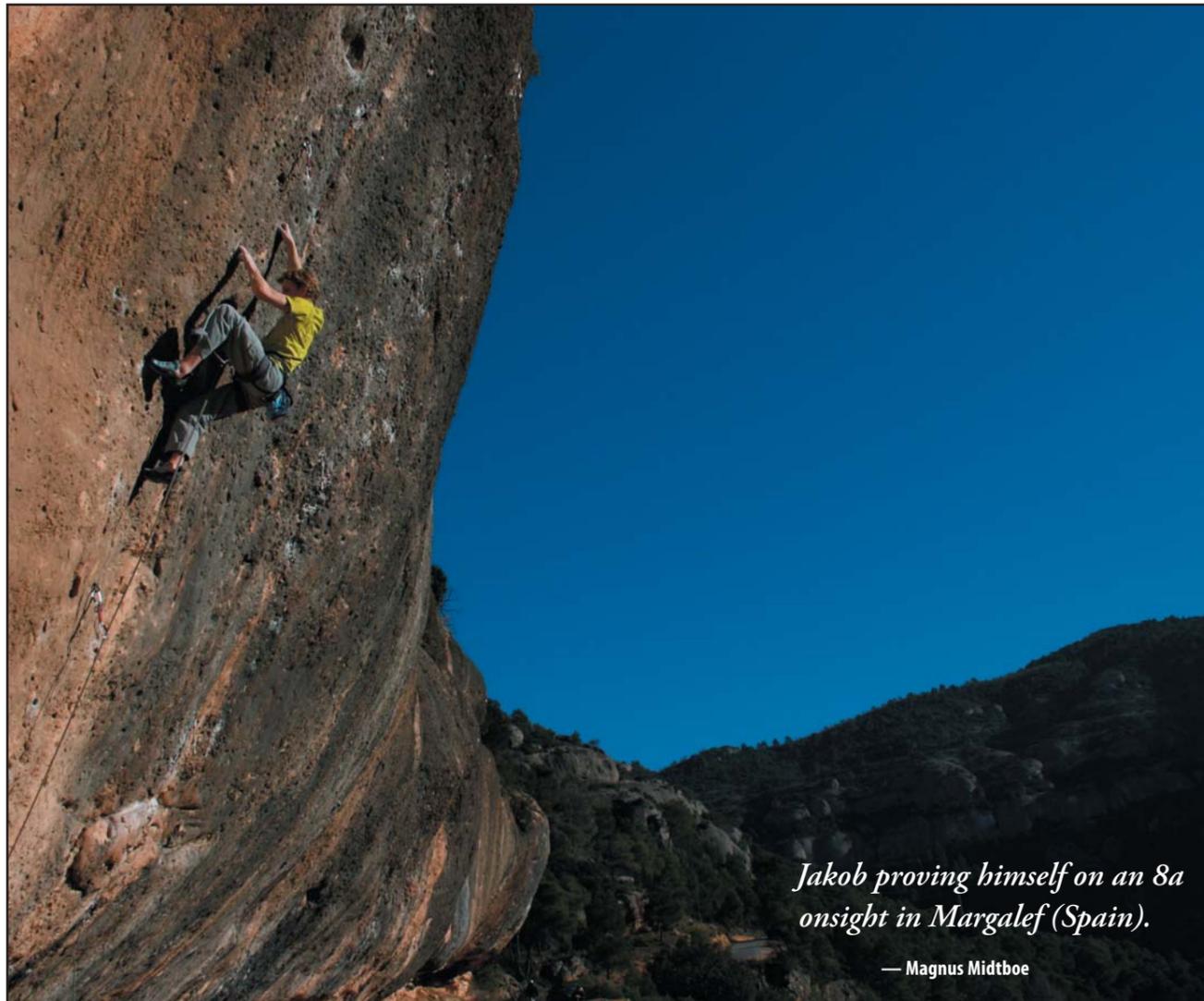
What is your favourite aspect of competing? Do you think the international competition scene is friendly and welcoming?

I like a lot of things about competing, one is the feeling after you reached your goal, all the pressure is away and you are so happy! Another thing is that you gain experience in every comp, you mess up and you want to make it better next time, just never give up!

>> *Jakob pulling hard in the World Championship in Xining (China) 2009.*

— Heiko Wilhelm

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Jakob proving himself on an 8a onsight in Margalef (Spain).

— Magnus Midtboe

What is a typical week in the life of Jakob Schubert? How do you train?

In my typical week I train 7 times, on tuesday and thursday in the morning and in the afternoon. I have two rest days where I have time to hang out with my friends, chill and do some other sports like tennis or soccer.

How do you combine your school-work with your training? Do you go to a sport school?

Yes I go to a sport school, I've 5 years instead of 4, but much less lessons in a week. I never have school in the afternoon or evening, so I have time to train.

I'm lucky that for me school is pretty easy, so I have no problems to combine it with climbing.

The Austrians are very prominent in competitions, both in difficulty and boulder and at junior and senior levels. How do you explain this? Do the Austrians have a particular method of training? Is climbing a very developed sport in Austria?

I hear this question really often and it is very hard to answer it. In my opinion the biggest points are that we have a really really good climbing gym and also good coaches like Reinhold Scherer (my coach). We have a lot of strong climbers here and thats really good for our youth, they have role models and can learn a lot from the older, stronger climbers and so the circle goes on.

But I don't think that climbing is a developed sport in Austria, for sure not more developed than in other countries like France.

What is the best memory you have of competing? And the worst?

I have many really good memories of competing, one of the best is definitely my 2nd place in my 2nd Worldcup (in China 2008), I was already so happy when I reached the finals and when my friends told me that I was leading and only one climber was left, I couldn't believe it!

My worst memory is probably the World Championship in China this year. I was in good shape, but I got ill and climbed bad in the qualification, but I still made semifinals. In the semifinals I felt much better, but I messed up really bad, so I got 26th and I was really disappointed. I flew all the way to China to be really bad in the comp and on the otherside everything beside the comp sucked as well, bad food, bad city...



Jakob in the World Cup in Chamonix (France) 2008.

— Heiko Wilhelm

What are your best performances on rock? And your favourite climbing area?

The hardest route that I've done is a 8c+/9a, I've done some more 8c+'s, onsighted 8b and flashed 8b+. There are many crags that I love, like all the crags in Catalunya (Spain), Céuse (France) and Zillertal (Austria).

You have many fans, especially young people who are just starting to climb. What advice would you give to them?

I would tell them that they should never give up and should never forget that climbing should be fun and if they are disappointed because of a bad result in a comp, I would tell them the story of my first YWC, where I got 33rd, but I didn't give up and got 2nd the next year.

How do you imagine yourself to be in 10 years time?

Haha I have no idea, I hope I'll be still as psyched as I'm now and that my job is climbing!

Who are your idols? (either in the climbing world or outside of it)

I don't really have a idol in climbing, but one of my idols of other sports is Usain Bolt the worldchampion of the 100m sprint. He is so cool and so good :)

What do you like to drink?

Ice tea

What do you like to eat?

Sushi

What is your favourite film?

all the films of The Fast And The Furious

If you have anyone to thank (sponsors etc), feel free!

I want to thank my family, my friends who are always on my side and my sponsors: Phion, Mammut, Schuh-Staudinger and Oeav

*Interview by Natalie Berry
Assistant Editor of Psyched!*

Is competition climbing the purest of all sports?

Alistair Martin is so scared of heights he trembles changing light bulbs. But over the last year he has grown to love climbing. Here's why.

I love the banter in climbing articles. It's like being in the pub, reflecting on the day. So sorry, because I'm going to be slightly sober and ask whether competition climbing is the purest of all sports. We'll have a glass in a couple of minutes.

Plenty of sports claim to define sport itself. Their advocates assert that their sport is more about teamwork, physicality, challenge, focus or risk than any other. Open the debate in the pub and boxing usually wins.

I'm quite sure, after a first year following my son round the edges of the junior competition climb-

ing circuit, that climbing can go into the ring with boxing and punch above its weight. From the perspective of an outsider stepping in (that's my hedge against getting something wrong), here's why I think competitive climbing could well claim to be the purest of sports.

Take teamwork. Climbing is an individual sport. You compete quite alone, right in the moment up on the overhang. No-one can help you. Your success is yours alone. But I have never seen such inspirational and selfless teamwork as I saw for the first time in my life last summer at the BLCCs and BBCs, and again before

Christmas at the Youth Open. If you've grown used to what I'm going to recall you should watch it the next time you're at a competition and be proud of your sport.

It's the moments as the climbers come together, preparing for the mental and physical challenges of isolation, and go to observation. For the first couple of minutes of their allotted six they stare up and down the route, absorbing everything for the first time, whilst looking for the entire world as they mimic the sequences as if they're stacking marmalade jars back on a high shelf or opening stiff sliding doors.

Then, all their individual plans made, they gather together, competitors against one another at the highest level, hoping to earn the respect that climbing gives its champions.

And what do they do? They turn to one another and chat and try to help each other, pointing up at the wall to share what they've seen.

They say (and what they actually say is a secret only they share and I gather you do this at your peril in international comps) 'I'd clip from there' or 'Got that foothold out left', perhaps 'That hold looks rubbish' or maybe 'Rest there'. They separate, look again, stack some more jars, slide some more doors, then come together to share their ideas again. They're preparing to do their best whilst helping their opponents do their

>> *Leah Crane, Katie Whittaker, Naomi Buys and Rachel Seymour, past and present members of the British Bouldering Team*

— Steven Li

best against them.

Sport shines a revealing light on the true nature of its participants. And these six minutes are a display of generosity and graciousness that I don't see anywhere else in sport.

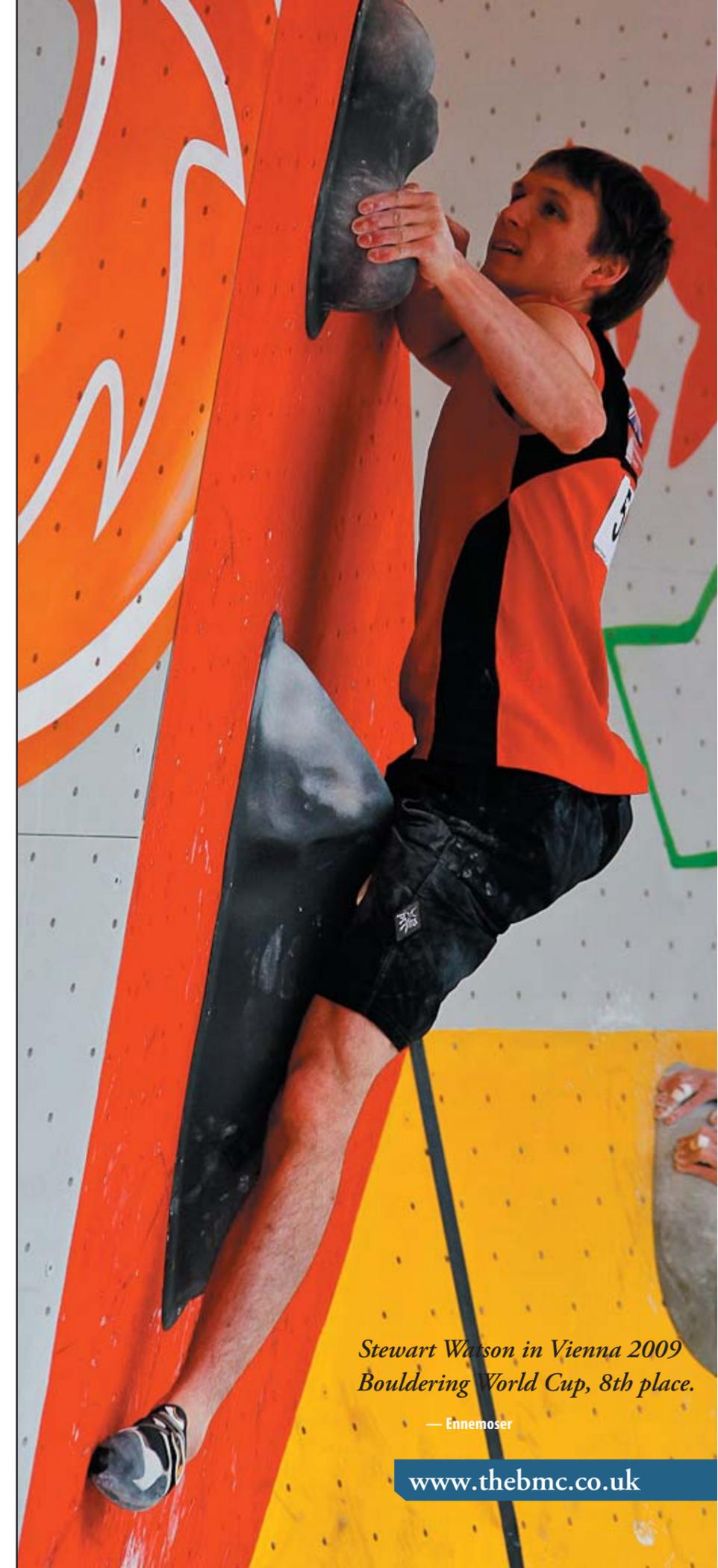
Imagine Sir Alex putting his match strategy in the programme. He'd turn the hairdryer on himself. Can you see a boxer saying to his opponent: "Duck and go right. I'm about to chin you." Nope, thought not. Round one to climbing.

In competition climbing, the opposition, I think, presents a unique and elemental challenge. The other climbers aren't the opposition. The route is. And there's nothing you can do about this. The route is the way it is and it ain't going to change.

The route, your opponent, isn't going to get tired or demoralised. It has no human characteristics or frailties to exploit. You can psyche yourself up, but you can't psyche it out. However hard you are, it's harder and it's going to stare you down. It isn't even going to high five you out of respect if you beat it.

It's the way the setter has challenged you to use your brain, balance and brawn. You're not going to get a fly half pass that drops a reachy hold into your fingertips, a following wind isn't going to speed you to a foothold round an arête and you're not going to get another chance, or a break before a second half. This is it. Your coach and mates can't give you a single bit of help. And no climber ever throws in the towel.

And, the thing is, there's just no comparison to boxing or any other sport. Climbers take on a predetermined and unrelenting opponent in a way that's unique in sport. Boxers too take on an intimidating challenge, facing the certainty that 400kg of violent force is going to hit them in the face at 35mph about five times every three minutes until it's over. But they can run away, their opponents can tire.



Stewart Watson in Vienna 2009 Bouldering World Cup, 8th place.

— Ennemoser

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Naomi Buys reading Problem 1 at the European Bouldering Champs at Brimingham 07.

— Steven Li

Let's call it honours even then. Though what wouldn't a climber give for a move where, if you jabbed your pumped forearm out as hard as possible and hit it, someone would count to 10 and the cheering would tell you you'd won.

Respect has to be an important element in debating which sport best epitomises sport itself. Competitive sport shouldn't undermine essential humanity. We can quickly knock many contenders out of the argument here: Bloodgate, Thierry Henry, Dwayne Chambers, the Renault F1 team, Andre Agassi. The trash talk in boxing is commercial ugliness and is taught early in the gym.

Why does climbing deserve to win the points in the respect round? Because respect runs from top to bottom of the sport and back up again.

How many of us have watched children playing other sports repeat the televised gamesmanship – OK, call it cheating – they've seen their heroes indulge in, or been appalled by the behaviour of parents on the touchline. (I'm not an innocent here; a very big rugby ref once offered to deck me if I didn't shut the f*** up. Fortunately a bigger team mate used his knee to right the wrong an opponent had done to my son.)

I've spent a first year on the sidelines of climbing watching the youngsters cheer each other up routes and problems, shouting encouragement even when getting a hold puts their opponent ahead of them. Parents quietly wish their youngsters luck before a climb and wrap a congratulatory or sympathetic arm round them afterwards. Judges patiently explain why they've not given a slap and the climber nods in understanding. A climber misses a clip, is told to come down, and goes off to curse their mistake – their mistake; no-one else gets the blame. I've seen a few sulks and grumbles and walls kicked after a fall, so it's not all angelically perfect and it's unrealistic to expect

it to be, but it very nearly is.

And then when the youngsters share events like the BLCCs and BBCs with the adult climbers – the stars they aspire to be – what do they see? Exactly the same behaviour: courtesy, supportiveness, regard. So they mould themselves on their role models and respect goes deeper and lives longer in climbing's DNA.

You can take fitness, fearlessness and focus for granted in climbing. If you haven't got those you won't be pulling on in the first place.

For this judge then it's a win on points for climbing over the three rounds that I think really count: teamwork, challenge and respect. And, appropriately for climbing, a three round boxing contest has amateur status. Let's hope, with the Olympics maybe on the horizon, that money doesn't diminish climbing's unspoken values.

My son is already planning a life like the ones we read about in the magazines – living on out of date food in the back of a rusty van parked by a hut with no walls while his fingers and finances recover enough to move on to his next destination. And I'm really happy for him. (As long as he goes to university in Sheffield on the way.)

He told me he recently wrote on his Facebook status 'Why is climbing the only sport where the people who do it love it every day?' And he said loads of youngsters that he's met over the last year who chat about climbing on Facebook hit the 'Like' button. I think they innately realise that they're taking part in what might just be the purest sport.

Drink to that?

*By Alister Martin
Parent*

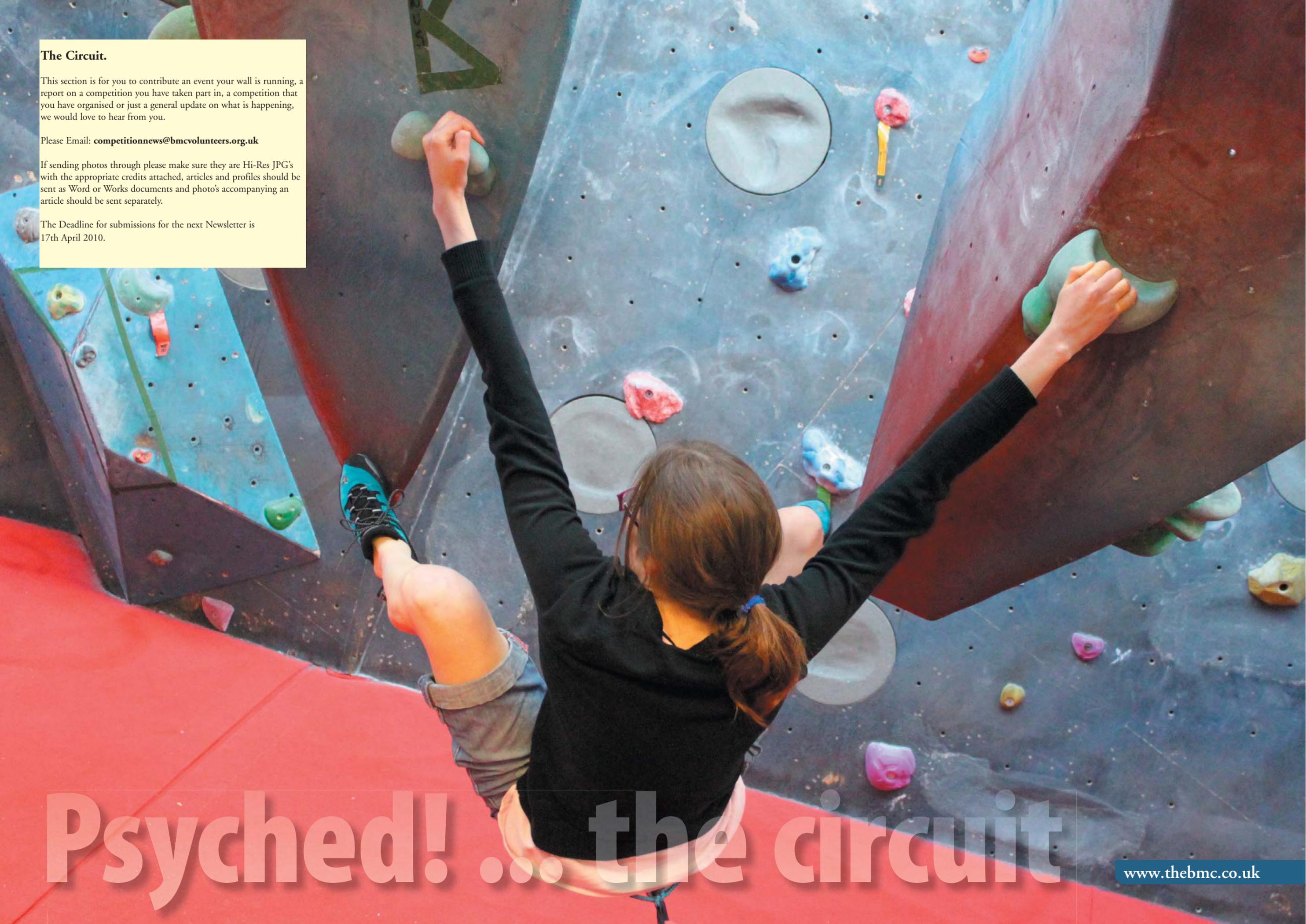
The Circuit.

This section is for you to contribute an event your wall is running, a report on a competition you have taken part in, a competition that you have organised or just a general update on what is happening, we would love to hear from you.

Please Email: competitionnews@bmcvolunteers.org.uk

If sending photos through please make sure they are Hi-Res JPG's with the appropriate credits attached, articles and profiles should be sent as Word or Works documents and photo's accompanying an article should be sent separately.

The Deadline for submissions for the next Newsletter is 17th April 2010.

A photograph of a person climbing a rock wall. The climber is seen from behind, wearing a black long-sleeved shirt, grey shorts, and blue climbing shoes. They are reaching up with their right hand to grasp a green climbing hold. The wall is dark grey with various colored holds (green, blue, red, yellow). The climber is positioned on a red mat. The background shows more of the climbing wall structure.

Psyched! ... the circuit

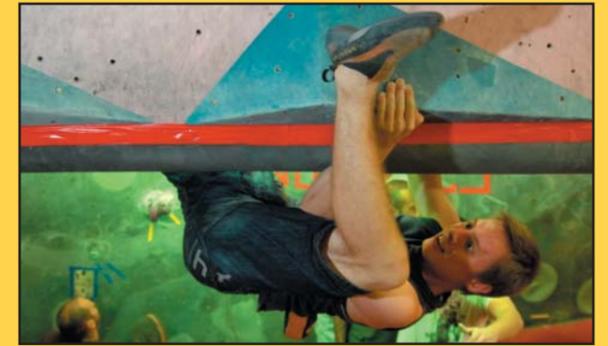


The opening round of King of the Mezz- legendary in the London bouldering circles and now in its second year- took place on Friday the 2nd of October. As usual at The Castle we don't like to do things by halves, and we opened the season with the biggest King of the Mezz to date. We pulled out all the stops with special lighting, the biggest speakers we could hire, brand new holds, an awesome team of setters and double the climbing space. To top it all in addition to the now customary free pizza we gave all the competitors free beer and kept the centre open for another three hours for an after-comp party.

For us, King of the Mezz is all about saying THANK YOU to our customers for making The Castle such a special place.

The fun got started at 7pm when we opened up the Quarry and the Mezz for competitors and superstar resident DJ John B started spinning his records from the top of the boulder wall. Gaz Parry and the team (Jack, Ben and Tricky) set 30 brilliant problems ranging from burly overhangs to horror slabs and a crack to separate the men from the boys. We had our biggest turnout with over 60 competitors tackling as many problems as they could in just 2 ½ hours.

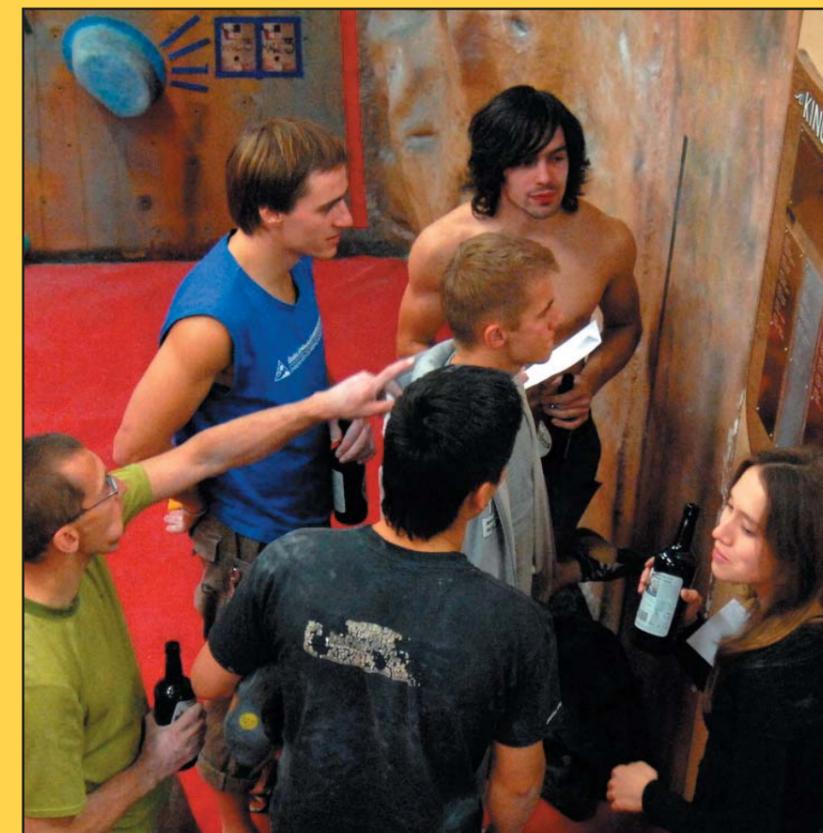
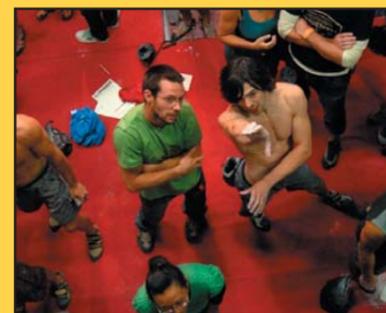
In the women's category visiting British team member Suzie Zitter showed her competition experience and efficiently dispatched her way to an impressive victory. She flashed 16 of the 20 women's problems. At just 16 years old she certainly has a bright future ahead of her! Tia and Dina Dudnik both climbed well to take 2nd and 3rd place, respectively. This competition had the highest number of women participants so far and we're hoping to build on that for the rest of the season.



winners... *men*



winners... *women*



The men's category was wide open with local Polish strongboy Greg Karolak looking mighty concerned about the smallness of the holds on the slab problems and then dropping vital points on these technical nightmares. Last year's overall league winner Tim "Dispatch" Hatch could not be counted out though. His all round technical skill gained him vital points where other stronger climbers were made to look like mugs. He flashed all the problems in the Quarry but then lost focus on the crack climb which may have cost him a victory. Yann Genoux (from the Arch) and new boy Bodley Zhang were also climbing really well with Bodley dropping the last move of the hardest problem which would of surely seen him through to victory. Bodley recently got 2nd place in the Asian Youth Championships. But when time was called it was Castle local Rich Bartlett who showed everyone his versatility with a fine display of power and technique to take the overall victory by the smallest of margins (just three points) ahead of Tim, Yann and Greg in joint second.

At the end of the competition we unveiled the permanent King of the Mezz plaque on which we will be engraving the names of the round and league winners. Urban Rock, as usual, sponsored the competition with some prizes for the winners and pizza for all. DJ John B only paused long enough to get another cup of tea before the lights went down and he cranked out another 2 ½ hour set to keep us entertained for the after-party. Thanks to everyone who turned out for the event and helped to make a special night.

*By Mike Langley
Chief Routesetter*

Round 1, 2nd October 2009:

Male Open:

1st RICHARD BARTLETT 157
2nd (joint) GREG KAROLAK 154
2nd (joint) TIM HATCH 154
2nd (joint) YANN GENOUX 154

Female Open:

1st SUZIE ZITTER 167
2nd TIA TRACEY 124
3rd DINA DUDNIK 117

Round 2 20th November 2009:

Male Open:

1st BODLEY ZHANG 119
2nd GREG KAROLAK 117
3rd RICHARD BARTLETT 114

Female Open:

1st CHARITY WALMSLEY 93
2nd CAROLINE TALBOT 84
3rd TIA TRACEY 80

Alpkit DryIce...



Dry Tooling is one aspect of our sport that most of us will have had little experience of. It involves climbing steep rock, usually bolt protected with ice axes and crampons. Originally these routes were created by climbers who simply could not resist the draw of the long ice climbs suspended in the void, just out of reach, but now a lot of dry tooling climbs exist in their own right, in summer and without any ice in sight.

Here in the UK the opportunity for dry tooling is limited. Even indoors there are only a few walls which will allow you to use ice axes.. the Ice Factor is one. There is a dry tooling competition series in Scotland, however most walls don't really like mixing expensive fragile holds and paying customers with sharp metal objects flying through the air.

FigFour is a new concept in dry tooling. The idea of FigFour is that it's as close as you can get to using ice axes without actually having picks. The axe shaft will look familiar to anyone who has been winter climbing, but it has a rubber loop rather than a sharp pick. The beauty of the tools is that they can be used on most regular climbing holds without modification or damage.

To prove our concept we arranged a series of 'come and try it' dry tooling bouldering events called DryIce. Five walls happily participated in our trials: Undercover Rock in Bristol, Nottingham Climbing Centre, The Edge in Sheffield, Alter Rock in Derby and The Mill in South Molton. We have also taken them to France for the Tout a Blocs bouldering festival, dry tooling at a summer bouldering festival? Stick with us.. it all makes sense honestly!



At each event we were pretty crafty with our choice of problems. Our aim was to demonstrate that you can train pretty effectively for a wide variety of winter terrain with minimum intervention to existing routes; short steep boulder problems to build power, long juggy routes to build endurance for ice or bigger rock pitches, steep circuits to work on power endurance, but it hasn't all been about just pulling hard! by using sketchier, sloppier holds we found it was possible to emulate that delicate hooking 'excitement' and give those cellar dwellers something to think about!

People new to tooling found that it's not hooking the hold that's the hard part, it's having the power to get to it then keeping the tool still and stable as you move around and past it, whilst not getting so pumped you can't even hold your axes! They also provided the chance to learn some of the techniques specific to climbing with axes such as fig4s/9s, swapping hands on tools and so on.



The series has allowed us to gauge how climbers and walls would react to something completely new. Interestingly Figfour seems to be pretty accessible to most people, from our core M10 cranking sport-mixed climber to complete novices and juniors who may have never considered mixed climbing to pro users such as Ian Parnell, Andy Turner and Scott Muir who have also been extremely positive about the tools.

The most satisfying aspect of the series has been seeing peoples reactions to the tools; it's one thing to design something and be happy with the outcome, but seeing people really getting into using the tools and having a great time has been pretty ace. In the course of testing them it has become apparent that they are just plain fun to use.

We now have one event remaining.. in January we are heading back to France for ICE, the international ice climbing festival in the Ecrins mountains. As well as our usual demo sessions there will be an ice climbing

comp and the competitors will be using Figfour in their warm ups. ICE is actually the sister event to Tout a Blocs, so it has been great to be able to tie these two great events together through a common activity.

Many thanks to all the walls that have participated in DryIce and a special thanks to all the users who have given us great feedback. We are now aiming to bring Figfour into production in January.

Details of Figfour. <http://www.alpkit.com/dryice>

*Article and images supplied by Alpkit.
www.alpkit.com*

the SIBL



Allot of people are put of with the idea of competition climbing. When I started competition climbing I know I was. I hated the idea of being watched by hundreds of pairs of eyes as I tried some desperately hard problem only to fall off the first move to the enjoyment of other competitors and to then see them breeze there way up it. Id always told myself that I wasn't good enough to enter comps but it wasn't till a little later in life I realised it's not all about climbing hard and finishing first, it's about having fun and trying your best. Some of the best times I've had have come off the back of climbing competitions, meeting new people and finding new climbing partners to climb outside with. Competitions can be a daunting prospect at first but there are ways of easing yourself into these environments and there are competitions out there designed to help you get your first taste of competitive climbing, whilst still offering some fantastic prizes and first class route setting.

Allot of climbing walls now offer there own in house competitions and these can be a great way to get you started. These can be one off events or sometimes walls may hold a series of rounds with your score being added up over the rounds to give you an overall score. An alternative option to in house competitions is entering a series like the Southern Indoor Bouldering League or SIBL for short.

SIBL is a series of competitions held every year through the winter time at six venues across the South of England. We pride ourselves on providing a fun competition whilst still having a serious side to it and offering some fantastic prizes at each round. The atmosphere is always great at SIBL events thanks to the friendliness of the venues we choose and the competitors themselves. It is not uncommon to find some of stronger climbers giving advice to the first timer's or to the younger competitors that enter. At every round we have a huge mixture of ability and age, with competitors as young as five or six giving it a go. Problems range from nice easy climbs to fierce overhanging sloppy nightmares so there's a challenge for everyone. There are four categories available, Male and Female Open for those who are over 16 and Male and Female Junior for those who are under 16. At each round, every category has 20 problems to try. You score ten points for completing the problem on your first attempt, 7 points if you get it second go and three points if you get it third go. Even if you don't do it in three attempts you can keep trying and if you do get it, it's an extra one point. There are also bonuses on some of the harder problems so you can still score points even if you don't get to the top of these problems.

The SIBL is a self mark competition. This means you hand your score card to either one of our judges, a fellow competitor or a spectator/parent who will then mark your card for you. This encourages people to interact with each other and means we can always rely on a great atmosphere with people cheering each other on and offering advice. It's great to see some of



"SIBL uses some of the best walls in the South, and employ some of the finest route setters available. This year we've had Gaz Parry route setting for us and some of the problems were amazing."

— Sam Johnson

the more experience competitors spotting for the younger boys and girls and being prepared to stop and mark their cards for them.

SIBL uses some of the best walls in the South, and employ some of the finest route setters available. This year we've had Gaz Parry route setting for us and some of the problems were amazing. We always try and set a few funky problems that make the climbing interesting and when we have the round at The Castle in London you can be sure of a few whacky problems. These guys set some seriously cool problems every year.

At each round we give out prizes to the top three competitors to say well done as well as an overall series winner prize. This year the overall series winner prize is five days training with Gaz Parry in Spain with his new coaching company Epic Adventures!! But you don't have to be a winner to get a prize. We offer prizes to competitors who we think are trying hard no matter what there

score. In fact, at the last round we gave away 2 one on one lessons with Gaz Parry to people who our judges thought tried really hard despite not finishing with a massive score. At the beginning of each series we hand out free SIBL T-shirts to all the competitors. As well as this, each round is sponsored by companies such as DMM, Wild Country, Lyon and others so we are always able to hand out loads of quality prizes from bouldering mats to chalkbags.

The Southern Indoor Bouldering League has been running for longer than any other bouldering league in the UK, were now into our 24th year! By the time this goes to print we will be half way through this year's series with three rounds gone and three to come. Its not too late to give it a try either as you can join at any stage of the series. If you would like more information on the SIBL series and how you can get involved then please visit www.sibl.co.uk or email Sam on; samjohnsonsibl@googlemail.com.

So remember, don't let the thought of entering competitions scare you. Give your local one a go or come and join us at our next event. Im sure you soon be hooked and eager to improve your score the next round.

Update.

Well if you were at the last round of the SIBL held on the 12th December 2009 at The Castle then you will already know what a great fun packed day it was. With over 160 competitors the SIBL competition kicked off a day of excitement and entertainment, with people climbing, watching lectures and films and dancing their way into Sunday morning.

The Castle once again comes up trumps setting some amazing problems, living up to their standard of one of Britain's finest centres. This year saw competitors battle it out on Swinging volumes and bat hang finishes all set by Mike Langley and his

route setting team at the Castle. The strong guys and girls were there with some even managing to finish the harder of the problems including a fine effort by Barnaby Ventham on a tricky V7 as well as Bodley Zhang who performed very well. By half past four the results had been compiled and it was time for the head to head. This time we saw a break from the usual kind of head to head problem with The Castle spicing it up by including an extra difficulty: a rope swing. To add to the suspense, 3rd place in the Male Open Category and Female Junior Category were tied, so the head to head was also used to decide who gets third place in the Male Open and a separate head to head problem used to decide the results for the Female Junior.

The head to head proved a difficult little number with both Diane Merrick and Duncan Campbell putting in a great effort only to reach the half way point. Richard Bartlett was next up and made it through to the rope swing landing on the other wall but fell from the hard move just before the finish dyno. Last up was Greg Karolak who fell almost exactly at the same point as Richard. With time being the winning factor to separate third place it ended with Richard landing third place with a time of 1 minute 32 seconds, being 13 seconds quicker than Greg. Finally to separate the Female Juniors, first up was Izzy Cooke who made a brilliant effort getting to the midway point on the route, but she was just piped by Becky Whaley who managed to get one hold further up the route.

The competition finished at 3pm with a lot of tired but happy faces watching the final head to head between the top five Open scores. This year saw a new twist to the head to head route with an addition of an added difficulty; a rope swing. This provided a great

spectator route with a full crowd watching cheering on.

The final results for the competition were:

Male Open:

1st: Duncan Campbell 154

2nd: William Peck 146

3rd: Richard Bartlett 145

Female Open:

1st: Diane Merrick 161

2nd: Suzie Zitter 156

3rd: Emily Garrod 144

Male Junior:

1st: Zac Williams 161

2nd: George Upson 158

3rd: Ed Ratcliffe 155

Female Junior:

1st: Kitty Wallace 174

2nd: Molly Thompson Smith 134

3rd: Becky Whaley 133

Head to Head winner: Richard Bartlett 1 min 32 seconds

After the winners were announced it was onto the food laid on by Pangea Project and The Castle café followed by a series of lectures and films including a talk by Steve McClure which proved very popular with Steve sticking around to sign posters and join the other party goes at 9pm for the annual Castle Christmas Party.

The Party saw the whole of the top floor transformed into a club come bar with party goes dancing while the DJ played all night. Climbers and like minded people enjoyed an evening of catching up with friends and making new ones until 3am when The Castle closed its doors on a busy, fun filled day

To read more on the round and see the pictures from it visit www.sibl.co.uk

Climb On!

*By Sam Johnson
SIBL Organiser.*



David Lama, IFSC Lead Climbing World Cup, Barcelona, Spain.

— Lukasz Warzecha · LWimages.co.uk



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The Insider; Part 2

Pre - comp Part 1
Isolation Part 2
Mental Edge Part 3
Comp Tactics Part 4
Comp Fallout Part 5

There is a very strict time for when 'iso' opens and closes. It is up to you, the competitor, to be there. Don't rely on when other people think isolation will be- check for yourself with an official or look for the official timetable. If you need to travel to get to the isolation zone make sure that you give yourself plenty of time- there's no point adding unnecessary stress to an already stressful situation. Work backwards from your start time to work out when you need to be warming up. This will vary depending on whether you've already climbed that day and what time of the day you're climbing. If you're climbing first thing on a cold winter morning, give yourself lots of time to wake up and warm up.

The competition doesn't really start when it's your turn to climb. For most people it starts much before when you leave the comforts of the real world and enter isolation. At many of the comps in Britain we don't have an isolation for the qualifying rounds- only for the finals, but the same principles will apply for any pre-comp routine.

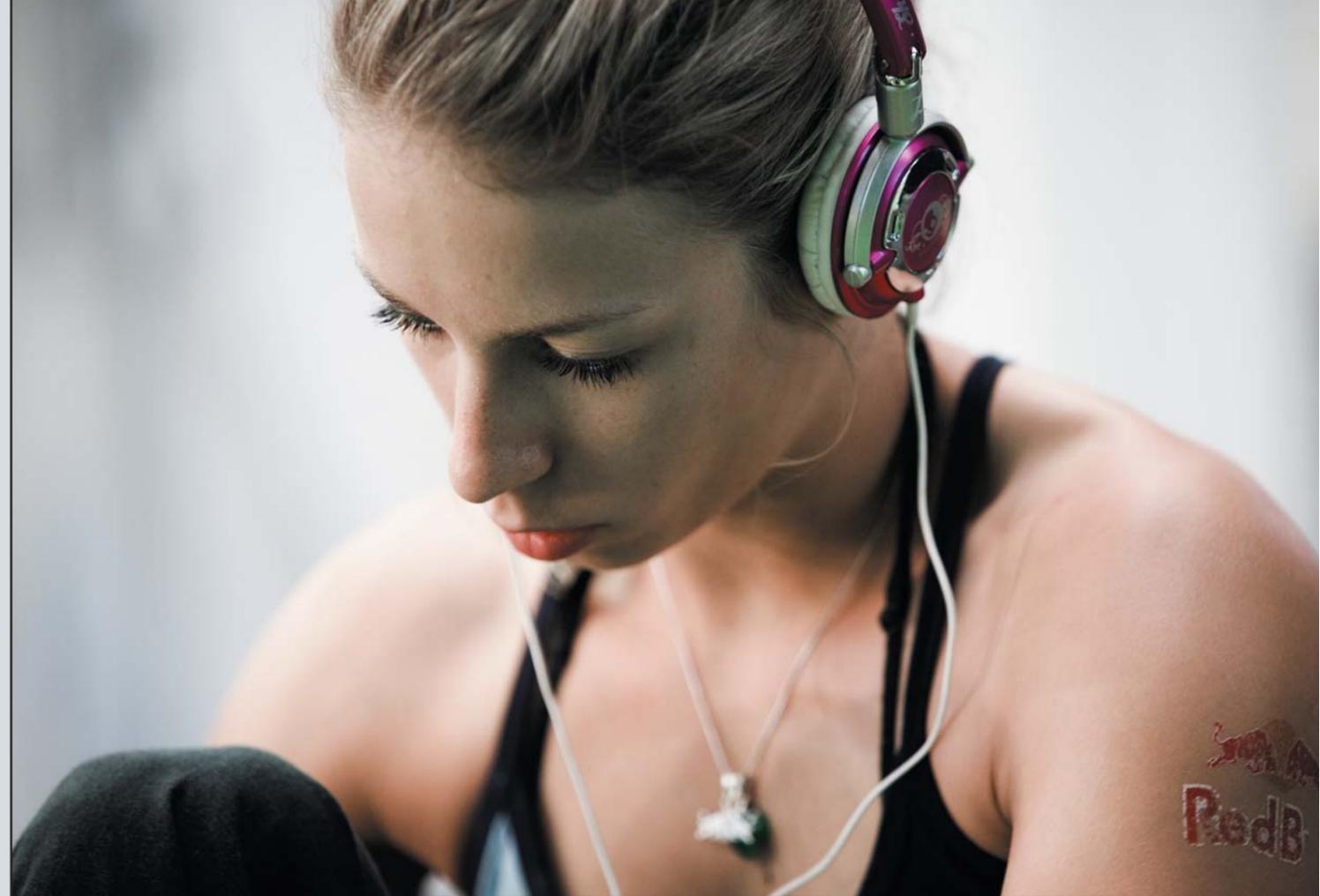
Some coaches say that it is important to have a routine that will help calm your nerves and prepare your body for what's ahead. I can see the benefit of that, but I think it's very important to be able to warm up in a variety of conditions too because each isolation zone will be different. The best isolation zone I've been to was at a World Cup on Reunion Island. We had

food, drinks, good boards, decent mats, stretching areas...even sports massage therapists! On the other hand, warming up in Sofia (Bulgaria) was a very different experience. We had a 7am start on a bitterly cold morning. The boards were vertical with uninspiring, often spinning holds. Throw into the mix the fact that there will be a number of com-



Adam Ondra, minutes before the final during IFSC Lead Climbing World Cup, Barcelona, Spain.

— Lukasz Warzecha - LWimages.co.uk



Natalia Gros, minutes before the final during IFSC Lead Climbing World Cup, Barcelona, Spain.

— Lukasz Warzecha - LWimages.co.uk

By Audrey Seguy

British Bouldering Champion 2006, 2008

British Lead Climbing Champion 2008

BMC Vice-President

Audrey is sponsored by Prana, Metolius, Evolv and The Castle

The photo's for this section were provided by and credited to Lukasz Warzecha.

www.LWimages.co.uk

petitors literally climbing over you to get onto the wall and you can see the importance of learning how to warm up in less than optimal conditions!

I always bring with me some warm clothing, extra water and food, a watch, a book and my iPod. Many other competitors also bring sleeping bags and mats. With these items you should be able to stay relaxed even for the longest isolation periods.

Isolation can be a very stressful experience, but only if you let it! It's all too easy to let yourself be intimidated by the other competitors warming up on heinously small holds or showing off their gymnastic-like flexibility. Remember that isolation is not about anyone else. It's about you. One of the French (bouldering) competitors used to have real problems dealing with the mental stress of isolation and developed a system of warming up to cope with it. She would warm up the

full range of individual moves (heel hooks, rockovers, crimps, etc.) but would not do problems. Her rationale was that by doing this she made sure that she warmed up all parts of her body but didn't have to deal with trying to keep her confidence up if she failed on a problem that other people could do seemingly easily. I keep my confidence up by remembering that I've outclimbed many girls who could warm up on problems that I couldn't touch!

You may only be ranked based on what happens on the comp routes/blocs, but don't forget that the comp can be over before that if you don't make the best use of the isolation zone. There is absolutely no advantage or disadvantage to having to climb first or last when there is isolation, so think of it as a positive experience rather than something negative that needs to be put up with.

www.thebmc.co.uk

How to get the most from your local climbing wall

“With the abundance of climbing walls appearing more and more regularly around the country no one has an excuse not to be on top form anymore..”

— Ben Meeks

Inside most of the newer walls there are a variety of training facilities including finger boards, campus boards and training boards as well as the actual climbing wall. To get the most from your climbing wall you need to know how to use these facilities to turn yourself into a beast (ROOOAAARRRRR).

The immediate quick fix solution to getting stronger is easy; most people need to simply climb more often. Once/twice a week is not going to improve your skills and strength. Three/Four times a week is more like it.

Obviously the most important training to improve climbing is more climbing but if you're at that stage where you climb regularly and just aren't improving, then here are a few tips to push through to the next level.

All the following apparatus should be used by suitably experienced climbers and please follow the personal conditions-of-use and rules of each wall. Also make sure your body is warmed up (i.e. try the below training methods at the peak of a climbing session) as an injury is easily possible. If you have pre-existing injuries steer clear of training aids until you are recovered or use necessary supports or tape. You should listen to your body. If you are in pain stop.

Finger Board

Pull ups - These can be a good way to develop shoulder and finger strength. Try narrow and wide positions. Rather than going for lots of pull ups try to use smaller and smaller grips. If you can do around 10 that is about enough. 3 sets of 10 is a good start to a finger board workout.

Two arm hang - This is basically about hanging on an edge that is so small you can just about hang it for 10 seconds with both arms. Again 3 sets is a good aim.

One arm hang - Exactly as above but find an edge slightly bigger that you can hang for 10 seconds with only one arm. The natural tendency is to twist around so try and keep your shoulders as parallel to the hang board as possible. As above, you want 3 sets with each arm, so 6 hangs in total.

One arm pull ups - This needs to be done on a quite a big hold to give yourself the best chance possible. You can either do these or you can't, but if you're somebody that can't, then you can work towards doing them by taking a bit of weight off. You can do this by either using a finger tip of your other hand on the board, or by setting up a weighted pulley system. Doing 2 pull ups in a set and 3 sets each arm is a good aim.

Front levers - The major point of a front

lever is to give your core a workout and not your fingers, so you are best off on a jug. Start with 2 arms on the jug and then lift your feet and try to get them at the same level as your head. The idea is to have your body as straight as possible, so if you have to bend at the waist to get your feet that high then you're doing it wrong. It's better for you to have your feet much lower than your head and your body straight than having a dip in your body and high feet.

Campus board

Ladders - Start easy e.g. both hands on rung 1, one hand to rung 2 and then all the way through with other hand to rung 3. If you are not strong enough to do this and have to put both hands together on rung 2 then you shouldn't be on the campus board. Get back on the hang-board/pull up bar, do some pull ups and push ups for basic shoulder, upper back, and upper arm strength.

You really only need to use the bottom few rungs to start with. Rungs 1-2-3-4-5, jump off. Then the other arm leads first. 1-2-3-4-5, jump off. Once you've lead with both arms that's one attempt. Rest for a few minutes between attempts but not long enough to cool down.

There's no point going to the top of the campus board in one rung intervals. This isn't an exercise in endurance. You are

Zoe Ogden at City Bloc, Leeds.

— Seb Corson



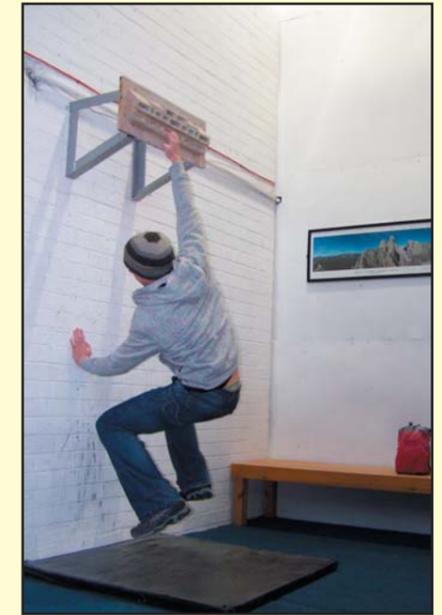


Opposite; Ben Meeks on the campus and finger board at City Bloc, Leeds.

— Rachel Seymour

This page; Rachel Seymour at City Bloc, Leeds.

— Ben Meeks



trying to recruit strength. Fewer moves, but at or close to your limit. Repeat this no more than 5 times. As an indicator, by the fifth attempt you should be failing or near failing. If you aren't- you are ready to progress in your next session, TIME TO TRY HARDER!

Next step, both hands on rung 1, then one hand to rung 3 and then other hand straight through to rung 5. This can then be increased in distance to 1-4-7 and even further to 1-5-9. You want to have balanced strength in both arms. If you are making progress with the right armed attempts but not the left there's no point moving up to the next difficulty. You will either injure yourself or just become really strong in one arm. Kind of pointless. Wait for the other arm to catch up by continuing at that level, or do some supplementary free weights or hangboard work with the weaker arm to accelerate the catch up.

Doubles - This is basically using the board in a similar style to above but moving both arms at the same time for example both hands on rung 1 and then both to rung 3 at the same time, hang the rung and then drop to catch rung 1 again. This can be done in many different variations, missing gaps of varying size to suit your ability, and both up and down the board. This exercise can be very dangerous for your fingers and elbows as it shock loads your joints, placing huge and sudden strain on these weak points. Again take care.

Touches - Basically this is exactly as it says on the tin. Start at rung 1 with both

hands and then aim to touch the highest rung you can with one hand, usually rung 4 or 5, then come back to rung 1. Then reach up and touch the highest rung with your other hand. It is best to touch the highest rung three times with each hand but try and do this in as much control as possible. Take care with this to just drop off if you start to fail as a lot of people try and stay on the board. The action of lowering off quickly on one arm can easily damage elbows or shoulders. This is especially common when you fall onto a locked straight arm. Take care. 3 sets of this exercise is usually enough.

Training Board

Training boards are so intensely steep that climbing on them in any style rapidly improves your strength all over your body. With that said, there are 2 methods of making the climbs on the board even harder for yourself.

Small foot holds - Once you have problems wired try doing them on smaller footholds, this makes a huge difference and you'll probably find the once steady problem has now got extremely hard and needs a few sessions work before you can send it again.

Limiting technique - This seems like you may be shooting yourself in the foot, but if you've managed to do all your problems with small foot holds then try to remove certain styles or techniques from your climbing. For example, if you use any heel hooks or drop knees, take them out. Instead try and climb face on. Like I say, this feels wrong, but remember you

are TRAINING so you need to be trying hard for improvement.

The Problems

It's easy to go to your local wall and try the same old problems week after week. We've all done it but instead try to mix in some harder stuff mid-session. Don't be afraid to get on harder climbs and fall off. You may not get to the top of them but you will be learning and your body getting stronger in the process. It's key to keep motivation by doing a bit of easier stuff at the end of the session. Success is important.

Also important to note if you are climbing as suggested 3-4 times a week you cannot obviously expect to climb your best on every occasion. You may only perform at your best two of the four sessions for example. Don't worry about this. Tiredness one day means improvement the next!

Other

If you are planning to do some of the above we would recommend mixing it into your existing climbing not replacing your wall sessions. You need to be able to transfer the strength into practice so you need to keep climbing.

*By Ben Meeks
City Bloc, Leeds.*

from the office...

By the time you guys read this, Christmas will be over and we will all be wondering how to get rid of the excess weight we somehow managed to gain over the festive period even though we all thought 'we were being good!' The tail end of 2009's competition's were a great success for the Juniors with good results in the EYS in Edinburgh and the last few International events of the season. We also had a fantastic turn out of 130 kids at the BMC Open Youth Event at the end of November. The massive band of keen young climbers will hopefully continue to grow into 2010.

I will hopefully have had time to rest and relax with a few weeks ice climbing in Canada and 'Psyche' myself up for the coming year of competitions. 2010 promises to be a fantastic year for competition climbing with 10 comps. scheduled! As well as the usual crop of the BBC's, BLCC's and YCS Finals, we will have two International events in the form of an IFSC Bouldering World Cup (Sheffield) and the IFSC World Youth Championships (Edinburgh).

We will also have the first BMC National Climbing Competition for Disabled People and the first BMC Combo competition - combining lead, bouldering and speed climbing for the first time. The full schedule of events can be seen on the competitions section on the BMC website.

Again I can not emphasise enough how important our loyal band of volunteers are to the running of all these events and all the behind the scenes work that goes on with the teams, the YCS, and the international event organisation etc. Recently three key volunteers stepped down from the front line after

many years of loyal service - Tony (junior team manager) & Debbie Powell (head judge) and Dave Binney (head coach for the junior team). The BMC would like to send them a massive vote of thanks and appreciation for the huge amount of work that they have put in over the years.

The new junior team management headed up by Ian Dunn of Climb Rochdale will take the team through into this millennium's second decade to bigger and better competitions and results, so good luck to them all!

I hope you all had a great Christmas and I look forward to seeing at the multitude of events around the country in 2010. 'Psyched' will continue to provide all your competition climbing news throughout 2010 and will be a must read for anyone involved in the competition climbing scene!

And if reading this 'Psyched' is your first experience of climbing competitions and you want to get involved; whether it be as a competitor or as a volunteer please do not hesitate to contact me on rob@thebmc.co.uk for more information.

Rob Adie
BMC Competition Officer

Psyched!

production team



Edited and Produced by Iain McKenzie.

— Chair of the BMC Competition Committee



Natalie Berry, Assistant Editor.

— British Junior Team Member

events...

BMC YOUTH CLIMBING SERIES - ROUND 1

The BMC Youth Climbing Series is a series of fun climbing competitions specifically for young people with the emphasis on enjoyment.

30th January 2010

Various venues around the country, please visit the BMC website for more information.

www.thebmc.co.uk

MY (MIDLAND YOUTH) CLIMBING SERIES - LEICESTER

MY (Midlands Youth) Climbing Series Final

The Tower - Leicester
Final - 7th February 2010

£8.50 for each individual event.
Entry forms and rules available from the web site:

www.myclimbingseries.co.uk

THE CLIMBING WORKS WINTER BOULDERING LEAGUE - ROUND 4

The Climbing Works - Sheffield

Friday 26th Feb 2010. 6-10pm
£2 for scorecard plus normal entry fee.

www.climbingworks.com/events

BMC YOUTH CLIMBING SERIES - ROUND 2

The BMC Youth Climbing Series is a series of fun climbing competitions specifically for young people with the emphasis on enjoyment.

27th February 2010

Various venues around the country, please visit the BMC website for more information.

www.thebmc.co.uk

BMC YOUTH CLIMBING SERIES - ROUND 3

The BMC Youth Climbing Series is a series of fun climbing competitions specifically for young people with the emphasis on enjoyment.

27th February 2010

Various venues around the country, please visit the BMC website for more information.

www.thebmc.co.uk

THE CLIMBING WORKS INTERNATIONAL FESTIVAL 2010 (CWIF)

The Climbing Works - Sheffield

20th March 2010. All day
1 day only festival

Open to all, you only have to pay your normal Climbing Works entry fee.

www.climbingworks.com/events/CWIF10

LEADING LADDER FINAL - VENUE TBC

The venue for the BMC Leading ladder has still to be confirmed, all that qualify will be notified.

24th April 2010

www.thebmc.co.uk

BMC NATIONAL CLIMBING COMPETITION FOR DISABLED - ROCHDALE

Details to be announced.

25th April 2010

www.thebmc.co.uk

BMC YOUTH CLIMBING SERIES - NATIONAL FINAL

The BMC Youth Climbing Series National Final.

12th June 2010

Edinburgh International Climbing Arena, Ratho.

www.thebmc.co.uk

BMC BRITISH BOULDERING CHAMPIONSHIPS - SHEFFIELD

Britain's premier bouldering competition will take place the weekend before the Cliffhanger outdoor festival in Millhouses Park, Sheffield.

26th - 27th June 2010

www.thebmc.co.uk

IFSC BOULDERING WORLD CUP - SHEFFIELD

The IFSC Bouldering World cup will showcase the Cliffhanger outdoor festival in Millhouses Park, Sheffield.

3rd - 4th July 2010

www.ifsc-climbing.org

IFSC WORLD YOUTH CHAMPIONSHIPS - EDINBURGH

The IFSC World Youth Championships will take place at the Edinburgh International Climbing Arena, Ratho.

9th - 12th September 2010

www.ifsc-climbing.org

BMC BRITISH LEAD CLIMBING CHAMPIONSHIPS - EDINBURGH

Britain's premier lead climbing competition will take place at the Edinburgh International Climbing Arena, Ratho. The event will also be used as a Senior Team Selection day.

2nd - 3rd October 2010

www.thebmc.co.uk

This Newsletter has been put together by Competitors, Wall Managers, the BMC Competition Committee and the Volunteers that tirelessly help out at Competitions and events around the country.

If you would like to get involved or contribute to this Newsletter, either by sending an event your wall is running, a report on a competition you have taken part in, or just a general update on what is happening, we would love to hear from you.

Please Email: competitionnews@bmcvolunteers.org.uk

We have a Facebook Group where most walls are keeping an upto date event listing and the Psyched! team send out messages for information, join us there! Search Facebook for Psyched! or visit: <http://www.facebook.com/home.php?#group.php?gid=165601148022>

If sending photos through please make sure they are Hi-Res JPG's with the appropriate credits attached, articles and profiles should be sent as Word or Works documents and photo's accompanying an article should be sent separately.

If you would like to subscribe to receive a PDF Version of this Newsletter direct to your inbox, please send an Email to the above address with the word "subscribe" in the subject box.

The Deadline for submissions for the next Newsletter is 17th April 2010.