

The Yorkshire Mountaineer



Issue 367

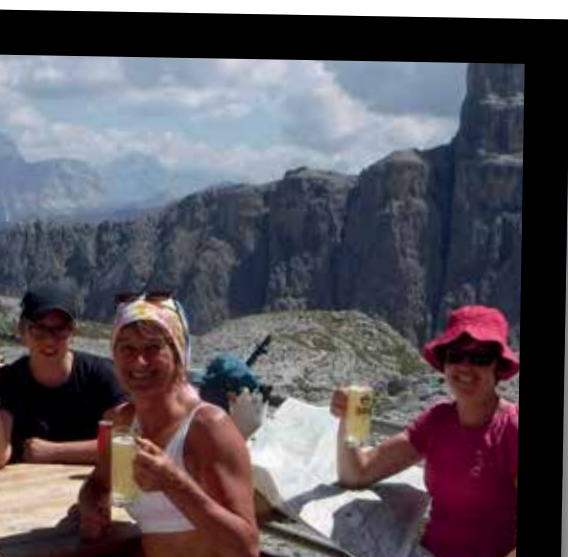
November 2015

Seasonal
Greetings
from the
YMC



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Editorial

The magazine of the BMC, "Summit", has in recent years included many features about women climbers. The latest issue has a picture on the front cover of famous climber Gwen Moffat climbing dressed only in a bikini. Before receiving my copy, I had already planned this issue of the Yorkshire Mountaineer to be mainly about women who climb and take part in other outdoor pursuits.

Since I became editor I have published articles by four women and included photos from others. When I looked back through earlier issues I see very few contributions from women. I thought mountaineering was unlike other sports such as cricket, football and golf, where women are behind the scenes brewing tea, making sandwiches. I remember a few women in the 60s out on the hills, but very few were climbers. The girls in support of their men friends, would sit around at the foot of crags in all sorts of weather, waiting for them to return safely while having a good gossip, in some cases making friends for life.

There were exceptions such as Gwen Moffat, mentioned above, now in her 90s. A film has recently been made of her life in the mountains. The film Operation Moffatt, the wild life of Britain's first female mountain guide, by Jen Randall and Claire Carter, 2015.

In Yorkshire we have Angela Soper, who wrote the article 'Around for 50

years' in the YMC 50th Journal. She is still out on the crags of the Dales and further afield. In the Journal there are thirty three articles yet only four by women members. There is of course the Pinnacle Club for ladies only, with a long history and some exceptional mountaineers in the membership.

In the wider compass of outdoor activities you have only to look at the world of cycling to realize the achievement of women. A play titled "Beryl" is the story of Beryl Burton, an exceptional Yorkshire cyclist, who throughout a large part of the 20th century, was a member of The Morley Cycling Club. She won hundreds of trophies and even beat the top man cyclist of the time in a 24 hour race along the roads of Yorkshire.

In all weathers you will come across many women hill walkers, or when visiting a climbing wall, you will see many women of all ages and abilities enjoying the sport. When you open an outdoor pursuits, mountaineering, cycling, ski, or sailing magazine, many women are now featured in these pages.

Present members of the YMC include, Ann Morse who does a responsible job as Club Treasurer; Claire Howarth works hard as Hut Booking Secretary; Jenny Hawkin leads meets and Jane Wainwright, an experienced mountaineer, writes of her adventures and provides plenty of terrific photos.

Editorial

The common theme of this edition is that the activity takes place in the hills and mountains. A number of club members take to the waters in canoes, so included is a story about kayaking. The kayaker visits these places during and after heavy rain when the hill walker or climber has long gone for shelter.

This issue of the Yorkshire Mountaineer is in appreciation of support by my wife, Mary, for her reading of drafts and as sub-editor. Mary used to climb and was one of the girls at the foot of the crags! (I did however make my own flask of tea and sandwiches, and still do!)

Book Review

Coming up to Christmas you might be looking for a book as a present for someone in your life, so I have a book review section. You will have to dig deep for the cash to buy this book, but for someone special, why not?

Issue 368 February 2016

Thank you to those who have contributed articles and meet reports during 2015, which have yet to be published, the articles will appear in the first issue of 2016. I have still only received two articles to cover the 50th anniversary of the Pennine Way. Are there any more in the pipeline?

In 2015, the YHA was 85 years old. Is anyone willing to write an article of their experiences as a member? Do you go back to the good old days when you could not stay at a hostel if you arrived by car, and on each day of your stay a job had to be done to help the communal good of the hostel?

Club Administration

Martin Tetley, the Membership Secretary, reminds members to send in their membership renewal forms for 2016 and pay the membership subscription before the end of January. He will be away for a family wedding in Australia, so please get your subscription in promptly.

Club committee warning

Members who do not renew their membership by 31st January will not be covered by the BMC insurance. Their membership will revert back to being a 'prospective' member and have to follow club rules to renew in future.

Peter Stott, the Club Secretary, includes the summary minutes of the September YMC committee meeting. He has inserted with the posted magazine the nomination forms for the YMC committee of 2016. Those members who do not get a paper copy will be sent an emailed document. He reminds members if they wish to submit proposals for any changes to club rules.

Editorial

Alan Swithenbank has put together the meets card for 2016, to be enclosed with this issue and is now compiling the card for 2017. Please send to him your ideas for future meets.

Pete Fenlon has organised this year's Photo Competition. It will be held at the Black Bull, Birstall on the 10th December. Jim Aveyard, who judges the writing of articles for The Yorkshire Mountaineer, will be there.

Finally, but importantly, www.theymc.org.uk, the club website, will be improved in 2016. I hope you are making use of it! If you have any ideas for change, please contact Laurie

Morse who will liaise with the website manager.

The club now has a Twitter Account. The username is [@the_ymc](https://twitter.com/the_ymc)

Members who follow us on Twitter can direct any questions to Jonathan Carter -

jonathan.carter1973@hotmail.com

Tweet him...is that the term?

Or Facebook -

[Yorkshire Mountaineering Club](#)



Photo By: Caroline Phillips

Dolomites Summer 2015. Lois and Helen on a traverse of Via Della Trincee, the north face of the Marmolada is in the background

Dolomite Via Ferrata

Summer 2015

by Caroline Phillips

After advertising in the YMC newsletter with no luck, I eventually got a bunch of enthusiastic gírlies to come along with me for a bit of mountain fun in the Dolomites of northern Italy. It all came about after a week of skiing in February in the Val di Fassa (recommended by Tony Crosby in an earlier newsletter article). Lois and I found the rock scenery of the area so stunning and added to this the many different mountain groups, in a small area with lots of mechanical uplift, it seemed like a 'no brainer' to come again in the summer.

I decided to drive to Italy, allowing me to take enough camping gear to fit us all in with reasonable luxury. However, heading from the Highlands by car was a slow job. We popped in to Yorkshire for one night to pick up Chappie (Andrea), an old school friend who had never done any climbing before. Then we drove to an Airbnb near Brussels. Another night was spent camping at a motorway services in Bavaria, before reaching Corvara, a 4 day trip. We loved the little campsite close to the pretty town with all you need, especially lots of pizza!

Many of you will know of the Via Ferrata (VFs) and may have climbed some yourself. For those not in the know it's like mountain ridge and face scrambling in the UK. The Italians have fixed plenty of stemples and ladders on

the steep hard sections, which enable you to climb the most exposed, airy and unlikely mountain terrain. The difficult sections of the routes are all protected with fixed steel cable, this gives the climber running belay protection after clipping on to it.

There is a selection of really good middle grade VFs in the area, but to test Chappie's head for heights, we started with a short 2B above the Passo Gardena. This was a couple of hours of fun where she had no trouble. The lowest graded VF is 1A which is described as not much more than an exposed mountain walk. We thought this too tame for her. 5C is the hardest grade.

We found the grades of all the VFs we climbed to be rather inconsistent, as some easy grades had quite strenuous and steep down climbs and some hard grades had lots of walking, with only short steep parts. If you are used to climbing it is all quite simple....as long as you watch the weather. Afternoon storms and lightning are not what you want whilst holding a metal cable on limestone rock!

On one day en route to collect our friend Helen, who was arriving in Cortina, we visited the Laguzoi tunnels. A cable car takes you to the top of the mountain and the rest is more like a caving expedition, as you descend through passages in the mountain.

Dolomite Via Ferrata

These were dug by soldiers in the 1st World War. The front line between the Austrian and Italian armies cuts across the heart of the Dolomite chain, and the area is rich in history of the times.

At the end of the First World War, this part of the Dolomites was given by Austria to Italy. The people living there still think they are Austrian and German is spoken in many places. Good, as my Italian is rubbish!

We had been warned about our next route as the mountain can become very busy in summer. The VF starts near the road and ascends an amazing face of rock with a waterfall alongside. The VF Tridentina (3B) ends at the prettiest of rifugios, F. Cavazza al Pisciadu. It is built at the side of an azure lake, making it a perfect day out for lush mountaineers like us. The exposure was amazing and continuous, with steep moves over bulging rock. On the top pinnacle my arms were a quiver, the sun's heat didn't help. To finish off there is an exposed little 'bridge' linking the pinnacle to the mountain. A cool Radler (shandy) at the rifugio made the effort to get there worth it.

Such a contrast was the VF Piz du Lech (3B), a proper mountain ascent. The two chair lifts get you to the start, where you notice a change. There is no pulling yourself up on the cable here, as the clever guides have put the cable to one side of the good holds which are frequent on the route. It feels more like proper climbing, which had

Chappie wobbling a bit, but Lois and Helen and I loved the climb, judged to be our favourite.

Photo By: Caroline Phillips



Resting on the summit of Piz du Leche

We then took a two day mountain walk over Piz Boe, just to give Chappie an overnight stay in a rifugio. She returned to Pudsey the next day glad of a rest!

Now three in the party, we expected the next VF, Via della Trincee (4B),

Dolomite Via Ferrata

to be difficult, as we had been told about the steepness of the first wall. It proved to be very pleasant. There are excellent views of the north face of the Marmolada and lots of interesting war relics and a maze of tunnels. We trogged up to the final summit then lay for ages relaxing on the soft grass.

After finding a flight from Venice airport, Helen flew back next day, travelling by the Dolomiti bus to Cortina and on to Venice from there. So Lois and I went in search of new adventures in the Val di Fassa, that's another story.

In fact there's so much more to explore and climb in the area, such as the Marmolada, Monte Pelmo and Monte Civetta, I think I will be flying back next year. Anyone fancy coming?

On the front cover of this issue the two photos by Caroline are; Helen, Lois and Andrea climbing on Via Ferrata Tridentina.

Relaxing with a shandy at the Rifugio F.Cavazza al Pisciadu.

Postscript by Tony Crosby - Why wait for summer?

There are blue skies over the Dolomites in winter.
The cables are however covered in snow and ice!

The Dolomites are superb for downhill skiing, ski mountaineering, cross country skiing, ice climbing, snowshoeing and tobogganning or just walking in the mountains.

See The Yorkshire Mountaineer Issue 363 pages 5 - 8
for more information.

I have booked to ski there from the 16th to 23rd January 2016,
staying at the Villa Rosella Hotel, Canazei, Val di Fassa.

See www.hotelvillarosella.it and info@villarosella.it. For information
on accommodation and prices see www.fassa.com and www.dolomitisuperski.com. There are plenty of alternative places to stay
in the valley and surrounding villages.

You are most welcome to join me or ski past me on the slopes!

Should you decide to visit, please let me know, but make your own
travel and accommodation arrangements. See you there!

Not Just A Walk

The Great Outdoors Challenge 2015

by Sue Foss

One of the things I love about any long distance walk, aside from the actual walking of course, is the variety of characters one meets along the way.

so much more enjoyable. Such as the ten or so folk in the congregation at the tiny church in Tomdoun, who, after their monthly service invited me

Photo By: anon

**Sue on a bridge
at Carnich**



This is no less apparent than on the TGO Challenge, an annual coast to coast event, backpacking across Scotland. Long before the walk starts, one is meeting fellow challengers. We all migrate, by various forms of transport to the 13 starting points on Scotland's west coast, especially if the chosen mode of transport is train, you can't fail to spot the hordes of challengers flooding in to Glasgow Queen Street station on their way westwards all with laden back packs.

The camaraderie amongst us is one of the great things the challenge is famous for. As well as these great folk, were outsiders, whose warm acts of hospitality really made the two weeks

that afternoon, to join them at Fred's, which conveniently happened to be next door to my B&B. Had they also told me that Fred always bakes a cake for their meeting, my pace along there would have been so much quicker. I had walked in from the Knoydart peninsula, so after three days of dehydrated meals, that piece of Victoria sponge hardly touched the inside of my mouth, it was devoured so quickly!

That evening at the B&B, I found three tics which I successfully removed, then I could feel what I thought was a fourth one, but in a place that is so private, I couldn't even see it! Very obligingly my hostess checked it for me (after

Not Just A Walk

Sourlies Bothy, Knoydart



Photo By: Sue Foss

we had banned her husband from the room for a few minutes!). Fortunately it turned out not to be one of our blood thirsty little friends, but I was very grateful to her for checking.

On day 4 I hadn't expected to see container lorries coming in and out of Glen Garry forest. They were carrying huge pipes for the hydro electric plant under construction. After chatting to two of the lorry drivers, they took pity on this drowned rat and invited me in to their cabin for a cup of tea. I declined their offer as I was about to leave the shed I had just lunched in, the only shelter I had come across all day. After ten minutes of carrying on in persistent rain, I began to regret declining their offer, so made a decision not to turn down any other offers like this in future.

The morning of day 5 was just as wet. I reached the Caledonian Canal at Bridge of Oich. Derek the lock keeper saw this same drowned rat and invited

me in for a cuppa. This invitation I duly accepted. As I sat there enjoying the warmth of his office and company and the lovely Belgian biscuits, I promptly expressed my gratitude by having a nose bleed on him! Oh no, of all the inconvenient moments!

I carried on into Fort Augustus, promising myself a baked potato at the first cafe I came across. I'd had a craving for one for a couple of days. I eventually found one that did them, but it was very obviously micro waved, and I soon wished I hadn't bothered, as the prawns I had for the topping must have been off. So leaving the cafe, feeling far worse than when I entered it, I remembered Tabia's (the minister at Tomdoun) last words to me "When you're in Fort Augustus, if you fancy a cup of tea, just knock on the door of the manse". Well I couldn't stomach even a cuppa at that point, but a glass of water was what was needed, so off I went to find the manse and Tabia, who

Not Just A Walk

welcomed me with open arms like a long lost friend. Well, it had been at least two days since we had first met! We had a very pleasant half hour by her log burner and several glasses of water later I began to feel much better. She told me about her friend Derek who had taken a challenger in out of the rain that morning and had a nose bleed on him!! Ooops – news travels fast in these parts!

A lovely moment occurred on day 7, only an hour after my worst moment of the whole two weeks, that being when I fell in a river and got soaked up to my chest. It shook me up as I was on my own at the time, but I managed to pull myself together and after sorting myself out carried on towards Newtonmore. I had booked a bed at the hostel that night, which is run by Sue Oxley and Ali Ogden, the co-ordinators of the challenge. All the other residents for the evening had checked in, so Sue decided to walk her dogs on the route she thought I would probably come in on. One hour after my drenching we met, at which point I threw my arms around her and burst out “I am SO glad to see you!” Wow, what a service this hostel offers! She even found me a bowl of rice to dry out my phone, which incidentally is now one of the “facilities” of the hostel, as it was used a second time just two weeks later when two guys walking the East Highland Way fell in the same river. Very reassuring for me, I wasn’t the only one!

There are also several establishments along the various routes, where people voluntarily hold out a hand of kindness to challengers passing by, such as Ruigh-aiteachain bothy in Glen Feshie, Lochcallater Lodge in Glen Callater and St Drostan’s in Tarfside, plus others I have only heard of but not had the privilege to experience firsthand yet.



Photo By: anon

Finish. Sue at the TGO Challenge Cairn erected in 2005 at Scurdie Ness just outside Montrose

2015 was my second challenge, but my first as a solo walker. Would I do it again?

Most definitely, God willing.

Bibliography: The Great Outdoors, Wild Scotland, Not just a walk, by Sue Foss. October 2015.

Holme Valley Mountain Rescue

by Emily Thompson

The Holme Valley Mountain Rescue was launched in 1965 following the deaths of two scouts on the moors.

I joined the Rescue Team in 2009. At the time I was training to be a mountain leader and I thought it would be a good way to get extra night navigation practice and rope work skills. Little did I know 8 years later I'd not only be on the call out list but a member of the committee, and having formed friendships that have continued to push my skills and inspire me.

The Holme Valley Mountain Rescue team is based in Marsden, about 6 miles to the west of Huddersfield, and our operating area covers the southern half of West Yorkshire, from the South Pennine moors to the north of the Peak District and stretches out as far as Wakefield and Pontefract, including many built up areas too. We can be called out 24 hours a day to help the emergency services with a wide range of search and rescue operations. Although most incidents involve search and rescue on the moors, many are non mountain incidents, such as when the police call the team in to assist in searching for missing people in rural lowlands such as woodlands and farmland, or when children or vulnerable people are missing or lost.

Opening of Holme Valley Mountain Rescue HQ at Marsden. The Lord Lt of West Yorkshire, Dr Ingrid Roscoe (2nd left) who performed the opening



Photo courtesy of The Huddersfield Daily Examiner.
www.examiner.co.uk/news

ceremony with Gill Howarth of the Holme Valley team (front right), Chairman of Mountain Rescue England, Mike France (left) along with the mayor and mayoress of Kirklees Acting chief constable of West Yorkshire, Dee Collins along with other local mountain rescue teams and officials at the opening.

All team members are committed to an ongoing training programme and all require a professional outlook on the work they do, even though we are rescue team stands out as being the first team in England and Wales to have a female team leader, Gill Howarth, and under Gill's leadership we have had a strong fundraising campaign in recent years which has led to us being able to buy our own headquarters in our 50th anniversary year.

Kayaking

Sal Montgomery

My name is Sal Montgomery, originally from Nottingham. About seven years ago I started kayaking in Nottingham at Holme Pierpont, National Watersports Centre, where the River Trent has been diverted to feature a white water kayaking course. I have been invited by the editor of The Yorkshire Mountaineer to write about this amazing sport!

water adds excitement, challenges, problem solving and constant learning opportunities. Like other adventure sports, you can push yourself as much or as little as you please. Sports such as skiing have the colour grading systems, whereas white water is graded one to five; one being gentle moving water, five being a lot more technical with higher risk.

As you move up the grades, the water becomes bigger in volume with massive crashing waves and hydraulics, or high waterfalls and steep slides. Rapids can be extremely pushy and technical, repeatedly trying to capsize you. Hence you are required to work hard and develop your skills so that you can keep control.

Photo By: Matt Nicholas



I am very lucky to be a white water kayaker, and with the boundaries pushed spectacularly higher as the sport grows and evolves my life has changed.

When I talk about my latest adventure to people, those who are not kayakers, picture perfectly still lakes of clear water. Many people get a great deal of pleasure paddling in these beautiful peaceful places. And why wouldn't they? My white water friends and I seek something quite different. White



Photo By: Matt Nicholas

**Sal in action at Ingleton,
in The Yorkshire Dales**

Kayaking

Whether you want to go hard or not, kayaking will no doubt take you to many beautiful and interesting locations with views that can only be seen from the river. This is particularly true on expeditions, where you are generally in very remote places and need to be self-sufficient. This means carrying all your supplies in your kayak, including sleeping and cooking equipment, as well as enough food to last the trip while negotiating your way down a long stretch of river. At the end of each day you set up camp by the river, refuelling with food and sleep before the following day you hit the next section. These experiences, on and off the water, require a huge amount of team work, often resulting in friends for life.

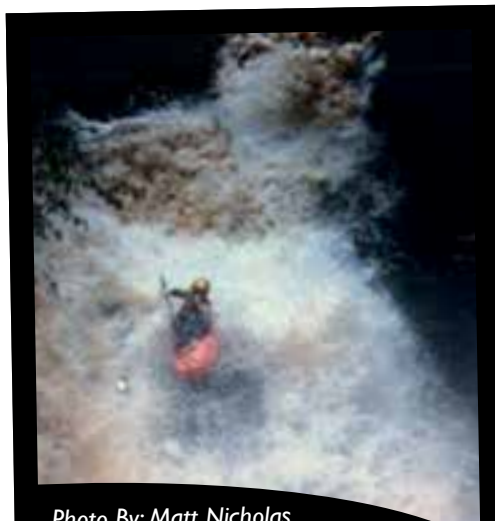


Photo By: Matt Nicholas

Sal at West Burton, in The Yorkshire Dales

Editors note

Editors note. For those readers who would like to have a go at this outdoor pursuit, for advice and equipment contact:

DM Desperate Measures,
the National Water Sports
Centre, Nottingham.

Email: sales@desperate-measures.co.uk

Kayaking has taken me to many different countries, including Africa, USA, Canada, New Zealand, Nepal and Norway. Yorkshire has some fantastic hidden gems. It is a bit of a waiting game as lots of rain is required, but when the rain comes there is lots of fun to be had! Some of the more well known white water spots are on the river Tees, the Swale, Aysgarth Falls and Ingleton waterfalls. There are some impressive waterfalls hidden away in the valleys that occur after very heavy rainfall. If you can find them these are a much bigger undertaking with higher risk!

For me, white water kayaking is not just a sport or a hobby. It has changed my life. The skills I have learnt, the friends I have made and the places I have been to are all invaluable.

Happy exploring!

Mountain Wild

Photo By: Sue Nixon

by Sue Nixon



**Outdoor Specialist Shop, Crown Street,
Hebden Bridge. www.mountain-wild.com**

I bought the business Mountain Wild, an outdoor gear and equipment retailer, eight years ago. Located in the heart of the beautiful, rugged south Pennine countryside, Hebden Bridge is ideally situated for outdoor fun with many footpaths, bridleways, bouldering sites and mountain bike routes on the doorstep. The town is also now officially part of the Pennine Way, a loop path into the town having been added in April this year to coincide with the 50th anniversary of the long distance trail.

Our custom is made up from a variety of sources. We're pleased to say we have a loyal local customer base, but also get plenty of day and holiday visitors.

Retailing has changed so much recently

and the independent outdoor business owner is constantly competing with the chain stores with multiple outlets. They are able to benefit from buying power and big discounts and are therefore happy to slash prices to create turnover. Don't even mention the price wars found on the internet!

One area independents can compete though is personal service. We have the time (and interest) to chat with our customers, find out where they're going, what they're doing and suggest a product or garment that's really appropriate for their needs. If we don't think we can help, or don't think something fits, we'd rather not sell to them.

Similarly we're not regulated as to what and which brands we sell. Over the

Mountain Wild

years I've gained a better understanding of what our customers want, although this does change regularly. I make buying trips a couple of times a year, looking for spring /summer and autumn/winter stock on each occasion as well as attending a few trade shows in-between. I'm always keen to try new brands or those that aren't so popular in the high street outdoor shops so we can offer something different to our customers.

A crystal ball would be a very handy business tool. Soon I'll be placing orders for winter 2016 stock and this winter has hardly even started yet.

We're able to offer a prompt ordering service and (we hope) give friendly, polite and helpful product information. With a staff member who is a long term serving member of the local Search & Rescue team and another with a Mountain Leader qualification,

all of us have a love and interest in the outdoors.

Time permitting, I enjoy walking and cycling, both off and on road. A few of the long distance paths are on my bucket list. Last year I was able to take an incredible journey, spending three weeks walking through Nepal in the Himalayas, reaching over 5300m crossing the Renjo La pass. A tough but unforgettable experience, especially poignant now that some of the places we visited are unrecognisable after the devastating earthquake.

One thing I've learnt is "never judge a book by its cover". I've met some of the most unlikely looking people who've achieved and done some incredible things. There's nothing I like more than chat with our customers and hear about their trips and adventures. I'll never be a millionaire but thoroughly enjoy what I do.



Mountaineering - Are you ready for it?

**By Jenny Murphy,
MSc Physiotherapy MCSP. (and Yorkshire Women)**

Mountaineering is a great form of exercise. Whether it is hill walking, scrambling, bouldering or rock climbing, it encourages people during the summer and winter months to take to the great outdoors. The activity can help cardiovascular health, increase muscle mass and tone, reduce body fat, relieve stress and develop a sense of wellbeing.

Mountaineering can lead to unexpected injuries if you are not prepared. Injuries during mountaineering can be acute, traumatic injuries such as a sprained ankle. Many occur over time due to overuse, which could also be

the underlying cause of acute injuries.

When the activity includes steep climbs and descents, scrambling over rocks, gripping, belaying and carrying heavy rucksacks, the actions are often repeated over a long period of time, and can put stress on different parts of the body and may cause injury.

Some of the most common injuries are ankle sprains, achilles tendinopathy, plantar fasciitis, calf strains, patella tendinitis, tennis/golfers elbow, rotator cuff tears, and finger pulley tears. Sometimes you can wonder what has really caused them.



**The National Trust.
www.nationaltrust.org.uk/volunteering**

Picture and idea courtesy of, healthclubs@boomerang.co.uk

Mountaineering - Are you ready for it?

It could be said that more injuries tend to occur as we get older, as our joints and tissues become less able to withstand the stress. Tissues don't heal as quickly or as well as in younger people. However, body misalignment and imbalances can start at a younger age, for example one side of the body being stronger/weaker or some joints less stable than others.

A mountaineer can sustain injuries to all parts of the body. Painful backs, knees and hips are often a common complaint and this can be due to an underestimated level of strength to cope with the demands or something as simple as poor footwear.

It is important that your body is ready for the level of mountaineering you are planning. For example, adopting a good body position when walking up hill is not as easy as you may think! Equally, we all think that the climb up is the most difficult but it is often the way down that impacts the body more. Imagine the amount of shock that the body has to absorb when your foot is placed on a hard rock half metre below. If your quadriceps and core are not strong enough to support this impact, knees may start to become painful.

Equally, you may have a brand new pair of walking boots, you may have last year's pair or if you are completely new to the hills, you may think your trainers will do the job. Be aware that hill walking is different to your average walk in the park. Last year's

boots might be worn down or a new pair could rub and create a blister. These can change your gait leading to potential injuries.

INJURY PREVENTION

Preparation:

Follow a well-structured and appropriate strength & conditioning programme, before and during your mountaineering, building it up slowly and gradually.

Footwear: boots need to be -

- Fit high on the ankle
- Durable and hardwearing
- Fit well – length and width
- Comfortable
- Hardwearing sole, a cushioned mid sole and appropriate inner-sole supporting your arch and provide shock absorption.
- Preferably waterproof
- Wear good quality dry socks or stockings

A gait assessment may help to achieve a best fit.

Warm-up and cool-down:

Make sure to fit these in routinely alongside your walks or training. A 10 minute cardio vascular exercise, for example a brisk walk, followed by

Mountaineering - Are you ready for it?

a series of stretching for each muscle group.

Breaks:

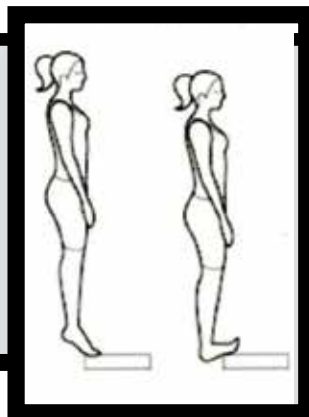
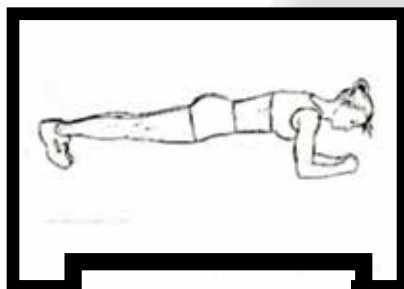
Take regular breaks when walking or climbing.

RECOVERY

If you do sustain an injury, then it's advisable to consult a GP or physiotherapist, so you can have a personal rehabilitation plan to help reduce the risk of further injury. The correct recovery from injury is vital. You don't necessarily need to see a physiotherapist only after injury. Make use of their expert advice to help prevention of injury.

Illustration of suggested exercises see -

workout.labs.com/exercise-guide



This Girl Can Nottingham!

by Mary Crosby

Earlier this year I read an article in our local newspaper, The Nottingham Post, about a young lady, Lianne Harrold, who was raising money for the cancer charity "Climbers against Cancer". Visit www.climbersagainstcancer.org to get more information. Living with cancer myself for the last four years has not been easy, so I was interested to find out more.

Lianne had become involved with climbing when she went with a party of sea cadets to the Pyrenees in August 2013. She had not climbed before so she went to the Nottingham Climbing Centre to get some experience...and that was it! She was hooked!

She went to the Pyrenees, loved the climbing and has been doing it ever since. She says "It is challenging for me,



Photo By: N.C.C.

**Lianne and climbing friends,
supporters of Climbers
Against Cancer Centre.**

Photo By: N.C.C



**Lianne with super heros flown
in to help raise funds for CAC.**

**Note they had no trouble
climbing the routes.**

it is not competitive but it challenges you to push yourself. I love the social aspect to taking part as well." She has become a passionate climber hoping to inspire other women to take up the sport.

Lianne has gone on to become her company's (Construction consultancy Gleeds) ambassador in sport and raised money for the above cancer charity by a sponsored event, climbing 130 climbs in three hours, no mean feat! The event was held on the 25th September 2015 at The Nottingham Climbing Centre, www.nottingham-climbing.co.uk

The Nottingham "This Girl Can" website, www.nottsgirlscan.co.uk offers information about activities in Nottingham and how to get involved in Sport England's national campaign, which celebrates active women for taking part in sport. Is there such a campaign near you helping women into sport?

Women's Climbing Clubs

If you want plenty of information about women's climbing clubs then go to www.womenclimb.co.uk set up by Emily Pitts.

You sign up for their free newsletter with news of events, equipment and lots more, or find them on Facebook or Twitter. You might even like to contribute to their site. Have fun!

2016 Winter Meet

March 4-7

Meet Co-ordinator Dave Girt

8 places have been booked at the Cairngorm Club's Muir of Inverey Cottage, located about 8 km. from Braemar on the Linn of Dee road.

Bunk accommodation with all mod cons, electric cooking, showers, drying room, wood burning stove etc.

You need only bring a sleeping bag. £10 pp pn.

Dave Girt (10 Maple Terrace, Yeadon, LS19 7HL) will be taking bookings from 1st Jan 2016 (not before) with full payment, cheques made payable to Yorkshire Mountaineering Club.

Preference will be given to those staying the full 4 nights.

After all the information about Women Climbers in these pages, ladies why not give winter hill walking a go?

Mountain Bothy Association

(MBA) film ,YMC member Graham Willis brings to your attention a

Hopscotch Films have spent a lot of this year making a documentary about the work of the MBA. It is to be shown on BBC2 Scotland on Wednesday, 9 December at 9pm. It will be on the iPlayer and will be accessible on other platforms.

The film is entitled Bothy Life and is a celebration of 50 years of the Association. This is the link to the BBC page which contains a number of clips.

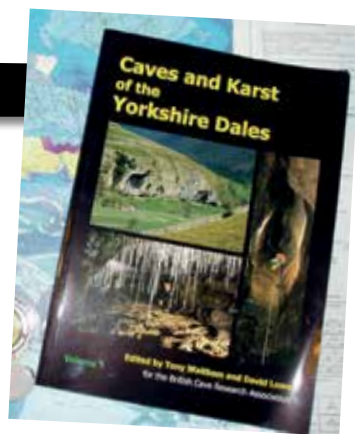
<http://www.bbc.co.uk/programmes/b06sl762>

Book Review

Caves and Karst of the Yorkshire Dales

*Edited by Tony Waltham and David Lowe
for the British Cave Research Association. 2013.*

***Caves and Karst of the Yorkshire Dales.
Geology map with permission of The British
Geological Survey. Photo by Tony Crosby.***



In August 2015 I invited YMC members to join a field excursion to Malham Cove and Gordale Scar organised by The Yorkshire Geological Society (YGS). The Society was founded in 1837 www.yorksgeolsoc.org.uk. Membership is open to those interested in the landscape and geology of the Northern England. The membership includes, amateur geologists, students and professional geologists. The society organises indoor meetings, lectures, and field excursions throughout the north of England.

Eight YMC members joined the Malham field excursion. The leader was YGS member and professional geologist, Doug Holliday, supported by professionals Dave Mundy and Tony Waltham, all with expert knowledge of the Yorkshire Dales. The meeting reminded me of YMC meets, except we walked considerably slower and had frequent breaks to discuss the geology and scenery. We ate our sandwiches while seated in the rain behind a wall on the approach to Gordale Scar, a typical YMC lunch break.

I've had some feed back from the YMC members present. They learned how Malham Cove and Gordale were formed and now can speak with authority on the subject to their family and friends.

Should other members wish to find out more about the geology and scenery of the Yorkshire Dales, then look for a book, edited by Tony Waltham one of the leaders of the Malham excursion and his colleague geologist and caver David Lowe. It is an encyclopaedic volume on the subject of karst (limestone landforms) about a classic area at the surface and underground. The sixteen chapters describe a wide range of topics. The extensive reference list for each chapter will point the reader to further research. The coloured photos, diagrams, tables, sections and maps enhance the volume. Colour is used with good effect to emphasize some sections.

The author of the chapter 7, 'Cave Geomorphology', is Phil Murphy, the son of Brian Murphy, who was for a long time a member of the YMC, but is now sadly deceased. (see The Yorkshire Mountaineer, Issues 361 and 363, 2014. for more about Brian)

Maybe Phil's early interest in caving and geomorphology of the Yorkshire Dales was inspired during outings to the Dales with his Dad and family?

Tony Crosby

(Editor, The Yorkshire Mountaineer)

YMC Administration

Summary of Minutes – Committee Meeting 24th

By Peter Stott. YMC Secretary

Present were 11 of 12 elected

Main Items Discussed

- Problems with membership renewals were discussed: Despite constant reminders sent out by the Membership Secretary, 12 members had not renewed for 2015 and it was agreed that the renewal form for 2016 would include an emphasis that those not renewing by January 31st would cease to be a member from that date. The 'Yorkshire Mountaineer' was also to be used to convey this fact to the membership.

- The meeting to compile the 2016 meets list had been attended by 9 members, an increase on previous years but the mailshot informing members did not have the desired effect. It was opened by 40% of the recipients but requests for venue suggestions received a nil response.

- The Hut Wardens reported that specific work at Coniston needed undertaking, including external remedials, but low attendances at recent housekeeping meets were preventing such tasks being completed

- Bookings by outside parties for use of the premises were reported as coming in steadily for 2016 and no fees for accommodation to date were outstanding. An increase in the charge for these bookings was increased from £10 to £12 per bed per room.

- Following a review of the Committee Code of Conduct, it was agreed that no revisions were needed.

- As part of the policy to revive the YMC, consent was given to proceed with establishing a Meetup Group.

- The second of three proposals in this policy, that of establishing links with Student Clubs, was discussed at length but although it was agreed to be a possibility no decision was made to proceed.

- The third proposal, to adopt a Satellite Club scheme, was not discussed other than to bear it in mind as a possible future development, again because the Meetup Group was the club's preferred revival initiative.

Membership fees are due on the 1st of January 2016

In recent years large numbers of renewals have been paid very late even after repeated reminders.

The Committee wish to remind all, that Membership of the YMC ceases if subscriptions are not paid by the end of January.

Your YMC membership includes BMC third party insurance (UK only) and this insurance cover is renewed annually when the BMC receives the submission of paid up members list.

In order to ensure that your name is sent to the BMC Insurance Company for inclusion in the 2016 insurance policy, you must ensure that I have received your 2016 subscription fee before the end of January 2016.

Martin Tetley

Membership Secretary

YMC Administration

For information....Early in the New Year I will be visiting Australia, I will not be available towards the end of January to remind you to submit your membership forms and subscriptions.

A form will be posted to you with the printed copy of 'The Yorkshire Mountaineer'. If you do not get a printed version you will receive an emailed document for you to print or be sent one in the post. Let the membership secretary know which you want.

martintetley@hotmail.com

Please return the completed form together with your remittance, cheques should be made payable to the Yorkshire Mountaineering Club to:- YMC Membership Secretary, Martin Tetley, 47 The Crescent, Adel, Leeds, LS16 6AG.

The YMC recognises that climbing and mountaineering are potentially hazardous activities. Participants should be aware of and accept the risk, and should be responsible for their own actions and involvement.

Single Member fee is £26, Family Member fee is £45 & Junior Member fee is £7

- Junior Membership (16 & 17 yrs) £7.00
- Student Membership (18 to 22 yrs in Full Time Education) £7.00 per year.
- Prospective Membership £10.00.
- Family Membership (children up to 16 yrs) £45.00 per year.
- Single Membership £26.00 per year.

Please note. The Committee wishes to remind members that only Family Members are entitled to pay Family Member fees for children staying at the Hut, **Single Members must pay full guest fees for children.**

☞

Fee enclosed: £..... Junior £7 Student £7 Single £26 Family £45

Individual Memberships (Junior, Student or Single) Name.....

Family membership - ALL information must be completed below for BMC Insurance to be valid

Member one Name:.....Member two Name:.....

Names and date of birth (if over 14 years please highlight as required for BMC insurance) of children 16 and under:

.....

Phone Number *E-mail (for contact purposes).....

Address.....

.....

.....

If you wish to pay by online payment/Bank transfer you **must use your name as reference.**

You **MUST STILL** email or post this completed form to me.

martintetley@hotmail.com

YMC bank details are as follows, the Sort Code is 40-33-19, Acc No. 01504614

YMC Administration

ADDITION TO/ALTERATION OF CLUB RULES

Members are reminded that proposal for additions should be sent to the Secretary, Pete Stott, by the 10th January 2016.

Proposals can be made with regard to the following:

Rules of the Club

Club Regulations and Procedures

Please submit proposals to either :

45 Oldham Road, Delph, Oldham OL3 5EB

Or peterstottvarley@gmail.com

The Annual General Meeting will be held at The Black Bull, Birstall, on the 10th March 2016 at 8.15pm

Nominations for the committee should be sent to the Secretary before the meeting. You must get the agreement of the person you nominate.

Nominations are required for the Honorary Vice President, Honorary Secretary, Honorary Treasurer, Hut Booking Secretary, Meets Secretary, Hut Booking Secretary, Editor of The Yorkshire Mountaineer,

Committee Members.

I....insert your name

nominatename of nominee.....

Asposition from above list.....

Signature of proposer.....

Signature of nominee.....

A form will be posted to you with the printed copy of 'The Yorkshire Mountaineer'. If you do not get a printed version you will receive an emailed document for you to print or be sent one in the post. Let the club secretary know which you want

peterstottvarley@gmail.com

Malham Cove



***Malham Cove. In December heavy rain and flooding caused water to cascade down the limestone cliff in the Yorkshire Dales for the first time in living memory. Surveyed earlier in 2015, the Cove was measured as 70.06m (230ft), making the waterfall briefly the highest single drop waterfall in England above ground.
(photo and information from The Yorkshire Evening Post)***



The normal view east across the top of Malham Cove showing a limestone pavement of clints and grikes. Photo taken in August 2015 during the joint YGS/YMC meet. Photo by Tony Crosby



Dolomite view north across the Passo Gardena to Via Ferrata Piz da Cir V (2A) and Gran Cir (1A). Photo by Tony Crosby