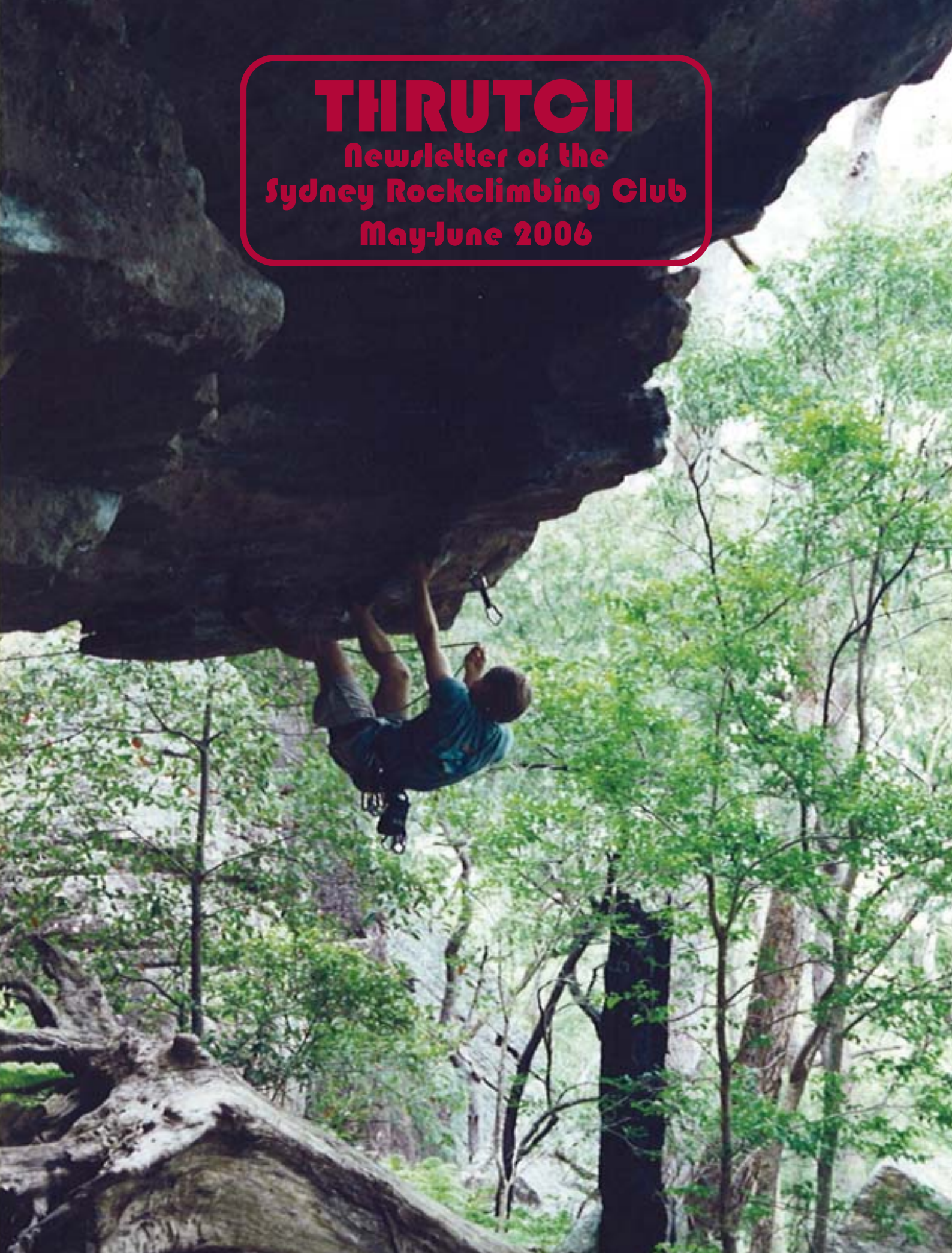


THRUTCH

Newsletter of the
Sydney Rockclimbing Club
May-June 2006





About the Sydney Rockclimbing Club (SRC)

The SRC aims to be a meeting point for climbers and, to this end, runs frequent social events, such as monthly meetings and gym nights.

The SRC does NOT organise outdoor climbing trips **yet** (nor does it provide instruction of any kind). Any outdoor climbing undertaken together by members of the club is by their own private arrangement.

SRC MEETINGS

Meetings of the SRC are held at 7.30 pm on the first Wednesday of every month (except January) at the Petersham RSL, 7a Regent St., Petersham.

MEMBERSHIP DETAILS

Membership is valid for one year from July; half price membership is available for new members from January to June.

Membership gets you:

- Subscription to Thrutch for one year (11 issues)
- Discounted guide books and climbing gym entry
- Socialising and entertainment
- Talks/slideshows by occasional guest presenters
- Access to the SRC library

Download Membership forms from

www.sydneyrockies.org.au

Send membership subscriptions accompanied by the signed waiver form to:

The Membership Secretary,
Sydney Rockclimbing Club
PO Box A592, Sydney South, NSW 1235

MEMBERSHIP FEES

- Single - \$30.00 (for new members)
- Single - \$20.00 (for renewals)
- Student or Junior - \$15.00
- Veteran (over 55 & 10 year m'ship) - \$15.00
- Hard copy of Thrutch - additional \$10.00

THRUTCH

Thrutch is the Newsletter of the SRC. Contributions preferably typed, on disk or via email - are always welcome, photos especially so.

Send Thrutch Contributions to: Thrutch Editor, Sydney Rockclimbing Club PO Box A592, Sydney South, NSW, 1235 or Email: thrutch@sydneyrockies.org.au

GET THRUTCH VIA EMAIL!

If you received this newsletter as a paper copy, you may be interested to learn that you'll get it a lot faster if you have it delivered via email. To arrange for electronic delivery, contact the membership secretary at:

membership@sydneyrockies.org.au

Note: If you use a limited space free email account address (such as Yahoo or Hotmail), you need to keep at least 1MB space available in your account at all times or your electronic copy of Thrutch may not reach you.

CORRESPONDENCE

Send general correspondence to:
The Secretary, Sydney Rockclimbing Club
PO Box A592, Sydney South, NSW 1235
Route Descriptions

Send new route descriptions to:
Sydney Rockclimbing Club
PO Box A592, Sydney South, NSW 1235

SRC COMMITTEE - 2004/2005

President	Niall Doherty (<i>Acting</i>)
Vice President	Rod Smith
Secretary	Sandra Parker
Treasurer	Anna Beardmore
Librarian	Kit Wong
Membership	Karni Daniel
Access	Kevin Westren
Thrutch Editor	Ray Haak
Business Manager	Rod Smith <i>until further notice</i>
IT Officer	Niall Doherty
Social Secretary	Kellie Howe

COVER SHOT!

Hamish Kerr Pulling on the **Porcelain (23)** at Thompsons Point Nowra.

Photo by **Jon Wright**

The contents of this magazine are copyright and may not be reproduced without permission of the SRC. The views expressed in Thrutch are not necessarily those of the editor or the SRC.



WARNING! Rock climbing is dangerous. You could be injured or killed if you attempt any of the activities described. There is NO substitute for experience.





WHAT IS IN THIS ISSUE?

Club info and addresses	page 2
Fear and dankness at Nowra	page 3
How to get around it	page 6
Climbing with Alice (NT)	page 8
Club functions.	page 8

FOUND IN THE INBOX

Help!!!! Thats all I can say this time.

There was no thrutch for a long time and it was not me being lazy but there was nothing send to me at all.

3 Months I have been waiting for something to publish and today only I got this article which is a helmet winner by default this time, it is about Nowra and that always interests me so it will be published.

A lot has happened in the last few months. We had a presentation from Spelean the other day at the meeting and we were shown the new types of Cams, Link Cams to be exact. Judith from Spelean Showed them to us and I must say they look interesting, and she was so nice to give us a pair wich will be raffled at the up coming annual dinner which Kelly is organising around August so keep an eye at your inboxes to make a note of the day that this is going to happen. Those cams will retaiat around \$240 each. (What ever, I want one or two)

To make a short storie long I do need some articles preferably with Digital photos

Ray

FEAR AND DANKNESS AT NOWRA

BY: HAMISH KERR

The queens birthday long weekend forecast was rain. Rain in the Bluies, rain at Nowra, rain for Booromba, rain for Bungonia, rain at The Point and even rain in the rain-shadowed Wolgan....

We'd passed up on a trip to the Bungles where it wasn't raining, and I was now leaving at 4am on Saturday morning from Mudgee to pick up Roger at Campbletown Railway Station enroute to Bungonia. I've never been one to let a bad forecast get in the way of a good trip and climbing some limestone routes at Bungonia had been on the cards for a while.

It was raining and still dark through the Blue



mountains, but it got drier as we got closer to Bungonia, zipping along the Hume. But alas, when we reached Bungonia, although not raining, it was wet and the gorge was full of fog. We were expecting to be scared climbing and skating around on the routes when they were dry let alone when they were wet. The infamously run out, under graded, desperate Fantini routes had to wait for another day.

The question was then 'where to now'?.... Slabs at Booroomba, spoodgy sport climbing at Nowra or perhaps the lesser known Mt Alexandria crag at Mittagong? A quick phone call to Rod and Gus at





Booroomba ruled that out, and a coin toss sent us down the old Illawarra highway to Nowra.

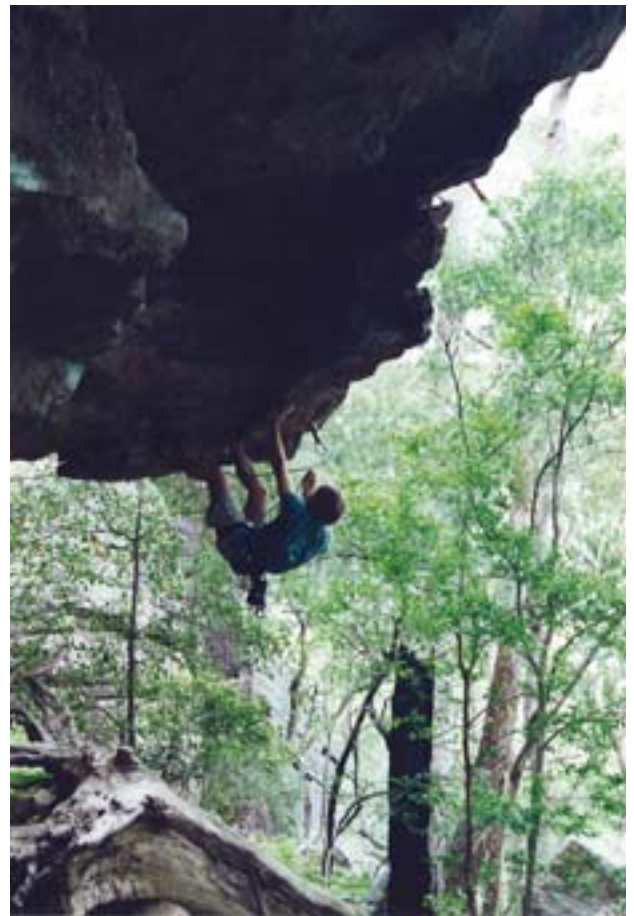
Cloudy, dank and seepy would be the best way to describe the grotto when we arrived. Some would say it is dank year round. We took the “shortcut” decent gully (read slimy, wet solo gully) and I sandbagged Roger and let him put the draws on most things (as I had already done them and didn’t want him to lose the onsight). We did some classics like Alien Space Monsters (19), Zimbaballoo (24), Belgian Tourists (24). Belgian tourists is quite the classic and Roger got it onsight. I however took multiple falls getting through the crux (my excuse was it was now raining).

To avoid the rain we ducked around the corner into the spinning blades cave. It was then that Roger pointed out to me the piece of trivia that the route “eat my spinning blades of steel” is named by a speed boat user (and climber) in retaliation for the “speed boat wan*^rs” climb at Thompson’s point.

There is a route along the underside of the lip of the spinning blades cave which has always inspired me every time I walk under it. I made the mistake of pointing it out to Roger who was also quite taken with the line. Lipstick (25) by Graeme Hill complete with finger lock crack on the headwall. The question suddenly became not whether we would do the route, but rather, who would lead it? Scissors, paper, rock decided that I would be leading. Roger in his ignorance had me down for being a rock man, Ha! Little did he know my scissors would tear his paper to shreds (no one wants to second a roof!).

The first part of the climb went well. Monkeying around on good holds, heel

hooks, foot jams and even a solid knee bar which allowed me to hang upside down, “look mum no hands!”. The crux dyno took me a few goes (read dogged my way past it), but I got it taking me to the section of the lip where you are supposed to finger lock your way up onto the headwall past a wombat sized hueco. It really wasn’t that simple, with the good finger locks being just out of reach. Perhaps another knee bar in the hueco? Sure enough after some wiggling and gymnastics I was hanging



upside down from another solid knee bar. A very solid knee bar. This allowed me to almost reach up to the good finger locks, but my knee bar then became a hindrance to further movement as I was unable to dislodge it while reaching above myself. I swung off my knee back underneath the roof and then realized that in fact I was unable to dislodge my solid knee bar from underneath either.





It is at this point that all the training and advice that people have given for such situations (don't panic), goes out the window and the hyperventilating and scared animal noises start.

So, there I was hanging upside down 15m in the air, the blood rushing to my head and trying to stave off a panic attack. I calmly informed Roger that I might be stuck. I don't recall what his comment was, I was rather engrossed in trying to relax my leg and edge my knee out over the lip holding my leg in captivity. Each time I would edge it towards the lip, it was a big effort to stop it sliding back into the hollow it was in.

I was on the verge of a total freak out. I was picturing waiting there a half hour for someone to get to the top of the cliff and abseil down to help me (if they could help, without a jack hammer). While writhing I couldn't quite recall how long you could remain upside down before passing out, was it twenty minutes or a half hour?

I concentrated on relaxing and calming down. Deep breaths. Relax the leg. Slide the knee, hold... slide, hold...

Finally I almost had it to the lip, just another inch or so. At this point I really wasn't caring about my leg or my knee. I just wanted out. Just to force my knee that last little bit. With one last heave, 'pop' and out it came. I went joyfully rushing headfirst towards the ground. I have never been so happy to be falling, particularly headfirst. I was pulled up by the rope well short of the ground and was lowered off. I was quite happy then just to lie down in the damp undergrowth for about a half hour nursing my knee and recovering. We decided Roger would second what I had done and thread the last two ring bolts. It all went relatively uneventfully, and I was happy

when the day was over. Off to the pub for a few beers and some food. I roughed it and camped in my car while Roger stayed in a swanky motel as he didn't want to pitch his tent in the rain.

The next day was spent at South Central where there the spoodge oozes from the rock and the hard sport climber types bring tooth brushes and beat rags to de spoodge their chosen project. South Central is the place to be on a rainy day at Nowra, although we only realized this when the hordes turned up at eleven.

We did some routes, which were short and pumpy. We did them in true Nowra sport climbing style, redpointing between rings, wiring sequences, chalking up everything with a puzzle of tick marks, sweating on and then chalking the key jugs. All I needed was one of those professional stick clips all the cool people had which allows you to put all the quickdraws on the climb from the ground. I'll never have to carry a quickdraw on my harness again!

We were both fairly spanked after Saturdays escapades and we headed for the car early in the afternoon. We weren't climbing Monday so there was nothing for it but to head home. Much to our disappointment there wasn't any parking near to the Berry bakery (or anywhere in Berry really) so we didn't stop. I dropped Roger off at Campbelltown and arrived home a few hours later in Mudgee.

An exciting weekend, although not in the way I had initially anticipated.... And of course Ill never knee bar anything I cant de-bar again!

By Hamish Kerr

Hamish you've won the helmet this time.





HOW TO GET AROUND IT

When faced with the prospect of a weekend during which I have to be romantic/catch up with family/attend weddings, funerals, christenings or some other non-climbing event I find that there are opportunities to keep the climbing-obsessed mind stimulated.

1. Take your rack with you and carry out that much needed maintenance like retiring dogbones, re-lubing cams and inspecting slings. It's probably bad form to do this at the pub, family gathering or a barbecue with non-climbing friends. It is acceptable, however, to do it during lengthy pretend toilet breaks and solo trips to the bottle-O to get more booze for whatever mind-numbing gathering you're supposed to be enjoying.
2. Sneak your shoes and chalkbag into the suitcase. This will have the effect of fine-tuning you for any bouldering possibilities. You may even be able to sneak out in the middle of the night and builder on someone's chimney or retaining wall. Take your headtorch just in case.
3. Stash a store of rockclimbing magazines behind the spare wheel in the car. It could be a prime opportunity to re-read that description to a route at Mt Buffalo or somewhere in Tasmania. Retire to toilet for maxim privacy, but do watch the time. Two hours may appear excessive for ablutions.
4. Doing the above could then lead to some early expedition planning to the aforementioned destinations this can be done in your head, on the back of a napkin or on the back of a coaster at the pub/wedding reception/Christmas dinner.
5. Take along old Petzl, Black Diamond catalogues from the late 80s early 90s and laugh at the fashions. Wonder at how just about everyone thought that lycra had abrasion-resistant qualities. Late-night reading is the only safe way to hide this rock porn.
6. Stash a length of powercord in your pocket and while gazing wistfully into the eyes of your loved one at yet another

pointless dinner you can be practise your bowlines, etc., under the table. Be wary, however, that excessive movement under the table may lead to rash conclusions about what you're really doing.

7. Cut out the pages of a useless book like Ulysses, War and Peace or the Guinness Book of World Records and hide some choice climbing DVDs. At 3am tell the missus/bloke that you can't sleep and you need to watch a bit of TV. Break out the DVDs and hey presto, instant self-gratification. Keep the yelling etc. down to a minimum so as not to arouse any suspicions.

By Rod Smith

CLIMBING WITH ALICE (NT)

Well, this isn't really climbing with Alice but it is about climbing near Alice Springs with both Krish Seewraj and Sinead Foster. Earlier this year Krish produced an excellent, printed version of his "Rock Climbing in Central Australia" this had originally been published in CD format only. Krisk's guide was the first rockclimbing guide to the Territory since the long out-of-print "Guide to Rock Climbs in the Northern Territory" produced in very limited numbers in 1973 by Helen and John Griffiths.

Climbers should make the most of this guide to the Centre as I have a feeling that it will be a very long while 'till there it a comprehensive guide to the whole of the Territory, particularly the Top End.

The main reason for this is not that there is no climbing around Darwin, in fact there is a very active climbing community centred around social nights at the indoor climbing gym which is situated in an old, very large water tank near the city centre. However, there is a real concern by Darwin climbers that if there is any publication of areas utilised for climbing they could easily





become the subject of land claims with the rock lost to climbing while the claim is negotiated.

Consequently while there are some limited, available printed sheets of Top End climbing they are not spread widely. This is a discussion I am more than happy to leave for those directly involved as it rapidly develops into a very complex argument about which I have limited knowledge.

The problem with climbing around Alice Springs in late November is that during the day the temperature rapidly becomes much too hot for any non-water based physical activity let alone climbing. This means that one needs to be on the rock by 5:00 am and off a few hours later. The advantage is that that climbing partners can readily be found for a couple of climbs before going to work on almost any week day. Try doing that in Sydney.

The first morning Krish and I headed out of town to "The Quarry Wall". This wall has nothing to do with a quarry but is on the road that leads to the old quarry site south of town, just the other side of the Range. There seems to be quite a number of small crags within easy reach of town (20 mins).

Access? The walk from the road is about five minutes. The cliff? – small, about 25m high at the peak, but basically solid rock with excellent friction and good opportunities for natural pro. There's very little fixed gear on most cliffs and the protection seems to be pretty good. The first climb was Hyerba Burger (14m, 18) followed by Who the Fuck was Alice? (13m, 20).

The grading could take a bit of getting used to also as the 18 didn't seem too bad but possibly that was because it was a crack with some good jamming. However, the crux of WtFwA? certainly felt like a solid 20.

↓ 2 ↓ 1



↑ 2 ↑ 1

Horseyard Crag from the parking on the road. The two climbs were at the LHS of the crag, roughly indicated as 1) Insomnia (20m, 15) & 2) Nowhere Left to Turn (12m, 14).

The second morning I headed out early with Sinead Foster. She was relatively new to climbing and had not had a lot of outdoor experience but heaps at the local indoor (air-conditioned) climbing gym. We headed out along the same quarry road but this time to Horseyard Crag so called because of the 'fantastic' views of the horse yards across the road from the crag.

Again there was time for two climbs, Insomnia (20m, 15) and Nowhere Left to Turn (12m, 14). Both excellent climbs the second actually had a fixed carrot, sneakily placed out of sight from the ground, offering solid protection for the, crux, a very awkward mantle.

Sadly while I was in Alice Krish was in the process of moving to the south west of WA so one can only hope that his hard work in producing the guide will be kept up-to-date by other equally enthusiastic locals.

By Warwick Williams





REGULAR GYM SESSIONS!

Come and play on:

- Tuesday evenings — **St Peters**. Just rock up look for the familiar faces, or ask around!
- Wednesday mornings — Climb Fit, **St Leonards**.
9–11am Contact Barbara & David Darmanin
(9869 8834)

CLUB MEETINGS

Club meetings are held at 7.30 pm, Petersham RSL on the first Wednesday of each month excluding January.

- **Wednesday, 5th July 2006**

There will be a very interesting presentation done that would have been at the last meeting but technical difficulties prevented that from happening.

Guide Books For Sale

Title	RRP*	SRC Members' Price**
Rockclimbing In The Hunter Valley, Tim Haasnoot	\$35.00	\$25
Rockclimbs in the Upper Blue Mountains	\$35	\$15 Reduced
Climb Northern Tasmania	\$35	\$25
Wolgan Valley - Selected Climbing Areas	\$35	\$20
A Boulderers Guide to Lindfield Rocks	\$9.95	\$6
Point Perpendicular	\$35	\$20
Nowra Guide	\$35	\$20
Sydney Bouldering Guide	\$40	\$22

*Some stores charge substantially more! **Postage (if required) is extra, from \$2.00 to \$5.00 depending on the postcode and weight of book. To place an order, contact Rod Smith, Business Manager, at business@sydneyrockies.org.au.