

Freshers 2006 Edition

grip

**Welcome to
Loughborough Students
Mountaineering Club**

www.lufbra.net
www.lsmc.org.uk



The Chairmans'

Introduction

Welcome to the Loughborough Students Mountaineering Club.

Congratulations! You have joined one of the worlds most exclusive and exquisite alpine clubs – Well maybe not but we are a great set of people with the same ambitions.... Social Mountaineering!

All members re-joining, I hope you had a fantastic summer and climbed well! I have heard some fantastic stories of people's achievements over the summer, so let's keep up the good work!

To the new members, I would like to wish you a very warm welcome. I hope LSMC can provide you with everything you need to kick off or continue a passion for the outdoors. To new members wanting to learn skills, I hope we can provide you with some new challenges – both on and off the hill. The next few weeks will be very important for you if you wish be an active member of the club. We will be running courses, day trips and weekends away over the next few weeks, be sure to get yourself involved!

The club prides itself on providing a range of different activities for all levels of experience and ability. This includes indoor climbing, outdoor climbing, mountaineering, scrambling, winter mountaineering and climbing, and bouldering. We have people in the club who have never climbed before and some who have been climbing for years (and years and years).

GRIP is our club magazine and is produced twice annually. This is the Freshers issue, so mainly contains tales from the summer along with any information you require, as a new member.

I suppose I should introduce myself. My name is Guy although most people in the club know me as Willy. For my sins I am the chairman of the club. The running of the club is dedicated to the committee who work REALLY hard to provide you all with all of these activates throughout the year (so buy us all a beer – especially me!).

I have been mountaineering for millions of years, but only climbing on rock for about two – so like all of us, still learning. I have graduated already, but have come back for more, now studying on a PGCE (Teacher Training course). I love beer and I love mountains, so the club suits me! I don't bite often, so come say hello!

We already have lots planned for the club over the coming year. This includes trips to the peaks, North Wales, The Lake District, and Pembrokeshire (South

Wales). We also have a number of socials planned; speak to Ollie, our social sec.

The committee for this year (until the AGM sometime in March) is as follows:

Chairman - Guy Wilson – g.wilson2-06@student.lboro.ac.uk

Secretary – Rich Green – ttrng@lboro.ac.uk

Treasurer – Tom Mumby – cvtrm3@lboro.ac.uk

Meets Sec – Alex Prain – a.prain-05@student.lboro.ac.uk

Gear Sec – Ben Freeman – b.r.freeman-05@student.lboro.ac.uk

Social Sec – Ollie Keeler – o.keeler-05@student.lboro.ac.uk

Training Sec – Ben Hanson – tbfch@lboro.ac.uk

The club generally communicates via e-mail, msn, and the forum on our website. Please feel free to post messages (sensible or not) and don't be scared off by some of the posts by our ex-members!

I think that's about all I have to say for now. I look forward to meeting all the new members on the freshers trips or in the bar.

Guy

Club Chair (Mr.President to you)

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Top 10 reasons to join LSMC

(...In no particular order)

- 1. Experience climbing all over the country.**

Although the club's main haunts are the Peak District climbing areas, annual trips to Wales (both sea cliffs and the mountains of Snowdonia) and to Fontainbleu in France, as well as many members actively climbing in Scotland during the winter ensure that our climbing is not just focused on locally based rock climbing.
- 2. Try out new activities such as Ice Climbing.**

Last year saw the clubs' first major international trip to the Dolomites in Northern Italy, where members on the trip had the chance to experience frozen waterfall climbing, one of the most exhilarating and physically tiring forms of climbing.
- 3. Feel the freedom of the mountains.**

If you've lived in a city all your life, you might not have had the opportunity to experience the real 'Freedom of the mountains'. So give yourself the chance to get out there and enjoy the outdoors in a different light.
- 4. Keep fit.**

The twice-weekly training sessions ensure that you won't get out of shape, with a cardio vascular session on Wednesday afternoons and a strength based set on Monday evenings.
- 5. Meet new friends.**

Joining any club will allow you to meet people with something in common, and LSMC is no exception. With our extroverted and 'un-shy' social secretary planning new and improved ways to make a great night out, along with a friendly bunch of students within the club you're sure to make new friends and contacts.
- 6. Makes a great break from uni work.**

Being stuck in the rut of work at university can get extremely dull and repetitive, so getting out into the mountains or onto the crag can make a refreshing change.

7. International trips climbing in Europe.

Plans are now in place to run trips annually to international areas such as The Alps, Fontainbleau and anywhere else in Europe within the student budget.

8. Pro-active committee.

Everyone on the committee is a keen climber as well as full time student. We get involved in as much as we can and there will always be committee members on the trips we plan. Remember, we're always here to help all our members!!!

9. Access to the clubs' comprehensive equipment stores.

The club has a lot of gear in it's store from ice axes and crampons, sleeping bags and roll mats to a whole range of rock climbing passive and active protection and it is all available to current members on a loan scheme. So there's no reason to go out spending your student loan on expensive climbing gear.

10. Joining the club will add to your 'Lufbra Experience'.

You'll find out what this is over the year!!!! Ha Ha. Don't worry it's awesome!!!!!!!!!!!!



Jan 2nd-7th 2006

The Dolomites

On a cold, crisp morning in the middle of the Sottoguda valley, 12 members of LSMC crawled out of their frozen tents. Why were they here? What madness had brought them to stay in a tent at minus 30 Celsius? The answer, to climb 60 vertical metres of frozen ice.

Every year LSMC spends a week in January doing what it likes best; Winter Mountaineering. Scotland is the obvious venue, however, due to the unpredictable nature of the weather and snow there, it was decided that in 2006 the Dolomites would be an ideal place to go. Alpine environments, crisp, sunny, cold days with plenty of guaranteed ice. The conditions were fantastic.

Out of the 4 days spent in the dolomites, 2 of them were spent climbing in the gorge only 10 minutes walk/sledge from the campsite. Barely exposed to the sun, the steep sides provided ample ice routes for both beginners and experienced ice climbers. Given we were pushing ourselves hard on both these days, and sleeping at a temperature where your muscles don't recover very easily, it was decided to do skiing/boarding on the 3rd day. This proved to be great fun, both for the advanced skiers (-D) and those who had never picked up a snowboard in their life. On the 4th day we decided to go to a different valley for the climbing, however, despite a 2 hour walk, there was no ice to be found. In the end it was decided to take over the campsite bar, get hammered on grappa (I seem to be the only person that liked it) and sing karaoke (entertainment was limited!). Of course this was followed by the night time sledging race down the gorge to make up for the fact that we didn't get and climbing in. Even though the 5th day was spent travelling, we fitted in a 4 hour tourist trip to Venice before the flight home.

More info on the next 'overseas ice adventure' to come mid October.

Ben Hanson

Check out the bazaar stand for a video of the highlights of the dolomites trip!!!!



(c) Andrew Peters

Fun with wheels

By Tom "Creeky" Mumby

(Mr Mumbles)

1 common theme through out this year has got to be wheels. Some how this respectable mountaineering society has managed to take on the worlds of 4x4ing and mountain biking in many different guises, and generally looking pimp in the most random array of vehicles possible.

In the club this year there have been;

2 x VW transporters, property of both Guy Wilson (chair) and Alex Pain (meet sec.)

Both in perfect working order, Guy's is much newer and has been pimped to within an inch of it life to make the worlds most perfect love wagon!

Alex's is believed to still be under construction, definitely going for the more traditional camper.

2 x Toyota Hilux's, property of (Super)Dan Braund (ex-training sec) and Mike Dickson (ex gear sec.) These were two polar opposites as vehicles go, Dan's was completely knackered, falling to pieces, no sun roof, 3 different keys to a vehicle that only had two doors! God knows how he managed that lol. Still managed to get upto some ridiculous stuff in it! Semi clad, mountain board drag lines being towed around a ridiculously muddy campsite in France has got to be the best one though.

Then we have Mike's sexy yellow number. This man may I tell you now has spent far, far too much money on this thing! Illegally large wheels, NATO style army trailer, air intake snorkel, sweet sound system basic it is probably the most striking vehicle in the entirety of Loughborough!

1 x White C15 van, property of (Creeky) Tom Mumby (treasurer) easily the cheapest in existence anywhere in the world!! £370, two years and going on 25,000 miles. With less than £150 of maintenance in total, it's a cracking little tax dodge as well. Silly cheap insurance and I get 40% of the cost of diesel back in tax! ☺

Had some good times in it! King of the underpowered wheel spin! Has been proven to be a tardis; has been known to contain 13 people going to a pub or 1 surfboard, 2 mountain boards, 6 tents, 20 peoples

weekend gear, 2 mountain bikes or 60% of the gear need for a week in France by 24 people inc. 5 bouldering mats.
May be looking to sell some time this year, will be looking for around £400 lol.

So to sum up, this club is not only about mountaineering. Every climber needs something to do when it's too wet to climb!!! And a lot of people in this club like bikes! So if you do too, then make yourself known and you'll be dragged along on some of our non climbing expeditions we go biking at Cannock Chase, Chick Sands, Wales, Scotland, The Peaks, The Lakes, all over the place really!!!! Just stay away from Ollie and Creeky, who have a tendency to have huge mid air crashes, and SuperDan, who likes to um, 'persuade' people to do things which will almost certainly kill them!!!!



^^A demonstration from me (Ollie, the editor) of how to look really gay on a bike.... (Just before you jump it over a pit of fire!)^^

Training

As a climber puts time in on the crags, they will have a steady rate of progress through the lower and up to the middle grades. This is simply down to the refinement of technique and the development of core strength. However, a barrier will eventually be reached where no matter how good your technique is, your finger and upper body strength, along with your muscle endurance becomes a limiting factor. Clearly, the best way to improve all of these is to train; either by putting more time in on hard, strenuous routes, or by training specific muscle sets in a gym. This is where LSMC's training sessions come in.

Set on a Monday and Wednesday, Ben (Training Sec) runs two circuit sessions of cardiovascular and strength based training. The Monday cardio session aims to increase muscle endurance and general anaerobic fitness; a key factor for being able to 'hang on' during those gruelling 60 metre pitches! The Wednesday session is aimed at increasing muscle strength, for making those power moves in the middle of a route.

Due to the time based (rather than rep-based) nature of the training, members of any fitness can come and train, so don't worry if you haven't done any exercise over the holiday, most of the current members won't have! Aside from the obvious advantages of training regularly, training allows you to meet members of the club and get involved with any upcoming trips.

The club also has free access to a small bouldering wall. Available at any time between 9am and 10pm, the wall has routes to cater for climbers of any ability. The wall is great for increasing general finger and forearm strength, especially the 45 degree wall and the campus board.

Ben Hanson.



The Aiguille Dibona, Boell Route - June 2006.

(Our Team included Phil Emmott, Guy Wilson, Dave and Myself)

I'd seen pictures of the Aiguille Dibona in books and magazines before our trip to the Alps, and I had pondered the thought of climbing it, yet unsure as to whether I would be capable. It was to be one of the most anticipated peaks of the trip.



One week into our trip, the group had successfully summited one peak, and was in need of a good few rest days. After a full day of doing absolutely nothing, lounging around the campsite, eating sugar cubes, and letting our feet recover, we decided a further rest day was needed.

White water rafting was the plan, but Phil had heard of the Aiguille Dibona and was keen to do it. Guy and friend Dave were also interested and so, while the most of the group geared up for rafting, we gathered together our racks and set off.

Fast and Light was the main aim of the outing, and myself and Phil did just that.

[The Aiguille Dibona viewed on

approach from the valley base]

We arrived at the Soreiller Refuge (2730) at the base of the 350m Spire early evening in our trainers, soaked to the skin, after almost 2hr's of approach in the wet.

Upon entry to the hut, we got many a strange look from the French climbers, but with hot food in front of us, we didn't care.

Following the food, we decided to spend some time looking at the approach and start of our chosen route, while we still had some daylight. This proved to be very useful as it would be dark when we were to start.

5am, we were woken by the hut wardens, and breakfast consisted of bowl of hot milk, along with chocolate powder - strange...

The evening recky had paid off and we were able to get a flying start, reaching the base of the East face in under 30mins. (Cutting snow steps in trainers thou was not a good idea.) Sticking to the fast and light idea, we solo'd the first few pitches, cutting across the whole East face, to the south Face. In teams of 2, (myself and Phil, Guy and Dave) we began to pitch the upper sections. All was going smoothly, although route finding was becoming increasingly difficult.

We reached the infamous shoulder of the South face after almost 2.5hrs. The sky was starting to cloud over and darken. The thought of being upon this hugh granite spire at 3130m, the highest peak in the area was not too appealing if there was a storm on its way in.

With this in mind, we continued. The summit was almost in sight, close to 2 pitches away when we ran into difficulty. Route finding had become very tricky, with so many other lines crossing over, and the degenerating conditions led us to a group decision - back off and get out of there before the weather closes in.



This meant a lengthy multi abseil decent on two 60m ropes. We left some of our own gear behind to backup our abseils.

[Guy W and Dave on the snow/scree approach, early morning]

After 8 full 60m abseils we reached the snowy scree slopes from where we started, and descended by foot to the hut. From here we packed our bags, ate a cold boil in a bag, and then made the gruelling decent by path to the valley bottom.

On return to the campsite, we told our story to the group. We felt disappointed that we'd failed at our goal, but the right decision had been made.

I will be back in the future to summit this outstanding granite spire.

Ben Freeman

Kit to be taken on trips

Essential and recommended kit to be taken on day or weekend trips.

The following is a list of recommended items that may be useful on the 'Freshers Day Trips' to the Peak District, for an introduction to climbing, and for the 'Freshers Weekend Trip' to Capel Curig, North Wales, which introduces people to walking and climbing.

The kit listed will also be useful on other trips throughout the year (both club organised trips and trips organised by members/exmembers).

The kit marked with a * are items that are essential for the freshers trips (and many other trips)! If you do not own these items they may be available from the gear sec (through the club's kit) or from other members in the club who have spare kit. If you are unsure, just ask!

Important: No alcohol is allowed to be taken on the Union minibuses! Any alcohol taken must be given to someone taking a car!!

Freshers Day Trip

- Sensible shoes (walking boots are the best, anything with a bit of grip and ankle support are ok) *
 - A small rucksack (to carry the other items in) *
 - Waterproof jacket (for when it rains) *
 - Warm clothing (base layer, fleece or jacket, shell layer or windproof layer, hat and gloves) *
 - NO JEANS! *
 - Climbing shoes (stickies - if you have them, rigid sole boots if not, trainers if you have nothing else)
 - Food for lunch (something high in energy) *
 - Water (or something else to drink) *
 - Money (incase we go to a pub/shop) *
 - Climbing kit (harness, helmet, ropes, rack - if you have them)
 - Camera
- Sense of Humour

Freshers Weekend Trip

- Sleeping Bag (any type) *

- Food (breakfast for sat and sun, lunches for on the hill, evening meal for saturday) *
- Bag for kit (left in the hut during the day) *
- Bag to take on the hill (smallish rucksack big enough to hold everything you need for a day) *
- Boots (summer walking boots, no trainers - ask if your not sure) *
- Clothes to wear on the hill (base layer, warm layer, walking socks, spare layer) *
- NO JEANS! (on the hill) *
- Water Proofs (jacket essential, bottoms if you have them) *
- Water Bottle *
- Head Torch (or some form of torch) *
- Money (for the pub/shop in Llamberis/Capel) *
- Alcohol (for the friday and saturday night in the hut (normally drinking games after the pub has closed) *
- Change of clothes for the pub in the evenings
- First Aid Kit
- Map and Compass (and map case) / GPS
- Climbing shoes / Harness / Rack / Ropes (if you own them and plan on doing some climbing)
- Thermos (with coffee/tea)
- Camera

- Sense of Humour
- Sweets/Cake for the drivers

If you have any further questions just ask a member of committee or anyone who has been in the club for a couple of years. More details will be available from the Meet Sec before each of the trips (and before any club trip) regarding the planned activities, transport arrangements, cost and equipment needed/being taken.

JD