



## NEWSLETTER AUTUMN 2019

### From the Secretary

Dear Members

At the last AGM, the committee was requested to review the GDPR policies and procedures of the club as there were concerns that we may not be fully compliant and also not being clear about when we need members' consent. We have replaced the old policy with a new privacy policy which clearly states our contractual requirements, legitimate interests and what we require your specific consent for.

<https://www.cravenmc.co.uk/wp-content/uploads/2019/09/CMC-Privacy-Notice.pdf>

When we send out membership renewal forms later this year, we will include consent options for members to confirm what, if any, information they are prepared to share with other members. In the meantime, if there are any details that need changing or removing please email me at [secretary@cravenmc.co.uk](mailto:secretary@cravenmc.co.uk). We have also been clarifying with the BMC the insurance position of guests on meets. As a result of this, we have produced guidance notes on this subject which can be accessed at

<https://www.cravenmc.co.uk/wp-content/uploads/2019/09/CMC-Guests-and-BMC-liability-Insurance-.pdf>

It is important that all members are aware of this as you could be on a meet where there is an uninsured guest attending.

It was reported to the committee that members had taken dogs on a climbing meet at Twistleton. Dogs are not allowed at the crag without the permission of the landowner. Clearly this is something that could affect future access to the crag. For the avoidance of doubt, the committee has updated the club's policy regarding dogs on meets which can be accessed at

<https://www.cravenmc.co.uk/wp-content/uploads/2019/09/CMC-Dogs-on-meets.pdf>

Finally, the BMC voted to increase their fees from £14.25 to £20.25 at their AGM earlier this year. This is due to a sizeable insurance claim being made by a club. Full details can be found at [bmc-agm-week-end-2019](#). At the recent committee meeting, we reviewed the level of subscriptions and the running costs of the club and concluded that we will have no alternative but to pass the full increase onto members. This means that subscriptions for 2020 will increase from the current £20 to £26. Full details and a membership renewal form will be emailed to members in November.

Martin

## Chairpersons corner

Dear Members

It's been 6 months since the current committee joined forces and everyone has worked really hard to keep an active programme of events running throughout the summer months. As suggested, information about club meets has been circulated in the quarterly Newsletter and more recently, a monthly bulletin highlighting the upcoming events has also been emailed.

You can find club documents and minutes of the committee meetings in the members section of the website so do take a look at all the topics we've been addressing this year.

There are currently 70 club members and as with most clubs only 20-25% of membership are active so any new ideas and suggestions to help members feel involved is welcomed - please feel free to share your thoughts with any of the committee. For interest, we will be sending a 'How are we doing?' questionnaire later in the year and look forward to your feedback.

Read on to learn more about the winter events programme which is gradually taking shape. Monthly socials at the Cavendish Pub in Embsay, weekend hut meets, day walks and weekly indoor climbing wall meets are all advertised on the website so just contact the meet coordinator if you've any queries or plan to take part. We look forward to seeing you on a club meet!

Shirley Emptage



## From the Climbing meets secretary

Hi all!

How would I describe our summers climbing..... wet! I would say though that we have done our best and managed to make some of our Tuesday night meets happen.

We've 2 meets left before we'll head in for the Winter, the usual Tuesday night crowd will be at Ingleton and I'm sure some will head off to Harrogate on a Friday.

Many thanks to everyone who has lead additional meets over the summer, and thanks everyone for turning out - despite the rain we've had some good evening sessions and days out

There's still plenty of time for us to get some weekend climbs in before winter properly set in, please let me know if you'd like to add anything to the agenda and I'll happily add it to the website for you

Our Whatsapp group has been a great asset I feel this year - I hope you've all found it useful too

See you on the crag (or wall!)

Vikki



## From the walking meets secretary

With such a cracking Summer for weather the walking programme has had some real treats for us to enjoy. Pendle Hill was scorching ☀. Rarely had 8 miles seemed so daunting but Chris had it all in hand with a route to catch a coolish breeze and a hidden well to quench the thirst. Kentmere Horseshoe organised by Martin was next with even the racing pigeon on the top glad of a drink thanks to Bruce.

Great Shunner was clear and afforded great views of the Northern Pennines and Wensleydale, and lastly but no means least Bowderdale proved a hidden gem.

So it's not often one can say that a rain coat has been redundant and extra water bottles essential but such has been the case.

At the time of writing Ingleborough thanks to Deirdre and Fairfield Horseshoe are to look forward to in September.

Later on there will be a walk proposed from the Hesketh Newmarket Camping Barn and Stair Christmas Hut meet so get booking those huts. They are great fun!!

Lastly don't forget to keep your eyes peeled for the midweek walking excursions. We generally have some great tea/cake stops on the way home so if your free why not give it a go.

So many thanks to those people who have offered to coordinate a meet and those who have supported its been much appreciated and if you feel like coordinating a meet I would be delighted to hear from you.

Looking forward to seeing you out on the hills. Fiona.

### 2019 Committee

The committee welcomes input from members and if you have any questions or would like to co-ordinate a meet please contact the relevant committee member. Full contact details are available in the members area of the website.

Chairperson: Shirley Emptage

General Secretary: Martin Heming

Treasurer: Michael Faulkner

Communications Officer: Andy Hudson

New Members Secretary: Andy Barton

Walking Meets Secretary: Fiona Burnett

Climbing Meets Secretary: Vikki Bassek

Hut Meets Secretary: Dick Winslow

Social Secretary: John Ward



## From the hut meets secretary

As always, please contact me to discuss any ideas you have for the future, whether it is for a specific date or more generally for the future. Be it for a hut location, a mountaineering trip that requires accommodation or an idea for a communal meal, I will be happy to have a chat about how it can be taken forward. Ideas that have been discussed recently and are likely to find their way into the programme include, a Welsh trip in June or July 2020, a Skye trip in May 2021, if we can book the Glen Brittle Hut and the possibility of one or more joint meets with another club.

The information given below is about the hut meets in the programme. As you know, I enjoy chatting about meets with anyone but, if you want to go on a meet, please get your bookings in by email as soon after the opening dates as you can. I will confirm your place as soon as I can get online. Please make it clear whether your email/phone call is an enquiry or a booking.

### Forthcoming Meets

11/13 October. Hudscalls Barn, near Hesketh Newmarket. This meet was arranged at relatively short notice after it was necessary to cancel the programmed meet to the Don Whillans Hut. Bookings are open. There are a total 12 places with 6 remaining available at 2 Oct. If you are able to go at short notice, please contact Dick as soon as you can.

This is a part of the Lakes that CMC rarely gets to. Usually very quiet with the chance of peaceful long walks on the northern fells and some good tracks and quiet roads for the bike riders. Places were still available at 2 Oct. The barn is fairly basic but has a shower and wash facilities, wood burning stove, a kettle and microwave. I will bring a double gas stove etc. Sleeping is on mattresses. There is at least one local superb pub.

November 8th-10th 2019: Little Langdale (16 places) Cost £24 for two nights. Bookings are open. A good spot for walking and climbing and fine if you just want to have a quiet but sociable weekend. A communal meal planned (optional). Meet coordinator Dick.

December 13th-15th 2019: Stair Hut. This is the Christmas Hut Meet. (20 places but going fast). Cost £24 for two nights accommodation. Bookings are open. As it is the Christmas Hut Meet, a sumptuous Shared Meal will be available after a good days hill walking from the hut door, climbing (a short car trip) or hard day Xmas shopping in Keswick. Mountain biking in Whinlatter Forest is close by.

January 17th-19th 2020: Burns Night (and supper) at Gritstone Club's Smithy Hut. Please note the revised date. (9 places) Bookings will open for members on 14 October and 21 Oct for Guests and Prospectives. An opportunity for some fine walks with the possibility of winter mountaineering with a sociable evening of high cultural sophistication and whisky sampling.

February 28th- March 1st 2020: Crianlarich (8 places) Possibility of staying in hut longer.

Easter 9 – 13 April 2020: Braemar Youth Hostel. An excellent time for mountain walking and biking. Ski or Winter climbing is as always a ??

May 2020: SNT Bunkhouse Kintail 23/30 May 2020. £20 per person per night. Bookings are open with a 50% deposit. The bunkhouse can take up to 20. We have a confirmed booking for 10 of these places. We have 10 members booked and committed to going and at present we can obtain more places. If we get a few more bookings soon, we may be able to book the 5 additional spaces to have the whole bunkhouse for exclusive use. If you want to come, do not delay.

The bunkhouse is in a superb quiet location near enough to the main road to have quick access by car to a wide area of the western highlands. The mountain walking in the area is second to none with a few superb scrambles and classic ridges

Dates for  
the Diary:



# Meet reports

## Kentmere Horseshoe Walk report

It was an early start for the party of five, but worthwhile to get one of the limited parking places in Kentmere village – the starting point for the 12.5 mile classic Kentmere Horseshoe.

We took the anticlockwise route up to Kentmere Pike stopping to take in the stunning views across Haweswater and the eastern fells from Harter Fell.

All were keen to continue beyond the possible descent to Kentmere reservoir at Nan Bield Pass and meandered over Mardale Ill Bell to view the fabulous western lakes panorama from Thornthwaite Beacon. Our pace may have slowed on the undulating ridge south over Froswick, Ill Bell and Yoke, but a suggestion of ice cream in Staveley kept spirits high!

We took our time (7.26 hrs and 3310' ascent apparently)!...but who wouldn't take advantage of a dry and sunny day in the lakes. Thank you to Martin for co-ordinating a great outing.

Meet report by Shirley

Meet Report. Great Shunner Fell, 15/08/2019.  
17TH AUGUST 2019 BY STEVE MCCAIN

The day was fine but with a stiff breeze. From Hardraw our route took us north west over easy ground, apart from a stretch of dense, head-high bracken which, to be fair, we had been forewarned about. Arriving in Cotterdale at 11.40am we all agreed it was time for first lunch. Having done well over 3 miles and being exhausted from bracken-bashing, we all thought we deserved it, even those who had had coffee and flapjack before leaving Settle.

From Cotterdale we went up the zig-zag trail through the plantation. When we eventually caught up with Flo (who was waiting patiently for the stragglers ie everyone else) she said we were taking a different route to that planned. It seemed that the good track heading north to Jinglemea wasn't boggy enough for her liking so instead we headed east straight up the hill to join the Pennine Way. I think this was just a ruse to get us moving faster, stand still for a moment and you'd disappear in the mire. Once on the slab path of the Pennine Way we made good time heading north to the top of Great Shunner Fell. We all agreed it was time to stop for second lunch and take in the views so we tried to get out of the cold wind in the summit shelter.

Heading back southwards along the Pennine Way, we stepped off the Millstone Grit and on to limestone and Flo pointed out some spectacular fossils that looked like tyre tracks.

After about an hour of descent we all agreed it was time for another stop. I was out of tea by now but still it was good to sit in the sun and be out of the wind. The locals didn't seem to mind the intrusion.

Another mile or so and we were back in Hardraw where, thankfully, the tea shop was still open and a minor tea crisis was averted.

# Meet reports....continued

Stanage Popular meet by John Brayshaw

Names have been withheld to protect the innocent, as well as the guilty!

We should have been going to Pavey, but Sunday's meet eventually took place at Stanage after a last minute review of the weather forecast indicated that plastic could be off the menu with the Peak seeming to offer decent climbing conditions.

Five of us travelled down and were surprised to see another member of the CMC belaying atop Tinker's Crack (and it is a tinker, especially if you're tall!). This prodigal was last seen hauling on iron in the Dolomites, but the ferrous injection hadn't blunted his appetite for grit as he'd already completed his third route before we were even geared up.

The prospective member in the group quickly set about trying to make up the route deficit by whipping up Castle Crack at a very speedy pace, which brought a greenish tinge to his partner's face as he realised that he could be in for a hard time with this new hot shot.

The remaining three of us took a more leisurely approach to proceedings, although I was encouraged to delay my late morning snack in favour of getting a route in. Various reasons were put forward as to why I should lead, and never wishing to disappoint a lady, I set forth on a Black Hawk variation. Arriving at the top I understood why the prodigal had failed to comprehend my earlier shouts to him as the wind was blasting in from the west and creating its own version of white noise. Unlike the prodigal and the hot shot, my partners' appetite for the grit appeared to be less finely honed, and one member of the team indulged in some rather unseemly behaviour by first performing what may have been an Argentine Tango on the traverse, then an impression of Toulouse Lautrec on the final ledge before topping out with a gasp.

I definitely needed sustenance after this but was disappointed to find that my carefully prepared egg mayonnaise sandwiches had inadvertently been left at home in the fridge. The hot shot offered to share with me his ready-made curry in a bag, but the very thought reduced my appetite quite dramatically.

Things deteriorated further on Black Hawk Hell Crack when ropes were made into taut bowstrings before one member, who has previously led this route in good style, resorted to direct aid at the crux. I was glad to be wrapped up in six layers and multiple hoods as, despite the cold, my cheeks blushed red at such sacrilegious behaviour from my seconds.

Further aberrations were noted on Cakestand where a serious amount of flanking was in evidence prior to the crux, but amazingly both my recalcitrant seconds turned into gritstone goddesses and performed the final committing high step and rock-over in fine style. Maybe there's hope for them yet.

The prodigal departed at this point with eight routes under his belt, four of them at VS standard, which made our haul of two Severes and a V Diff seem rather feeble by comparison. The hot shot had been matching him though, with five routes in the same time period, so having burned off his original partner, who to be fair, left with a smile on his face, he teamed up with me for a final foray on Heather Wall. Meanwhile the girls sloped off on their own before the climbing police nabbed them for crimes against gritstone, but then succeeded in turning the tables by fitting in another couple of routes before the close of proceedings.

A challenging day in many ways, but a memorable one nonetheless.



Below is a summary of  
planned upcoming events.  
Please visit website for full details

## October 2019

**Tuesday Night climbing-  
Eastby**

**October 8th**

**Our last evening outdoor meet**

**Hudscates Barn, Hesketh  
Newmarket**

**October 11th - October 13th**

**We have places booked in this  
barn on the very norther edge  
of the Lake district Fells.**

**Caldbeck Fells walk Saturday**

**October 12th**

**For those that can't make the  
whole weekend hut meet at  
Hudscates you are welcome to  
join us for the day and come  
along on the walk.**

**Wednesday walk 30th October**

**Forest of Bowland.**

**Bowland knotts and Raven  
Castle.**

**Tuesday night climbing  
Ingleton Wall.**

**After the Eastby meet on  
October 8th Tuesday night  
climbing at Ingleton wall will  
resume.**

## November 2019

**WEDNESDAY SOCIAL**

**6th NOVEMBER**

**Start time: 8 pm.**

**Cavendish Pub, Embsay**

**Our first social event**

**begins with a talk by GARETH  
JONES, Physiotherapist and  
researcher from Leeds Beck-  
ett University.**

**'COMMON CLIMBING INJU-  
RIES, DIAGNOSIS, PREVEN-  
TION AND TREATMENT'**

**Little Langdale Hut Meet – 8/10  
November 2019**

**Little Langdale (16 places)**

**Cost £24 for two nights. Book-  
ings Open for members 3  
September and 10 September  
for non-members.**

**Thursday walk 14th November**

**Park Fell and Simon Fell.**

**Simons Seat walk**

**Saturday 23rd November**

## December 2019

**Christmas Quiz**

**Cavendish Pub, Embsay**

**December 4 8:00 pm - 10:00  
pm**

**Time to brush up your music  
and mountaineering knowl-  
edge for this year's Christmas  
quiz at the Cavendish on the  
4th December. Starts at 8.00  
pm but worth getting there  
early to bag a seat and some  
knowledgeable teammates.**

**Christmas Hut Meet at Stair –  
December 13 - December 15  
Stair Hut (20 places). Cost £24  
for two nights accomodation.  
Bookings open Members 23  
September and 30 Septem-  
ber for non-members. Good  
mountains for short days.**

**Festive arrangements to be  
announced nearer the time.**

**Malhamdale walk**

**Wednesday 18th Dec**

**Hanlith, Janet's Foss, Gordale  
Bridge, Street Gate, Lee Gate,  
Weets Top.**

**A festive walk to end the 2019  
midweek walking programme.**





# Picture Board



**Want to appear in the Winter newsletter picture board?...  
please send your picture of club meet to communications secretary**



# New members

A little piece about and a welcome to some of our newer full members.

## Frank Ramsden

Frank has become one of our most regular attendees and has been rock climbing for over twenty years throughout the world. In the last ten years have been climbing at least 4 or 5 days a week. If the weather is too bad to climb he will often be found walk up to a local high point or out on his mountain bike but rock climbing is predominantly his main interest.

## Roland Parker

Roland has extensive UK walking experience and rates himself an adequate outdoor boulder and sport climber. Roland is keen to get more trad experience and has been attending on Tuesday evenings after work.

## Martin Annis

Martin's interest is in hill walking and has covered most upland areas throughout the UK and with a Munro count now exceeding 200. Martin is a long time friend of Dick and Barbara Winslow and has been on several CMC weekend meets reporting that he has always felt very welcome and had a good time.

## Simon Concannon

Simon's interests are in hill and distance walking and is a regular walker in The Dales and Lakes. Simon can include the Cleveland Way, Dales Way and Cumbrian Way amongst others, climbed over ninety Munros and a number of 2000m-2500m peaks in the northern French Alps. Although Simon doesn't consider himself a 'climber' he is competent at basic scrambling.

## Lorna Weaver

Lorna is a past member and now rejoined.

## PHOTOGRAPHIC COMPETITION

It's that time of year again to start looking through your pictures for this year's photographic competition.

Enter any 5 pictures in each of the following categories;  
SEASONAL ACTION NATURE

Winners will be chosen by club members at a social in January.

Please forward all pictures BY DEC 1st to [wardy@johnwardy.plus.com](mailto:wardy@johnwardy.plus.com)

Winners will be chosen by members at the club social on Thursday 23rd January.



# Social Evenings

**WEDNESDAY 6th NOVEMBER** - The Cavendish Pub in Embsay

Start time: Arrive 7.30 for an 8.00 start

Dr GARETH JONES- Physiotherapist and Course Director for the MSc Sports and Exercise Medicine at Leeds Beckett University.

COMMON CLIMBING INJURIES and MEDICAL CONDITIONS: DIAGNOSIS and MANAGEMENT

Our first social kicks off with a talk by Gareth – he gave a similar talk a few years ago and it's a topic of interest that most will be able to relate. There may even be time for questions so make a note in your diary and look forward to seeing you on the night.

'Dr Gareth Jones is a Physiotherapist and Course Director for the MSc Sports & Exercise Medicine at Leeds Beckett University. He is a climber and member of the Association of Mountaineering Instructors and the International Rock Climbing Research Association. His research focus is the epidemiology, diagnosis and management of climbing related injuries. Gareth will discuss the nature and associated risk factors for injury across the life span of a climber and the importance of self-monitoring athletic load as an injury prevention measure.'

**WEDNESDAY 4th DECEMBER** - The Cavendish Pub in Embsay

Start time: 8 pm

It's the CHRISTMAS QUIZ hosted by JOHN BRAYSHAW

'Time to brush up on your music and mountaineering knowledge for this years' special. Arrive early to bag a seat and some knowledgeable teammates'.

**THURSDAY 23rd JANUARY** - PHOTO COMPETITION and QUIZ

More info to follow on about this event.

**If you have any ideas or suggestions for social events please contact John Ward.**

## Craven Club Logo clothing

Paul has found a company in Earby who specialise in personalising clothing with the Craven Club logo. Clothing/items can either be selected from their extensive catalogue (very reasonable prices) or can be an item of your own and would like to have the logo embroidered on to. We'll have some samples on display at club socials in the future.



# Whats on the box

Sadly the darker nights will be upon us soon and for those those that still want their fix of mounaineering and climbing on a night i've listed a few programs/videos available on various platforms.

The Dawn Wall (available on netflix)

Cameras follow Tommy Caldwell and Kevin Jorgeson as they take on free climbing Dawn Wall in Yosemite.

Mountain (available on netflix)

Featuring breathtaking imagery and thought provoking narration, this film takes viewers to the summit of some of the worlds most amazing mountains.

Rock Athlete...in search of new summits, new extremes, first ascent (Youtube)

This series of 3 half hour rock climbing films, made in 1978/9 were pretty revolutionary at the time, They public image if climbing was boots breeches and helmets, but the new breed of climber was in shorts and tee-shirt. This film explores how that had come about.

Well worth a watch just for the "fashion" and equipment of the time.

<https://www.youtube.com/watch?v=tdRfqD125-g>

<https://www.youtube.com/watch?v=dnGh-hggvxs>

<https://www.youtube.com/watch?v=0WlDugUn5cQ>

The Edge..100 years of Scottish Mountaineering (Youtube)

Various episodes available from this past BBC series. Link to episode 1 below

<https://www.youtube.com/watch?v=RayznZfgDp8>

BMCTV

A vast array of videos available on the BMCTV Youtube channel