

December 2010

THE CEUNANT



WHAT A FANTASTIC YEAR...

Who could ever say the Ceunant Mountaineering Club isn't full of energy? 2010 saw a surge of activity with amazing trips from ice climbing in Norway to Alpine treks and amazing club meets around the UK. Sophie John tells us about her first year as a member of the club...

I have had such an amazing jam packed adventurous time since joining the Ceunant. It may help that my boyfriend (Dan) is mad on climbing but I have also had some great times with other experienced members.

These three memories stick out in my mind as being the best...

Norway, was such a fantastic holiday from start to finish. We eventually arrived in Rjukan, after a little detour (**I recommend buying a map!**), as expected very cold but full of energy ready for our first day of water ice climbing the next day. Dan and I climbed every day, as a result I was shattered by the end of it but I can definitely say I've been converted from skiing to ice climbing! It is a much more exhilarating and challenging holiday. We climbed in the most amazing spots; places you would never dream of going to if you were a non climber.

Onto slightly warmer climbing on **Gogarath** back in July of this year. We climbed an HVS called Wen. We abseiled into the climb, which was an amazing experience, having not done that much **abseiling off a cliff into what looks like the sea**. It was a beautiful day. I was seconding, it was all going fine

until the last pitch when I had to do this really tricky traverse which I managed, just! I remember Dan saying '**the belay is bomber**', afterwards I realised why he said that because I would have gone a long way if I had fallen off! Luckily I had enough skills to be able to do the climb somehow.

The **Switzerland** trip was so much fun and one of my best holidays. We climbed three mountains near our base, Arolla, one nearly reaching 4000 metres which for me was an amazing experience and very tiring but somehow I just about managed to keep up. The views were breathtaking and so worth all that trudging across moraine fields and glaciers which take FOREVER to cross! Our longest day was 16 hours on the go, it felt like such an achievement afterwards but I was very glad to have a rest the next day. I experienced rock climbing in big boots at 3600 metres high, you couldn't see where we had come from that morning it was that high up. I would definitely recommend going to the Alps but you need to be fit to enjoy it.

All in all an amazing 18 months since joining the club and I'm sure there will be many more to come.

Save the Date

19th March 2011 – AGM
At Tyn Lon
Starting at 3.30pm

If you would like to raise an issue to be discussed at the general meeting then please send your item to Fiona Devine the Club Secretary on or before 7th January 2011

Email secretary@ceunant.org



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Find us at WWW.CEUNANT.ORG

2010 STORIES



Tremadog, August Bank Hol

With the cottage packed Saturday had splinter groups off on a variety of adventures, mainly involving the rain. So who'd've thought that Sunday would give us blue skies and one of those great days when the club all venture out together and have a great day taking over the rock.



Jakes Rake - Pavey Ark - Lake District 25th April 2010: Phil Beppard

The beautiful serenity of a Lake District morning was amazing after setting up camp in the dark. We took in the local Cafe for full brekkie. This was to prove near fateful as the cafe owner had obviously wiped my Linda McCartneys around the rim of the Khasi as not an hour afterwards I suffered what I can only describe as a severe case of the Earth Kitts .

The lower approach to the Pavey Ark is a barren featureless landscape which is absolutely the last thing you need when you are searching for Armitage Shanks. I had forgotten how busy the Lakes gets on a bank holiday! This caused me to walk the next section in the style of Albert Steptoe. Eventually we reached the base of Jakes Rake, a Grade 1 scramble up a slanting traverse in a trough that climbs across an impressive rock face. A most enjoyable ascent ended with Bob & Rich planting a flag made from one of Holly's Farm shop carrier bags at the peak. We took in a further couple of peaks before descending and walking a few miles along the Lakeland way stopping off for a much earned pint or two at the Stickleback Barn.



A RECORD HAS BEEN SET...1 whole barrel of beer consumed in under 2 hours.

Thanks to everyone for their contribution at the work



FAVOURITE MFFTS OF 2011

ALPS



The ascent of Pigne d'Arolla (3,796m. The route via the ESE flank was knee deep snow all the way. The summit gives wonderful views of Arolla ...?? and, on a clear day, of the Mediterranean.

Kevin Devine

GOWER



Climbing at three cliffs bay. Approach from the campsite down. Was great to see the new members lead climbing.

THE CMC COMMITTEE

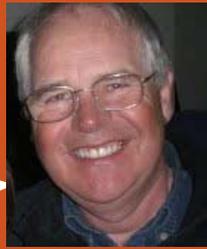
"The club is having another boom time. T'yn Lon is very busy with members and bookings, the numerous meets are well attended, finances are strong and the steady flow of new active members continues. This is of course not due to my efforts but rather those of my predecessor Kevin Devine, so I would like to on behalf of all members of the club to thank him for his work as club Chair over the past few years.

I would also like to say a big thank you to Bill Beddard, the retiring hut warden. Looking back to how T'yn Lon was 20 years back, the cottage now stands a testament to his energy, hard work and skill.

Talking of the cottage, I would also like to say a big thank you to all those who joined in the recent work meet; a huge amount of work was completed plus a good time was had with the barrel being polished off in a record 2 hours.

Finally thanks to Heather for putting this newsletter together. We are going to make it a regular communication so if you have any stories or photos of heroic feats, or better still, embarrassing failures then pass them on."

Jim Brady, Chairman.



Jim Brady
Chairman



Natalie Davies
Vice Chairman



Emma Bastock
Outdoor Meets



John Beddard
Hut Warden



Maggie McAndrew
Treasurer



Fiona Devine
Club Secretary



Helena Holmes
Hut Secretary



Stuart Haycock
Ordinary Member



Holly Beckett
Ordinary Member



Heather Eyre
Magazine Editor

In March the AGM was held at Tyn Lon and new committee members were elected.

The committee meets up every first Wednesday of the month at the Spotted Dog, Warwick Street, Digbeth. All are welcome to come and join in for a drink and chat (it's worth checking the club google calendar before going that we are meeting on that date as we do occasionally change the date).

Pleased to announce...

This year the club has had 13 new members join us, with Laura Beddard, Gemma Aston, Gareth Hughes, Stephanie Pearson, Sophie John, Grant Bennett, Wayne Rice, Amy Beddard, Adam Oliver, James Carney, Ed Schofield, Stuart Moody, Paul Jepson, all becoming full members for 2010.

IMPORTANT DATES

MONTH	DATE	WHERE
Jan	Sun 2nd 15th & 16th 28th & 29th	Winter Walk 3rd Weekend- Tyn Lon Winter Skill Mentouring
Feb	12th & 13th 19th & 20th	Cairngorms 3rd Weekend Tyn Lon
Mar	5th & 6th 19th & 20th	Peak District AGM/Annual Dinner
Apr	9th & 10th 16th & 17th 21st to 25th	Newlands Hut, Lake District 3rd Weekend/Family Meet Easter, Lagangarbh
May	29th Apr to 2nd 21st & 22nd 28th to 30th	Brecon Beacons - Climbing, Gorge Walking, Caving, Biking and Walking 3rd Weekend - Tyn Lon North Devon
Jun	11th & 12th 18th & 19th	Anglesey, North Wales 3rd Weekend, Tyn Lon Summer BBQ & Work Meet
Jul	9th & 10th 16th & 17th	Wild Camp - Bochlwyd 3rd Weekend - Tyn Lon
Aug	20th & 21st 26th to 29th	3rd Weekend Tyn Lon Pembroke, South Wales
Sept	10th & 11th 17th & 18th	Gower, Three Cliffs Bay 3rd Weekend, Tyn Lon
Oct	8th & 9th 15th & 16th	Wye Valley 3rd Weekend, Tyn Lon
Nov	5th & 6th 19th & 20th	Peak District Work Meet, Tyn Lon
Dec	3rd & 4th 17th & 18th 26th to 1st	Family & Mountain Bike Meet 3rd Weekend, Tyn Lon Scotland, NEW YEAR

Check out
the new 
facility on the Club
Website



- Potential Activities
- Navigation/climbing courses
 - Psychology talk by Mark Reeves on 3rd Weekend Meet
 - First Aid Course
 - Summer BBQ and Christmas Curry
 - Winter Skills training
 - Bowling Night
 - Orienteering Challenge – Evening Meet (Lickey Hills, Sutton Park)
 - Mountain Biking and Canoeing Meet

Please keep an eye on the website and facebook for updates and additions to our activities for the year.

Hut and Membership Fees

A polite reminder to please ensure you've settled 2010 Hut Fees by Dec 31st 2010 and paid your £25 Membership fee to Maggie ASAP, please. No later than Jan 31st 2011. Big THANKS in advance.

Would you prefer to pay on-line? Well it's now easy peasy, just contact Maggie and she'll be able to give you all the bank info.

Don't forget to tell us...

...if you've moved house or changed any of your contact details? If you have or you're not sure if we have your most up to date contact details please send your update to the Club Secretary.

CEUNANT NEWSLETTER

Do you have good photo's, stories, reminders or exciting news you'd like to share in the Newsletter?

We'd love to have your contributions. Please contact Heather Eyre via Facebook or through one of the other commity members.