

# Michael Sobell Sports Centre

LONDON BOROUGH OF ISLINGTON  
HORNSEY RD. ISLINGTON, LONDON N7.



## SOBELL CLASSES

The following classes are held every week and are mainly for adults, male and female unless otherwise specified. Instruction is given by a Sobell coach.

Non-members pay 25p centre entry in addition to the class fee. Please retain your class ticket and hand it to the coach at the start of the class.

### MONDAY

Keep Fit 12.30 - 1.30 pm 80p  
Fitness Training and Weights 6.00 - 8.00 pm £1.60  
Keep Fit (Women) 6.00 - 7.00 pm 80p (Creche available for children over 2 years at 30p per child).  
Trampoline 7.00 - 8.30 pm £1.20

### TUESDAY

Womens Programme 1.00 - 4.00 pm £2.65  
(A package of Squash, Badminton, Keep Fit, Sauna with Creche available for children over 2 years and under 5 years at 30p per child)  
Keep Fit (Women) 7.30 - 8.30 80p  
Fitness Training 6.00 - 7.30 £1.20

### WEDNESDAY

Keep Fit 12.30 - 1.30 pm 80p  
Fitness and Weights 6.00 - 8.00 pm £1.60  
Keep Fit (Women) 6.00 - 7.00 pm 80p  
Popmobility 7.00 - 8.00 pm 80p  
Yoga 6.00 - 7.30 pm £1.20  
Trampoline 7.00 - 9.00 pm £1.60

### THURSDAY

Womens Programme 1.00 - 4.00 pm £2.65  
(A package of Squash, Badminton, Keep Fit, Sauna with Creche available for children over 2 years and under 5 years at 30p per child)  
Fitness Training 6.00 - 7.30 pm £1.20  
Keep Fit (Women) 7.30 - 8.30 pm 80p

### FRIDAY

Keep Fit 6.00 - 7.30 pm £1.20

### SUNDAY

Keep Fit 11.30 - 1.00 pm £1.20

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## INTRODUCTION

The guide covers the corridor traverse wall, the two walls in the multi-foot hall, and a number of unofficial areas on which climbing takes place. Over four hundred graded problems are listed, with a grade range from 4a to 6c. The emphasis of the guide is on harder problems, and the majority of those listed are at least 5c. Principally this is because the nature of the walls does not lend itself to very easy problems, but in addition the interest of many of those who use the Sobell for training lies at the harder end of the spectrum.

The technical gradings given are a consensus among those who participated in the preparation of the guide, and you may find them slightly harder than the average outdoor grades. Like sandstone climbing, the Sobell requires specialist techniques, particularly in the use of small sharp footholds.

The technical grade given for each problem is that of the hardest single move in the sequence. Some problems require a sequence of hard moves, and stamina may therefore play a role. But it is rarely, if ever, a major role, so no attempt has been made to grade stamina requirements, except for the traverses.

The gradings apply to the average 1.8m climber and the short climber may find some of the problems more difficult than indicated. The tall, on the other hand, will often be at an advantage. Since the ideal is to do each problem statically, the short can perhaps be allowed to compensate with the occasional dyno!

A number of climbers have contributed to the preparation of this guide. Matt Carr and Julian Chapman have played a major role in developing and grading the hardest problems. Barry Franklin, Mike Hamill and Terry Withers each made important contributions to the stock of problems, and John Graham gave a lot of help in checking gradings.

Despite the considerable number of problems listed in this first edition, there is still scope for substantial development, particularly at the highest and lowest levels of difficulty.

Ray Hancock  
April 1987.

## HOW TO USE THE GUIDE

In order to describe the problems precisely, each hold has been given a number. These numbers are shown on the charts which follow the problem lists for each area. The problem descriptions also use the symbols 'B' for brickedges, 'S' for smears, 'C' for contact, and 'J' for jams. Occasionally, further instructions are given where a hold must be used in a particular way.

The statement of each problem begins with the four points of contact of the starting position, given in the order: left hand, right hand, left foot, right foot. It continues with the sequence of movements of points of contact, giving for each move the hand or foot involved and the destination hold. The symbols 'a', 'b', 'c', 'd' refer to the left hand, right hand, left foot and right foot respectively. Changes of position from one brickedge to another or one smear to another (usually for the feet) are not recorded. You will realise where these are necessary when you attempt the problem.

### An Example

Problem: 201.199, 200.195: a-208.b-208.c-201.a-209.

The initial position is: left hand- hold 201, right hand- hold 199, left foot- hold 200, right foot- hold 195.

The sequence of moves is: left hand to hold 208, right hand to hold 208, left foot to hold 201, left hand to hold 209.

The problems on the corridor wall are grouped by location in sections of the wall defined by the first 25 numbered holds, the next 25, and so on. The numbering of the holds begins at the end nearest the changing rooms. The problems on the arena walls are arranged in order from left to right.

THE CORRIDOR WALL

Holds 1-25

|     |               |                                                                                                          |     |
|-----|---------------|----------------------------------------------------------------------------------------------------------|-----|
| 1.  | 2,2,R,1:      | a-5                                                                                                      | 6a  |
| 2.  | 2,2,1,1:      | a-5                                                                                                      | 6a  |
| 3.  | 2,2,R,B:      | c-7,a-9                                                                                                  | 6a  |
| 4.  | :             | a-5                                                                                                      | 5c+ |
| 5.  | 6,6,R,B:      | a-5 (mantled)                                                                                            | 5b+ |
| 6.  | :             | b-5 (mantled)                                                                                            | 5b+ |
| 7.  | :             | a-5 (gripped)                                                                                            | 5a  |
| 8.  | :             | b-5 (gripped)                                                                                            | 5a  |
| 9.  | :             | a-9                                                                                                      | 6a  |
| 10. | 6,6,7,R:      | a-9                                                                                                      | 6a  |
| 11. | :             | a-12                                                                                                     | 5c+ |
| 12. | 7,2,7:        | a-9                                                                                                      | 6b+ |
| 13. | 7,2,7,B:      | a-9                                                                                                      | 6a+ |
| 14. | :             | a-12                                                                                                     | 6b  |
| 15. | :             | a-5                                                                                                      | 5b  |
| 16. | B,8,10,10:    | c-16,d-16,a-25,b-25,c-28                                                                                 | 6a+ |
| 17. | 10,10,B,B:    | a-16,b-16,a-28,b-28                                                                                      | 6a+ |
| 18. | :             | a-9 (gripped)                                                                                            | 5b+ |
| 19. | :             | a-9 (mantled)                                                                                            | 5c  |
| 20. | 12,12,15,-:   | d-7,b-5                                                                                                  | 5c  |
| 21. | 16,16,R,B:    | a-25                                                                                                     | 5b+ |
| 22. | :             | b-roof                                                                                                   | 5c  |
| 23. | :             | c-16,b-roof                                                                                              | 6b  |
| 24. | 18,18,B,B:    | b-16 (from the right)                                                                                    | 5c+ |
| 25. | :             | b-16 (from the left, hanging below 18)                                                                   | 6b  |
| 26. | :             | a-26,b-28                                                                                                | 5c+ |
| 27. | :             | a-28                                                                                                     | 6b  |
| 28. | 18,18,20,-:   | a-28,b-28,d-26b,c-37,a-35                                                                                | 6a+ |
| 29. | 22a,24,B,B:   | b-22a,a-29                                                                                               | 6a+ |
| 30. | 24,24,B,B:    | a-22                                                                                                     | 5a  |
| 31. | :             | a-25                                                                                                     | 5c  |
| 32. | :             | a-29                                                                                                     | 6a+ |
| 33. | 24,24,-,18:   | b-22                                                                                                     | 5b  |
| 34. | 24,17,15,15:  | c-B,a-18,b-18,d-B,a-26,c-27,b-26,<br>a-33,c-31,b-33,d-31,a-43,c-44,b-43<br>d-44,a-48,c-52,b-48,d-45,a-54 | 6b  |
| 35. | :             | as above but feet on skirting up to a-26                                                                 | 6a  |
| 36. | 24,24,26a,18: | b-25                                                                                                     | 5b  |

Holds 26-50

|     |               |                                           |     |
|-----|---------------|-------------------------------------------|-----|
| 37. | 28,28,B,B:    | a-29 (mantled)                            | 5b  |
| 38. | :             | c-28,a-34 or a top                        | 6a  |
| 39. | :             | a-29 (underclinging on 28)                | 5c+ |
| 40. | :             | b-29 (underclinging 28 not using LH side) | 6b+ |
| 41. | :             | a-41,b-41,a-48,b-48,a-54                  | 6b  |
| 42. | 28,28,37,26a: | a-39                                      | 6b  |

|     |                |                                                            |     |
|-----|----------------|------------------------------------------------------------|-----|
| 43. | 28,28,31,20:   | a-33,d-31,c-44,b-33,a-43,d-44,<br>b-43,a-48,c-52,b-48,a-51 | 6a+ |
| 44. | 28a,28a,26b,B: | a-29                                                       | 5b+ |
| 45. | :              | b-25                                                       | 5b+ |
| 46. | 32,30,B,B:     | a-34                                                       | 5c+ |
| 47. | :              | a-35                                                       | 5b  |
| 48. | :              | a-29                                                       | 5b+ |
| 49. | 32,32,B,B:     | b-29                                                       | 5c  |
| 50. | :              | a-35                                                       | 5a  |
| 51. | 32,26,31,20:   | a-24,b-16                                                  | 6a  |
| 52. | 37,37,B,B:     | a-39                                                       | 5b  |
| 53. | 41,41,B,B:     | b-39                                                       | 5c+ |
| 54. | :              | a-47                                                       | 6a  |
| 55. | :              | a-50                                                       | 6b  |
| 56. | :              | b-35                                                       | 6a  |
| 57. | 41,37,48,44:   | b-41,d-37,b-35                                             | 5c  |
| 58. | 41,37,43,-:    | b-41,d-37,b-35                                             | 5c  |
| 59. | 42,-,B,B:      | b-39                                                       | 5c+ |
| 60. | 47,47,B,B:     | a-50                                                       | 6a  |
| 61. | 48,48,-,45:    | b-41,c-45,a-41,d-33,b-32,a-35                              | 5c  |
| 62. | 49,49,B,B:     | b-47                                                       | 6b  |
| 63. | :              | c-51,a-56                                                  | 6b  |

Holds 51-75

|     |                             |                                    |     |
|-----|-----------------------------|------------------------------------|-----|
| 64. | 51,51,B,B:                  | a-55,d-51,b-56                     | 5c  |
| 65. | 54,54,52,-:                 | d-51,b-50                          | 5b  |
| 66. | :                           | d-51,a-56                          | 5c  |
| 67. | 54,54,52,52:                | d-51,a-66                          | 5c  |
| 68. | -,54(finger lock),B,B:      | a-56                               | 6a+ |
| 69. | 54,54,B,B:                  | b-50,a-50,b-47                     | 5a  |
| 70. | :                           | a-62,b-62,a-75                     | 6a+ |
| 71. | 58,58 (underclinging),B,B:  | a-56                               | 6c+ |
| 72. | 58,58 (underclinging),B,57: | a-56                               | 6b+ |
| 73. | 58,58,B,B:                  | a-66                               | 6a+ |
| 74. | 58,54,B,B:                  | b-58,a-67,b-67,a-71                | 6a+ |
| 75. | 59,59,B,B:                  | b-56                               | 5c+ |
| 76. | 62,62,B,B:                  | c-67,a-76a                         | 6c  |
| 77. | 67,58,B,B:                  | b-66                               | 6a  |
| 78. | 67,58a,B,B:                 | b-66                               | 6a+ |
| 79. | 67,62,B,B:                  | b-66                               | 6a  |
| 80. | 67,67,B,B:                  | b-66                               | 6b  |
| 81. | 68,68,B,B:                  | a-77,b-77,a-79,b-79,a-88,b-88,a-94 | 6a  |
| 82. | 71,-,B,B:                   | b-66,a-66,b-56                     | 6a+ |
| 83. | -,71,-,70:                  | c-77,a-76a                         | 6b  |
| 84. | 71,71,B,B:                  | b-66                               | 6b  |
| 85. | :                           | a-73/74J, b-75/76J,a-76a           | 5b  |
| 86. | :                           | a-75/76J,b-76a                     | 5c+ |
| 87. | 71,71,77,B:                 | a-84                               | 6b  |
| 88. | -,72,-,71:                  | d-70,c-77,a-76a                    | 6b  |
| 89. | -,71/72J,-,71:              | d-70,c-77,a-76a                    | 6a  |
| 90. | -,72,-,B:                   | c-77,a-76a                         | 6a  |
| 91. | 72,71,77,10:                | a-76a                              | 6a  |
| 92. | -,71/72J,-,70:              | a-73/74J,c-77,b-75,d-72,a-76a      | 4a+ |
| 93. | 77,71/72J,-,70:             | a-73/74J,c-77,b-75/76J,a-76a       | 4c  |
| 94. | 77,77,B,B:                  | a-79,b-79,a-88,b-88,a-94           | 5c+ |

140. b-122,B,B: a-125,b-124 5c  
 141. 122,122,-,119: c-126,a-131 6a+  
 142. : a-124 6a+  
 143. 122(bottom slot),122,B,B: b-125,a-131 6a+  
 144. : a-125,b-124 6a+  
 145. 122,122,B,B: c-126,a-124 6b  
 146. 123,123,-,119: c-126,a-131 or 124 6a+  
 147. : c-126,a-125,b-124 6a  
 148. : a-131 6a+  
 149. : a-124 6a+  
 150. 123,123,B,B: a-125,b-118,a-131 6a+  
 151. : a-124 6a+  
 152. : a-131 6b  
 153. : a-118 6b  
 154. 126,122,B,B: c-126,a-125 6a+  
 155. : c-126,a-131 6b  
 156. 126,122,-,119: c-127,d-126,a-131 6b  
 157. : a-124 6a+

Holds 126-150

158. 126,122,B,B: d-112a,c-126,a-131,b-124 6a+  
 159. : d-112a,a-122,c-126,a-124,b-124 6a+  
 160. : 126,127,-: a-130,d-126,b-125,a-131 5c+  
 161. : a-130,d-126,b-131 6a  
 162. 126,126,127,119: a-135,b-125,a-131 6a+  
 163. 127,127,-, -: a-130 6b  
 164. 127,116,B,B: b-122,a-122,a-124 6b  
 165. 129,-,B,B: b-125,a-125,b-114(pinch sides only), 6a+  
 : a-114(pinch),b-109 6b  
 166. 134,126,B,B: a-130,b-131 6a+  
 167. 129,-,B,B: b-124 5c+  
 168. 135,135,B,B: b-124 6a+  
 169. : a-141 6a  
 170. : b-131 5c  
 171. : a-141a 5b  
 172. : b-130,a-125,a-118 6a  
 173. 135,-,136,-: d-127,b-123,c-127,a-123,d-116,c-116 5b  
 174. : d-127,b-122,c-127,a-122,d-116,c-116 5c  
 175. : d-127,b-126,c-127,a-127,d-116 6b  
 : a-126,b-115 5c  
 : c-134,b-125,a-131 6b  
 176. 135,115,136,121: a-141 6a+  
 177. 138,138,B,B: a-141 6b  
 178. 142,135,-,136: c-142,a-141 6a+  
 179. 142,142,B,B: a-148 4c+  
 180. : b-135,d-135,b-141 6b+  
 181. : a-148,b-148,a-152,b-152,a-155 6a+  
 : a-163,b-163,a-180,b-180,a-187 6b  
 : a-145 6b  
 : b-141a,d-141a,b-141,a-141,b-121 6a+  
 182. : a-121,d-112,c-120,b-109,a-109 6a+  
 183. 142,142,147,136: a-148,d-142,b-141 6a  
 184. 142,135,136,136: d-134,a-141,c-142,d-135 6a  
 185. 142,142,147,-: a-148,d-142,b-141 6b  
 186. 147,147,B,B: a-151,b-148 6a+  
 187. : a-151,b-151,d-147,a-147,b-150 6a  
 188.

95. : b-73,c-77,a-76a 5c  
 96. 76a,76a,B,B: a-84,b-84,a-89,b-89,a-93,b-93, 4c+  
 : a-96,b-96  
 97. : hand sequence as above, no foot contact 6a  
 98. 79,72,B,70: a-78,b-74,d-77,a-84 4c  
 99. 79,79,B,B: a-84,b-84 5c+  
 100. : b-76a(dyno) 6b  
 101. : b-76 5c  
 102. : a-89 5c  
 103. 88,88,B,B: a-93 6a  
 104. : b-89 6b+  
 105. 91,91,B,B: b-89(pinch),a-90 5c+  
 106. : a-90(pinch) 6a  
 107. 94,94,B,B: b-89 6a+  
 108. 94,94,95,92: b-93 5c  
 109. : b-84 6c  
 110. : a-90 6b  
 111. 94,94,92,92: c-95,a-96,b-90 5a+  
 112. 94,94,B,B: c-95,b-84 6c  
 113. : c-95,a-90 6a+  
 114. 95,95,B,B: a-96 5c  
 115. : b-93,d-95,a-93,a-98 5c-  
 116. 95,94,B,B: c-95,a-90 6a+  
 117. 99,99,B,B: a-98 6a+

Holds 101-125

118. 104,104,B,B: b-102 5c+  
 119. : a-112,b-112,a-120,b-117,a-126, 6a  
 : b-120,a-127,b-127,a-135  
 120. : a-112,b-112,a-120,b-117,a-122, 6a  
 : b-122,a-125,b-125,a-124  
 121. : a-112,b-112,a-112a,b-112b,a-127, 6a  
 : b-127,a-135,b-135,a-142,b-142,  
 : a-148,b-148  
 122. 107,104,B,B: c-107,a-109 5c  
 123. 104,99,B,B: c-104,a-109,d-104,c-109,a-114(pinch), 6a+  
 : b-114(pinch),d-118  
 124. 104,104,B,B: a-109 5c  
 125. 107,107,B,B: a-109 5c+  
 126. 108,108,B,B: a-110 6a  
 127. 108,108,106,106: b-103 5c+  
 128. 109,108,B,B: d-108,c-115,a-118 6a+  
 129. 108,108,112,106: a-114 5c  
 130. B,B,-: d-112,c-112,c&d-B,b-top 6a  
 131. 112,112,B,B: a-115 5c  
 132. 112a,112b,B,B: a-122,b-112a,b-122,d-112a, 6a+  
 : a-125,b-125,a-131  
 133. 115,115,B,B: b-112,a-112,b-104,a-104,b-102 6a  
 134. : a-118 5c  
 135. 115,115,112,111: b-109,a-114,c-112,d-100, 4c+  
 : b-110,c-115  
 136. 115,115,S,S: a-118 6b  
 137. 121,121,B,B: d-115,b-124 6a  
 138. 121,121,119,119: d-120,b-118 4b  
 139. : d-120,a-124 5b

199. 147,147,B,146: a-158,b-158 6b  
190. 147b,147a,B,B: b-151,a-152 5c+

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Holds 151-175

191. 153,149,B,B: a-150 6b  
192. : a-152 6a+  
193. 153,152,B,147: c-147b,a-152 6a  
194. : c-147b,c-147a,b-150,a-150 6a+  
195. 153,153,154,-: d-147,b-148 5b+  
196. 153,153,B,B: b-151,a-152 or a-150 5c  
197. 158,158,B,B: b-156/157J 6a+  
198. : a-176,b-176,a-180,b-180, 6b  
          a-195,b-195  
199. 158,158,-,-: a-163,b-157 5b  
200. 158,-,-,147: b-151,c-147,a-152,b-152,c-158,a-164 5c+  
201. 158,158,169b,161: a-180a,b-180a,a-186 6a+  
202. 158,158,160,147: b-151,a-151,c-147a,b-150 6a+  
203. 169,169,B,B: a-180,b-180,a-186 6a  
204. 169,162,167,-: a-166,c-169,d-162,b-165 5c+  
205. 169,162,-,161: c-169b,a-166,b-163,d-162, 6a+  
          a-163,b-157/158J  
206. 170,170,B,B: a-171 6b  
207. : b-163,a-163,b-155,b-152,a-155, 6a+  
          b-150,a-150  
208. : b-163,a-172 6a  
209. : a-181,b-164 6a  
210. : b-166,a-165,b-164 5b+  
211. 170,-,169b,-: b-166,d-162,c-176,a-172 6a+  
212. : b-166,d-162,c-176,a-181,b-172 5c  
213. 175,174,-,-: c-179,a-181,d-176,b-172 5c+  
214. A circuit with: hands-158,169,176,180,187, 6a+  
          181,173,163,158  
          feet-B  
215. 176,162,169a,167: b-163,d-162,a-180a 6a+

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Holds 176-200

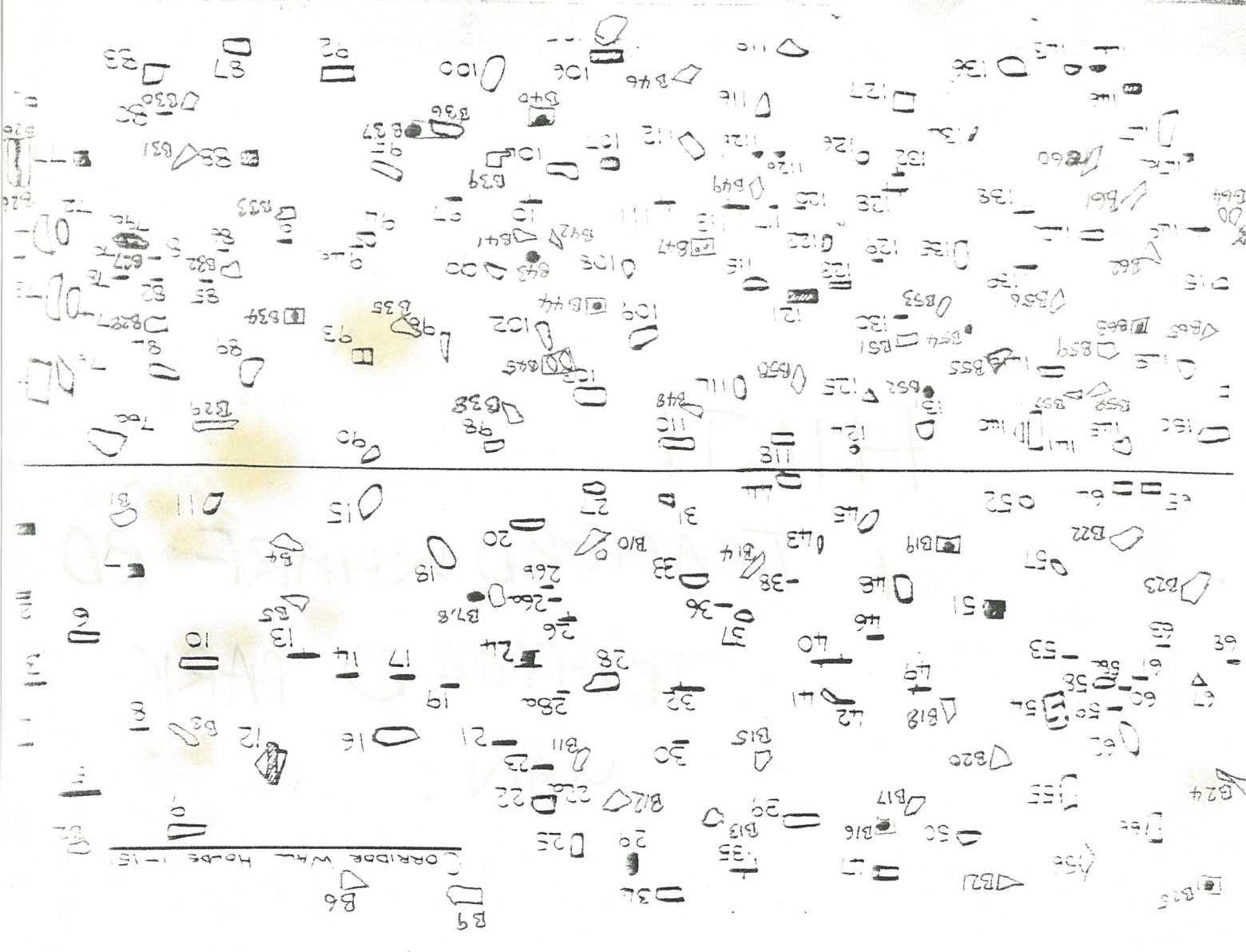
216. 176,176,179,-: a-181,d-176,b-172 6a+  
217. : a-187 6a  
218. 176,180a,-,169: a-181,d-176,b-172 6a  
219. 176,170,178,169a: b-173,a-173,c-176,a-172 5c+  
220. 179,179,B,B: b-176,a-176,b-162,a-162, 6b  
          b-158(RH edge),a-158(undercling),  
          b-151  
221. 180a,162,B,169b: b-180,a-186,b-189 6a+  
222. 180,176,-,-: c-179,b-171 6a  
223. -,180,B,B: a-189 6b  
224. 180,-,179,-: d-179,b-186,a-189 6a  
225. 180,180,B,B: a-189 6b  
226. 180,-,-,-: d-178,b-171 6b  
227. 187,180,B,B: b-173,a-173,a or b-172 5c+  
228. 180a,162,169a,-: b-163,d-162,a-163,c-180a,a-186 6a+

229. 180a,180a,B,B: a-172 6a+  
230. : d-176,a-172 6a+  
231. 187,187,B,B: a-193 5c+  
232. : a-198 6a+  
233. : a-189 5b  
234. : a-189 6b  
235. 187,180,B,B: d-180,b-187,b-172 6a  
236. : d-180,b-181,b-172 6a  
237. -,187(bottom),B,B: a-187(1ayback outer edge only), 6b+  
          b-187(as above),a-189  
238. 195,191,-,185: a-192,b-188,c-195,a-198 6a  
239. : b-186,a-186,b-172 6a+  
240. 195,195,B,B: a-197,b-193 6a+  
241. : a-196,d-195,b-186,c-195,d-180, 6a+  
          a-186,c-180,b-181,d-176  
242. 195,192,194,185: a-193,b-187/188J,a-189 5a  
243. -,195,200,-: a-196,b-196,d-195,b-193 6a+  
244. : a-196,b-196,d-195,b-186,c-195, 6b  
          d-180,a-186,b-171,c-180,d-176,a-164  
245. -,199,200,-: a-199,d-195,b-193 6a+  
246. : a-199,d-195,b-189 6a  
247. 199,199,200,195: b-189 6a

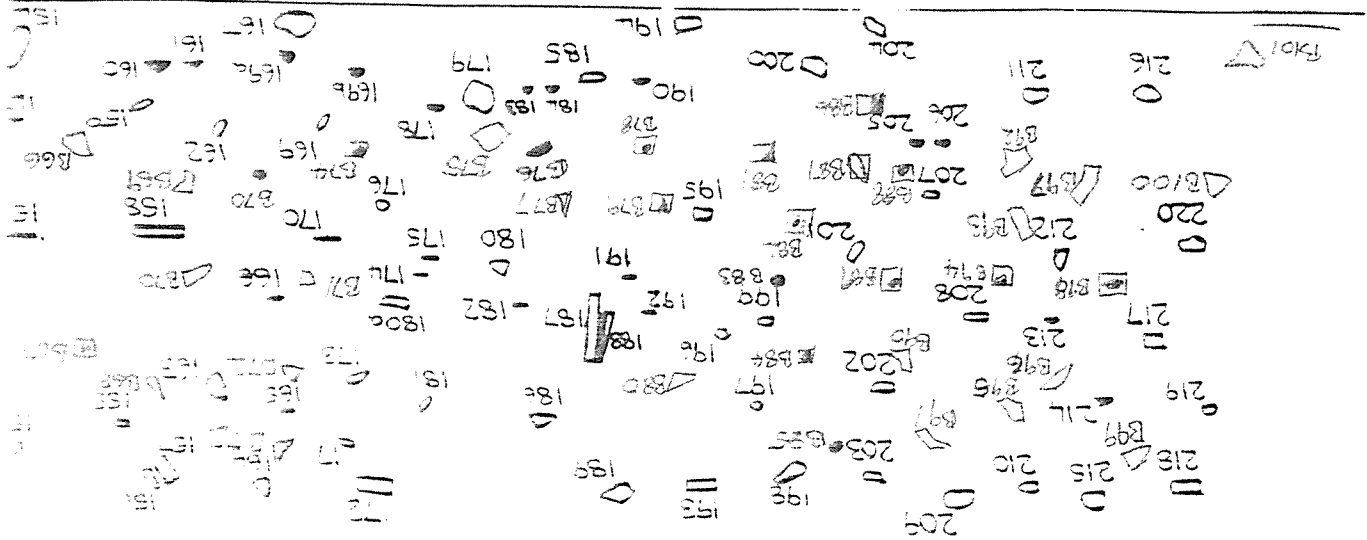
-----  
Holds 201-220

248. 201,201,B,B: b-203 6a+  
249. : b-198 6a  
250. 201,195,200,-: b-199,d-195,a-202,b-202,c-201, 6b  
          a-209  
251. : d-195,b-198 6a+  
252. 203,203,206,204: d-207,b-209 5c  
253. : d-207,a-215 6a  
254. 201,195,200,195: b-197,a-203,c-201,b-209 6a+  
255. : b-198,a-198,c-201,a-209 6a  
256. 201,199,-,200: c-201,a-203,b-209 6a  
257. 207,202,B,B: a-213,b-213,a-215 6b+  
258. 207,207,206,205: a-208,b-208,d-207,b-209 6a  
259. 207,207,-,204: c-206,b-202 6a  
260. 212,212,211,207: b-210 6b  
261. 212,212,B,B: a-214,d-212,b-215 6a  
262. : a-215 6b  
263. 211,B,B,B: b-209 6a+  
264. : b-210 6a  
265. 220,220,B,B: c-220,a-218 6b  
266. : a-218(1ayback or mantle) 6b+

-----  
New Problems



Bandwidth calculations 1-101



# ARENA- MAIN WALL

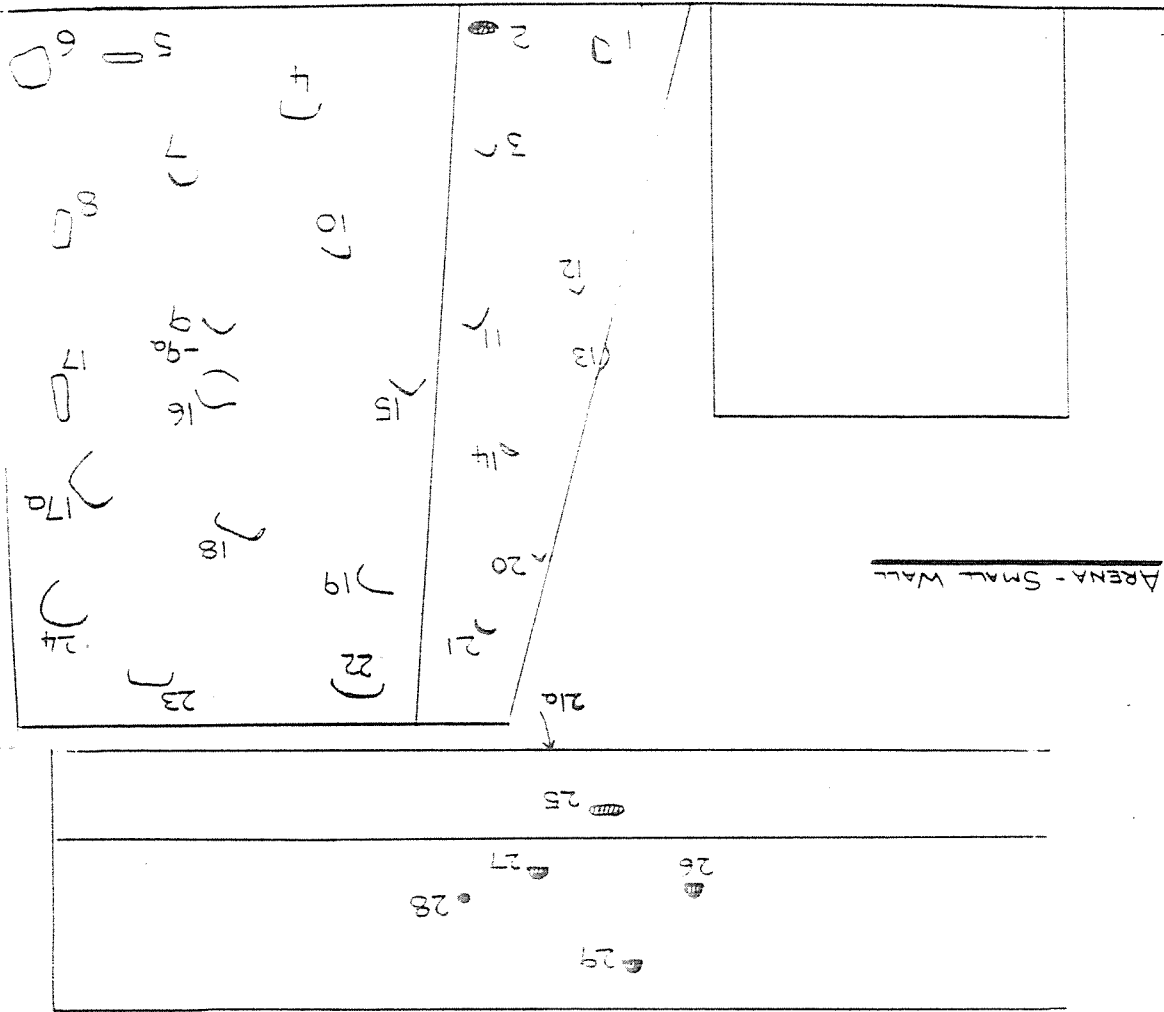
|      |                         |                                                                                                                        |              |
|------|-------------------------|------------------------------------------------------------------------------------------------------------------------|--------------|
| 267. | 4.E1,-,S:               | a-11,c-4,c-7,a-15,c-10,a-21,a-25,<br>c-15,b-27,a-32,d-21,c-27,b-top                                                    | 6b           |
| 268. | E1,8,E1,E1:             | d-8,b-16,a-E4,c-14,b-28,a-27,b-30<br>d-28,a-top                                                                        | 6c           |
| 269. | E1,E2,E1,E2:            | b-E3,a-E4,c&d-S1,b-23,c-14,b-28                                                                                        | 6a           |
| 270. | E6,E6,B,B:              | layback E6,E7, & finish up E5 using<br>holds thereon and jams in 31                                                    | 5c+          |
| 271. | :                       | layback E6,E7, & E8                                                                                                    | 5c           |
| 272. | E1,8,5,-:               | d-8,b-E3,b-17,a-E4,c&d-S1,c-14,<br>d-hook E4,b-28,a-28,d-23,a-27,c-E4,<br>d-28,b-30,a-35,b-36                          | 6a+          |
| 273. | 9,E2,1,2:               | a-18,c-5,d-8,b-18,d-13,b-28,a-28,<br>c-16,b-29,d-23,a-33,c-28,b-top                                                    | 5b           |
| 274. | 9,9,9,-:                | b-18,d-9,a-18,d-18,c-18,a-31,b-31,<br>c-31,a-37a                                                                       | 5c+          |
| 275. | 8,8,3,2:                | a-13,b-13,d-8,b-17,a-16,c-8,d-13,<br>a-23,b-28                                                                         | 6a           |
| 276. | :                       | b-13,a-13,c-8,d-8,b-16,a-E4,d-13,b-28                                                                                  | 6b           |
| 277. | 9,9,S,S:                | b-18,a-18,b-28,a-28,b-29,a-33,b-top                                                                                    | 6a           |
| 278. | 8,8,5,-:                | a-E4,b-16,c&d-S1,c-14,b-28                                                                                             | 6b           |
| 279. | 8,8,3,-:                | a-13,b-13,d-8,a-17,b-53,d-50,b-62                                                                                      | 6b           |
| 280. | 8,E2,2,-:               | d-E2,c-3,a-E3,b-E3,a-16,d-S1,c-13,<br>a-28                                                                             | 6a           |
| 281. | :                       | as above but replace E3 by 17                                                                                          | 6a           |
| 282. | -17,13,-:               | a-28                                                                                                                   | 6a+          |
| 283. | E2,E2,-:                | d-E2,c-E2,b-E3,a-E3,d-S1,a-23,c-16,<br>b-23,b-28 or b-64,c&d-S,a-33,b-top                                              | 6a+          |
| 284. | :                       | as above, starting inside chimney                                                                                      | 6b           |
| 285. | :                       | start as above, continue with c-23,<br>a-30,d-23,c-28,b-36                                                             | 6b           |
| 286. | :                       | d-E2,c-E2,b-E3,a-E3,b-57(J bottom)<br>a-57J,b-57(top RH side only),c&d-S,<br>a-28                                      | 6c           |
| 287. | 13,13,2,-:              | d-8,b-16,c-8,d-13,a-16,a-28                                                                                            | 6b           |
| 288. | 289. 45,45,E10,E10:     | a-50,d-45,b-59,c-50,b-62,<br>a-65,d-59,b-65,c-62,b-top<br>or b-71,b-top                                                | 6b           |
| 290. | E10,-,-,42:             | b-54,c-50,a-58                                                                                                         | or 6a<br>5c+ |
| 291. | :                       | b-54,c-50,a-62                                                                                                         | 6a+          |
| 292. | :                       | b-54,d-48,a-58                                                                                                         | 5c           |
| 293. | :                       | b-54,c-5,a-58                                                                                                          | 6a           |
| 294. | E10,E10,-,S:            | b-48,a-48,a-54,b-54,d-48,c-48,a-58                                                                                     | 6b+          |
| 295. | 44,E10,-,S:             | as above                                                                                                               | 6b           |
| 296. | 45,46,41,40:            | b-49,d-42,a-50,b-54,c-45,a-57,<br>b-58,d-48,c-50,c-17,d-53,a-64,<br>b-66a,d-58,a-66a,c-58,d-62,b-top                   | 5b           |
| 297. | 46a,-,38,38:            | d-40,a-48,c-42,b-48,b-E14                                                                                              | 6a+          |
| 298. | 46a,46b,38,40:          | a-48,c-42,b-48,d-42,c-45,b-54,<br>a-54,c-50,a-62,b-62,a-65,d-58,<br>b-68,a-68,b-top                                    | 6b           |
| 299. | 44,-,E10,E10:           | b-48,a-48,a-54,b-54,c-48,a-58,b-58,<br>d-54,c-S,b-64,a-64,a-33,b-33,b-top                                              | 6b           |
| 300. | -44,-,:                 | d-41,a-51,b-52,a-57,b-57,c-57,a-66a                                                                                    | 6a           |
| 301. | 46,46,38,43:            | a-E14                                                                                                                  | 6b           |
| 302. | :                       | b-E14,a-61,b-61,a-62,d-61,b-69,<br>c-62,b-top                                                                          | 6b           |
| 303. | :                       | c-E12,b-E15,a-E14,c-46,c-S,d-S,<br>b-61,a-62,d-61,b-69,a-top                                                           | 6b+          |
| 304. | 46,46,-,43:             | a-E14                                                                                                                  | 6b+          |
| 305. | 48,42,38,-:             | d-42,b-54,a-54,c-48,b-60,c-54,a-65                                                                                     | 6a           |
| 306. | 46,-,39,39:             | b-49,a-49,c-43,d-43,a-E13,b-60                                                                                         | 6a           |
| 307. | :                       | b-49,a-49,c-S,d-S,b-E14,a-E14,b-61                                                                                     | 5c+          |
| 308. | 46,75,-,39:             | b-knob above 79,c-43,a-49,d-75,<br>b-E19,c&d-knobs above 79,a-61                                                       | 6a           |
| 309. | :                       | as above missing out 49                                                                                                | 6b           |
| 310. | -46,38,38:              | d-42,a-54b                                                                                                             | 6a           |
| 311. | -48,38,40:              | c-41,d-42,a-54                                                                                                         | 6a+          |
| 312. | :                       | c-42,a-54                                                                                                              | 6a           |
| 313. | -46,38,40:              | c-41,b-49,c-42,b-54,d-43,c-45,<br>b-E13,d-48,c-50,b-60,d-56,b-63,<br>c-56,d-61,c-60,b-69,c-62,b-71,d-65,<br>c-64,b-top | 6a           |
| 314. | -45,2,41:               | c-E2,b-50,c-8,d-45,b-52,b-57,c-13,<br>d-50,b-58,c-17,b-62,d-53,b-64,<br>c&d-58,b-68,d-62,b-71,d-64,b-top               | 6a           |
| 315. | Hands on pebbles:       | c-38,d-40,c-42,b-E14                                                                                                   | 6c           |
| 316. | 55,55,43,43:            | a-61,b-61                                                                                                              | 6a+          |
| 317. | 43,75,-,S:              | c-43,a-49,b-E14                                                                                                        | 6a+          |
| 318. | 43,43,-,40:             | c-42,a-54                                                                                                              | 6a+          |
| 319. | 42,42,38,38:            | a-48,d-42,b-54,a-54,c-48,a-58                                                                                          | 6a+          |
| 320. | 44,44,-,41:             | a-51,b-51,a-52,c-51,b-57,a-57,<br>a-29,b-34,c-29,a-top                                                                 | 6a+          |
| 321. | E14,E14,S,S:            | d-56,mantle flake using E14 only                                                                                       | 6b           |
| 322. | 44,44,S,S:              | a-51,b-52,a-57,b-57,b-64,a-64,<br>a-34,d-64,b-top                                                                      | 6b           |
| 323. | 62,62,50,50:            | d-53,a-65,c-59,b-65,d-60,c-62,b-71                                                                                     | 6a+          |
| 324. | 79,79,39,S:             | d-75,a-55,b-55,a&b-E15,d-55,<br>c-leg jam E15,a-63,b-63,a-69,<br>b-69,a-top                                            | 6c           |
| 325. | 75,78,73,74:            | a-80,d-77,b-81,c-79,a-81,d-80,a-85,<br>c-80,b-86,d-81,a-87,c-83,b-88,a-top                                             | 5c           |
| 326. | 76,76,73,-:             | d-74,a-80a,a-80                                                                                                        | 6a+          |
| 327. | -77,-,S:                | c-39,b-E18,c-38,a-E10                                                                                                  | 5c           |
| 328. | 79,79,-,:               | d-75,a-55                                                                                                              | 5c           |
| 329. | :                       | d-75,c-79,a-81                                                                                                         | 6a+          |
| 330. | 79,79,S,S:              | d-75,a-55,b-55,a-61,b-61,a-63,<br>b-63,c-61,a-69,b-69                                                                  | 6a+          |
| 331. | S,74,-,73:              | c-75,b-80,d-79,c-55,b-85,d-83,<br>b-88,a-top                                                                           | 6b           |
| 332. | -E19,-73a:              | c-39,a-46,d-39,c-38,d-38                                                                                               | 6a+          |
| 333. | face between E18 & E19: | climb without LH,<br>using face holds 1,55                                                                             | 5c+          |
| 334. | :                       | as above without 55                                                                                                    | 6a           |
| 335. | :                       | climb with only E19                                                                                                    | 6a+          |
| 336. | B,B,B,B:                | for the hands                                                                                                          | 6a+          |
| 337. | 90,90,-,:               | b-94,a-94,b-99                                                                                                         | 5c+          |
| 338. | -,-,90,90:              | a-92,b-92,d-90,b-98<br>ascend RH line of holds to 108                                                                  | 5b           |
| 339. | B,B,93,93:              | without using LH,Bridge,b-118,b-top                                                                                    | 6b           |
| 340. | -101,90,90:             | b-105,a-111,b-121,a-top<br>a-100,a-104,b-109,c-100,a-111,<br>d-100,b-117,d-104,a-115,c-110,b-top                       | 6a+          |
| 341. | 101,101,B,B:            | b-107,a-107,a-118,b-top                                                                                                | 6a+          |
| 342. | RH line of holds:       | 89,91,95,etc                                                                                                           | 5b           |
| 343. | :                       | as above, feet on B only                                                                                               | 5b+          |



# ARENA-SMALL WALL

|      |                   |                                                                              |     |
|------|-------------------|------------------------------------------------------------------------------|-----|
| 351. | -11,-13:          | a-14,c-11,b-21,a-21,d-11,c-14,<br>b-21a,a-21a,a-25,b-27,a-29,b-top           | 6a  |
| 352. | :                 | a-14,c-11,b-top                                                              | 5c+ |
| 353. | 13,-,1,3:         | c-12,b-20,d-11,b-top                                                         | 5c+ |
| 354. | 13,-,2:           | c-12,b-top                                                                   | 6b  |
| 355. | 14,14,-,3:        | c-11,b-top                                                                   | 6a+ |
| 356. | 13,20,1,3:        | c-12,b-top                                                                   | 5c  |
| 357. | 20,11,-,3:        | c-11,b-top                                                                   | 5c  |
| 358. | 20,-,3:           | c-11,b-top                                                                   | 5c+ |
| 359. | -14,1,-:          | a-13,d-3,c-12,d-11,b-top                                                     | 6b+ |
| 360. | 15,-,4:           | c-10,a-14,d-15,b-top                                                         | 5c  |
| 361. | 15,-,10,-:        | b-15,a-20,d-10,c-15,b-top                                                    | 6a  |
| 362. | 15,-,4,7:         | c-10,a-19,d-9,c-15,a-top & reverse                                           | 4b  |
| 363. | 15,9,4,-:         | d-9,b-top                                                                    | 5c+ |
| 364. | 15,16,S,8:        | c-15,a-top                                                                   | 5c+ |
| 365. | :                 | d-16,b-top                                                                   | 6b+ |
| 366. | -,-,4,7:          | c-10,d-9,c-15,b-top                                                          | 5b  |
| 367. | 15,16,-,:         | d-9,a-top                                                                    | 5a  |
| 368. | :                 | d-9a,a-top                                                                   | 6b  |
| 369. | S,16,7,-:         | d-9,a-top                                                                    | 5c  |
| 370. | -16,4,7:          | c-10,b-19,d-9,c-15,b-top & reverse                                           | 4c  |
| 371. | 9a,-,5,6:         | c-3,a-11                                                                     | 6a+ |
| 372. | -,-,5,7:          | c-10,d-9,c-15,d-16,a-25                                                      | 5c  |
| 373. | 17,17,S,8:        | a-17a,d-17,b-top                                                             | 6a  |
| 374. | S,17,-,8:         | c-8,a-top                                                                    | 6a+ |
| 375. | -,-,6,-:          | d-7,c-10,d-9,c-15,palm overhang,<br>a-25,b-25,a-26,b-29,a-top                | 5c  |
| 376. | 25,-,-,19:        | b-29,a-top                                                                   | 6a+ |
| 377. | :                 | b-27,a-26,b-29,d-25,a-top                                                    | 5c  |
| 378. | 25,-,-,:          | b-27,a-26,b-29,a-top (no feet)                                               | 6a+ |
| 379. | 22,23,15,16:      | d-18,c-19,b-fluting,a-fluting,<br>c-fluting,d-S underneath fluting,<br>b-top | 6b  |
| 380. | 27,-,19,19:       | b-top                                                                        | 6b+ |
| 381. | 27,fluting,19,19: | b-top                                                                        | 6b  |
| 382. | 26,27,19,18:      | c-25,a-top                                                                   | 6a+ |
| 383. | 28,fluting,19,19: | b-top                                                                        | 6c  |
| 384. | -,-,28,19,18:     | a-29,b-top                                                                   | 6a  |

## New Problems



# THE CORRIDOR- OPPOSITE WALL

385. Hand traverse the ledge at the top(feet on 5b  
brickedgedes) without using bridging rests when  
crossing the concrete pillars.2 or 3 non-stop is  
tiring. 5b+
386. Bridge up the concrete pillars 5b+
387. There are a number of routes up the walls 5c-6a+
388. Start by the door leading to the stairs going 5b+  
up to the balcony. Traverse along the skirting  
board, using brickedgedes for fingers,past the exit  
door, and along to the pillar at the changing-  
room end
389. Stand with feet on skirting board under hold 6a+  
147 and hands thereon. Step across to the skirting  
board on the opposite wall, and pull across using  
brickedgedes
390. From the skirting board on the opposite wall, 5a  
pull across to hold 112 with feet on skirting  
board beneath that hold
391. As for 390, but pull across to 95 5c
392. to 104 4c
393. to 116 5a+
394. to 162 6a
395. to 179 4a
396. to 169 & 162 5a
397. to 207 5a

Other similar problems exist

New Problems

# THE BALCONY

- 398-406. There are 9 routes up the walls past the exit 5c+  
door, marked on the topo. Grades may change  
with use
407. A traverse route goes along the ledges at the 5c+  
top of the brick panels(feet on brickedgedes),  
past the exit door, layback up to the top of  
the next panel and hand traverse to the end  
corner
408. Traverse the first two panels with brickedgedes 6a  
for both hands and feet (harder than a level 2  
corridor traverse)
409. First jam the ledge at the top of the first two 5c+  
panels, or use as pressure hold, and reach the  
top of the concrete strip above
410. As for 409, but on the three higher panels 6a  
past the exit door
411. Climb the arete and corner at the far end of 5c+  
the three high panels to the top of the concrete  
strip. Do not use aid from electrical conduit!

New Problems

PROBLEMS ROUND AND ABOUT

412. At the end of the traverse corridor, to the left of the door leading to the arena. Go up the wall on brickedges and step left onto the exit sign. 6a)
413. Through the door at the end of the traverse corridor leading to the stairs. Up the wall on the left, on brickedges. Two routes. 5b & 5c
414. The arete to the right of the door, up to the pipe. 5c
415. Layback up to the pipe. Stand on the outside edge of the bottom of the stairs and jump across to the recess on the outer wall; layback to the top of the recess without touching the floor at any time. 6a
416. The same as 415, starting from the first stair rail. 6a
417. As above, starting from second stair rail. Traverse up the outer banister of the stairs, using finger brickedge holds. Go up the two flights, passing the window on the skirting board. Continue on this along the wall and then past the door and a pillar to the next wall. Continue past the fire hydrant to the next door, then past this and the next window. (can be continued further, but with the possibility of an unpleasant fall) 6a
418. To the right of the door on the top landing leading to the balcony overlooking the main arena. Go up the wall on brickedges, then reach out to the ceiling window. Pull up on both hands (don't use the ladder hooks) 5c
419. To the left of the same door. Undercut the lip at the top of the wall and traverse left with feet on brickedges to the next pillar. 5c
420. On the left hand side of the traverse corridor. Start at the far end (by the door leading to the arena) and traverse back to the start using the skirting board and finger brickedge holds. The door halfway along can be used. 5c
421. Through the door halfway down the traverse corridor. On the right is a brick arete formed by the stair walls. Go up this and reach left to the stairs. 5c
422. In the main arena, to the right of the main climbing wall is a door. Through this, on the wall on the left. Smeat up and get a foot on ledge, then pull up on the brick wall to reach the top. 5c
423. To the right of the door mentioned in 422, go up the wall on brickedges to the grille. Reach up to the fluting above, get feet on the ledge just beneath the grille, and slap for the top. Graded for the easiest variant. 5c

The Balcony

## TRAVERSES

The corridor wall offers many possibilities for stamina training in addition to its problem potential, and there are also excellent traverses in other areas.

On the corridor wall many traverses are possible which differ in detail, but three main levels of difficulty can be distinguished:-

1. Use of all available holds
2. Use of all handholds but only brickedges for the feet
3. Slots or brickedges only for the hands, and brickedges for the feet

The hardest move on a level 1 traverse is about 5a1, on a level 2 traverse about 5c, and on a level 3 about 6a1.

As a rough guide, if you can do a single level 1 traverse in one push, you should have the strength and stamina to lead HVS or E1. For level 2 and level 3 traverses the corresponding figures are E2/3 and E4/5. Of course, you shouldn't attempt routes at these levels unless you also possess the appropriate skills and experience.

Traverses can also be made with feet on the skirting board. If all handholds are used, the traverse is substantially easier than the level 1 traverse.

Further hard traverses can be made using only projecting holds, or with projecting holds for hands only and brickedges for the feet.

Traverses elsewhere are described with the other problems in those areas.

## New Traverses and Problems Round and About

## PROBLEM LISTS

### The Easier Problems

- 4a(1) 92,395
- 4b(1) 138,362
- 4c(1) 93,96,98,179,392,370
- 5a(1) 7,8,30,51,69,242,367,390,393,396,397

### The Harder Problems

- 6b1 12,40,72,104,168,180,259,266,294,303,304,359,364,365,380,402
- 6c 76,109,112,256,268,283,286,315,324,383
- 6c1 71

### Some Selected Problems

- 4b 362
- 5b(1) 338,366,386
- 5c(1) 270,375,407,411,417,421,423
- 6a(1) 32,116,128,141,149,211,248,249,378
- 6b(1) 72,83,104,145,180,262,265,298,302,364,365
- 6c(1) 256,268,283,324

### Personal Selection