

Rock Climbing – Trip Chenab Rocks

A two day's trip to Chenab Rocks (some 300kms from Islamabad) was organized and participated by the Club members. This face was initially explored by the Club and usually we organize a couple of trip every year for practice and training. The



Artificial Climbing Wall in Islamabad

It was a long awaited project and finally being executed by a private company. Ibex Club will offer several activities including artificial wall climbing. Mr. Esam Khattak, the Managing Director of Ibex Club told that it will an international level competition grade wall. We congratulate him and anxiously wait for the completion of the project as it will be a good opportunity to develop and improve wall climbing techniques.



Rock Climbing Training Program

The Club is dedicatedly promoting Rock Climbing and its matter of great pleasure that people are responding and taking part with great enthusiasm. A party consisting of male and female climbers, booked for a training session and it was nice to see that the participants joined from Lahore, Islamabad and Nowshera in the group.

The group was initially had a climbing session at jasmine Corner, an ideal place for beginners while their second session was arranged at Shahdarra, where the difficulty level is harder.



Rock Climbing Training Course

Some of our student girls from City School took advantage of holidays and we organized a basic training course of two days at Saidpur and Music Lounge. Umama Ijaz and Aleeza Sana are position holders in various competition, while representing City School.



NEW MEMBERSHIPS

AC – 277 Mr. Farman Ahmed

Rawalpindi

Mr. Farman with a distinction of holding Tamgha-e-Imtiaz in Sport, runs his own club with various activities. With a great interest and enthusiasm in adventure & outdoor activities, he carries a vast experience of travelling in Asia and Europe.
(Introduced by Mr. Tahir Imran Khan, AC 101 – Islamabad)

AC – 278 Mr. Mobeen Kamran Khan

Karachi

Mobeen, a sweet kid is ready to participate in adventure activities, following his father, who was with us on various expeditions. Mobeen is welcome at Club and we expect he will develop into a good sportsman in future.
(Introduced by Mr. Tahir Imran Khan, AC 101 – Islamabad)



IMD 2009 - UNDER 19, ROCK CLIMBING COMPETITION

Observing International Mountain Day, celebrated internationally under a given theme by United Nation, The Adventure Club – Pakistan took the lead and organized an under 19 rock climbing competition with age categories of under 19, under 16 and under 14, separately for girls and boys. The event was patronized by the Pakistan Tourism Development Corporation and the Ministry of Tourism.

The Adventure Club organized the above captioned rock climbing competition on 10 & 11 December 2009 with a glorious history of organizing following competitions to promote adventure sports, particularly Rock Climbing in Pakistan,

- Pakistan Rock Climbing Competition – March 2009
(Chief Guest, MD, PTDC – Brig. R. Amanullah)
- IMD - Under 19, Rock Climbing Competition (for boys & girls)-December 2008
(Chief Guest, Federal Secretary Tourism Mr. Ali Arif)
- Wasif Memorial Rock Climbing Competition (for boys)-May 2008
(Chief Guest, MD, PTDC {former} Mr. Ghaffar Mohmand)
- 2nd. Women Rock Climbing Competition-March 2008
(Chief Guest, Director Sports, CDA, Mr. Sanaullah Aman)
- 1st. Women Rock Climbing Competition-April 2007
(Chief Guest and Patron Minister for Tourism, Senator Nilofar Bakhtiar)

As the theme for 2009 was “**Disaster Risk Management in Mountains**”, the Club focused on different concerning aspects, however the main message given to the young participants was to keep the mountains and environment clean, to avoid deforestation and to save wildlife as these actions ultimately help strengthen the theme for the year.



After a week long practice session organized by The Adventure Club – Pakistan, 150 young enthusiasts participated and qualified for the competition. Besides few independent participants, following institutions participated in the competition,

1. The City School, H-8, Margalla Campus
2. The City School, F-11 Branch
3. The City School, Peshawar Branch
4. Headstart – Boys Branch
5. Headstart – Girls Branch
6. Roots School – Nazimuddin Road Branch
7. Nusrat Jehan Inter College
8. Multi Adventure Club / Beaconhouse School

After holding the competitions at Jasmine Corner – Margalla Hills, a prestigious award ceremony was organized at Kashmirwala Restaurant, Daman-e-Koh by Publicity & Promotion). Mr. Ghulam Idrees Khan, Managing Director PTDC was the Chief Guest while Mufti Ajmal Khan, Parliamentary Secretary for Tourism was the guest of honour for the evening. Ms. Urooj Kamran said welcome to the distinguished guests, which included government officials, tourism and adventure experts and foreigner diplomats and expatriates, besides the rock climbing teams and other enthusiasts. Ms. Minha Shabbir Khan recited the verses of Holy Quran and the program started formally.

Mr. Tahir Imran Khan, founder/president of The Adventure Club – Pakistan briefly introduced about the day to observe and the competition details. Later Afterwards, the Chief Guest, Mr. Ghulam Idrees Khan addressed and highlighted the importance of the day and organization of the relevant activity in Pakistan. He said that Rock Climbing is a healthy activity for physique and mind and gives a sense of achievement, strength and determination to reach your goals. Being on top and being the first on the top is the eternal desire of human being and a fair competition gives you an opportunity to prove your skills and abilities in a positive way.



His address was followed by the award distribution by the Chief Guest and Guest of Honour jointly, while the teams and guests appreciated the performance of the climbers with huge rounds of applause. After the distribution of shields, certificates were distributed among the Club's technical committee and to the team heads, Mr. Asif from Headstart, Ms. Saboohi Pervez from Headstart, Syed Mansoor from City School, Peshawar Branch, Mr. Hood Ahmed from Nusrat Jahan Inter College, Ms. Amna Saleem from City School Margalla Campus and Mr. Farman Ahmed from Multi Adventure Club.

At the end, Mr. Tahir Imran Khan said thanks to all the guests and teams for their participation and to the PTDC for organizing and patronizing the beautifully arranged Award Distribution Ceremony and invited all the guest for hi-tea and refreshments. He also announced the holding of next event, which will be the

fourth consecutive annual Rock Climbing Competition on International Women Day. In the last competition on Women Day, male categories were also included and the climbers were invited from all over the country. Therefore the forthcoming competition will be an open competition for boys and girls as per the following details,

ALL PAKISTAN ROCK CLIMBING COMPETITION – 2010

5 to 8 March 2010 – Islamabad

It was a lovely and colourful event, which was equally enjoyed by the youth climbers and honourable guests. The award ceremony was widely covered by print & electronic media. The news of the event and the ceremony was published in most of the English & Urdu newspapers while PTV, ATV, Waqt and Dawn News included the evening details as news item.



ADVENTURE NEWS

SCORE CARD

No.	Name	From	Timings			Position
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Boys - Under 14

1.	Zaid Naeem	MAC/BPS	00	37	40	I
2.	Muhammad Zakawat	Headstart	00	53	34	II
3.	Hashim Khan	City Peshawar	00	54	78	III

Boys – Under 16

1.	Muhammad Amjad	NJ Inter College	00	37	51	I
2.	Muhammad Ali Farman	MAC	00	51	20	II
3.	Haseeb Hassan	Headstart	00	57	50	III

Boys – Under 19

1.	Adnan Aslam	MAC/BPS	00	23	28	I
2.	Sultan Ahmed Rana	NJInter College	00	37	43	II
3.	Muhammad Asadullah	NJInter College	00	45	00	III

Girls – Under 14

1.	Aleeza Sana	City	01	42	87	I
2.	Ammun Khan	Headstart	02	17	38	II
3.	Zarmeen Sajid	MAC/BPS	02	44	35	III

Girls – Under 16

1.	Tehreem Khan	MAC/BPS	01	08	84	I
2.	Maha Batool	Headstart	01	18	62	II
3.	Noor-ul-Eiman	MAC/BPS	02	38	43	III

Girls – Under 19

1.	Rida Abid	City	01	09	00	I
2.	Ain-ul-Wafa	TAC	02	15	55	II
3.	Humera Gul Saeed	Headstart	03	13	78	III

The Organizing Team

The Adventure Club – Pakistan		PTDC	
Technical Judge	Naveed Iqbal	Event Coordinator	Mr. Shiekh Fayyaz
Time Keeper	Anwar Khan	Deputy Manager	Mr. Tayyab Nisar Mir
Time Keeper	Syed Mansoor	Deputy Manager	Mr. Mukhtar Ali
Belayer	Syed Muzaffar Ahmed	Deputy Manager	Mr. Raja Mohsin Ali
Belayer	Usman Tariq	Multi Media Incharge	Mr. Imran Irshad Khan
Operations	Mirza Siddique Ahmed	Graphic Designer	Mr. Muhammad Riaz