



## All Pakistan Rock Climbing Competition - 2010 4<sup>th</sup>. Women Rock Climbing Competition on IWD

The Adventure Club – Pakistan is one of the most active clubs to promote adventure/outdoor activities among youth, females and families, with Rock Climbing as its exclusive speciality.

It was a matter of honour for us that while celebrating Visit Pakistan year, declared as Destination Pakistan – 2007, the Club organized first ever women rock climbing competition as part of the calendar of activities of the Ministry of Tourism, under the leadership of Ms. Nilofar Bakhtiar, the then federal minister for tourism. The event went very successful and widely covered by print & electronic media.



In 2008, the Club again announced a women rock climbing competition on IWD and invited 4 top class climbers from United States and organized several lectures and training sessions, besides the competition, during their stay of three weeks in Pakistan. The competition was patronized by the CDA and was included in CDA's spring festival.

On IWD – 2009, PTDC joined hands with us and we organized another very successful event and included male category also in the competition.

Creating a history in women sports and promoting adventure sports in Pakistani youth, females and families, 2010 competition will be 4th. Consecutive on IWD for which the UN selected theme is,

**Equal Rights, Equal Opportunities: Progress for All**



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Besides organizing competitions on IWD, the Club has also organized two Under 19 competitions in International Mountain Day ( 2008-2009 ) and one competition for males with professional category in 2008.



The Club has trained more than one thousand girls during last 3 years ( and a larger number of boys ) while few female training instructors for rock climbing is yet another feather in the cap of the Club. At present Amna and Nosheen are our celebrity climbers and trainers, after winning positions and getting awards in previous competition. Since last few years, the Club has produced some of the finest climbers in Pakistan and also extending its cooperation and technical support to other clubs.

Launching first website in Pakistan on Rock Climbing is another credit to the Club, where reports of previous competition, future plans and a picture gallery is available on [www.rockclimbing.pk](http://www.rockclimbing.pk)



The activities of the Club are always supported by the media and various leading television channels and newspapers have covered the previous events, giving prime space for the event coverage.

The present event is already registered in IWD activities of UN in various countries and more than 200 entries are confirmed for participation, while Tourism Development Corporation of Punjab ( TDCP ) has extended its



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collaboration, announcing a trophy under the caption of MD, TDCP Cup, which will be awarded to 3 best and outstanding position holders in various categories.

An overview of the program is as following,

<b>Event Name</b>	<b>: All Pakistan Rock Climbing Competition - 2010</b>
Dates	: 5-8 March 2010 ( Friday to Monday )
Competitions	: 6-7 March ( from 0900 to 1700 hrs. )
Awards Ceremony	: 8 <sup>th</sup> . March 2010
Categories	: Under 14, Under 18 & 18+
Participants	: Boys & Girls in separate categories
Venue	: To be announced later
Award	: Participation Certificate to all participants
Shields	: To first three position holders in all categories
Special Prize	: MD, TDCP Cup on extra ordinary performance

125 rock climbers were registered for the competition and besides local participants, climbers from Quetta and Peshawar also participated in the competition. The competition started on March 6<sup>th</sup>. at Jasmine Corner in Margalla Hills with Under 14 categories of Boys & Girls. The competitions for female categories of Under 18 and 18+ were also organized at same place. For male categories of Under 18, 18 + and Male Lead climbing competitions were held in Shahdarra Valley.

The working committee for the event included, Mr. Usman Tariq, Mr. Imran Qamar Junaidi, Mr. Irshad Hussain and Mirza Siddique Ahmed. While technical committee included Mr. Mansoor Ahmed, Dr. Naveed Iqbal, Mirza Siddique Ahmed and Ms. Amna Saleem.



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## SCORE CARD

**Under 14 Girls ( Height achieved 30 feet )**

- |    |                      |   |
|----|----------------------|---|
| 1. | Tehreem Khan Panni   | 00:55:00 – Beacon House School - Islamabad  |
| 2. | Hamna Kiran          | 02:05:00 – The City School - Islamabad      |
| 3. | Noor-ul-Eiman Farman | 02:33:05 – Beacon House School - Rawalpindi |

**Under 18 Girls ( Height achieved 30 feet )**

- |    |                    |  |
|----|--------------------|--|
| 1. | Anisa Rasheed      | 00:58:50 – The Adventure Club - Pakistan |
| 2. | Palwasha Rodriguez | 01:11:00 – The City School - Islamabad   |
| 3. | Eshrat Hayat       | 01:12:00 – The City School - Rawalpindi  |

**18 + Girls ( Height achieved 30 feet )**

- |    |                 |   |
|----|-----------------|---|
| 1. | Ayesha Yaqoob   | 01:02:00 – Fatima Jinnah University     |
| 2. | Rahila Tabassum | 01:02:85 – The City School - Rawalpindi |
| 3. | Sana Sadiq      | 01:04.00 – Fatima Jinnah University     |

**Under 14 Boys ( Height achieved 30 feet )**

- |    |                              |   |
|----|------------------------------|---|
| 1. | Zaid Naeem                   | 0:31:25 – Beacon House School - Islamabad |
| 2. | Ghulam Ali                   | 0:45:00 – The City School - Islamabad     |
| 3. | Mohammad Hassan Abdul Qayyum | 0:47:85 – The City School - Rawalpindi    |

**Under 18 Boys ( Height achieved 25 feet )**

- |    |                     |  |
|----|---------------------|--|
| 1. | Adnan Aslam         | 00:08:47 – Multi Adventure Club - Rawalpindi |
| 2. | Muhammad Ali Farman | 00:16:47 – Beacon House School - Rawalpindi  |
| 3. | Shamsullah Shamas   | 00:25:70 – Chilton Adventures - Quetta       |

**Male 18 + ( Height achieved 40 feet )**

- |    |                     |  |
|----|---------------------|--|
| 1. | Usman Tariq         | 00:13:47 – The Adventure Club - Pakistan |
| 2. | Tanvier Abbas       | 00:25:00 – The Adventure Club - Pakistan |
| 3. | Imran Qamar Junaidi | 00:25:58 – The Adventure Club - Pakistan |

**Male – Lead Climbing ( Height achieved 40 feet )**

- |    |                     |  |
|----|---------------------|--|
| 1. | Usman Tariq         | 00:43:81 – The Adventure Club – Pakistan   |
| 2. | Adnan Aslam         | 01:16:44 – Multi Adventure Club - Pakistan |
| 3. | Imran Qamar Junaidi | 01:18:47 – The Adventure Club – Pakistan   |

## POSITIONS TABLE

	Club / Institution	1 <sup>st</sup> .	2 <sup>nd</sup> .	3 <sup>rd</sup> .	Total
1	The Adventure Club – Pakistan	3	1	2	6
2	The City School – Rawalpindi & Islamabad	-	4	2	6
3	Beacon House School	2	1	1	4
4	Multi Adventure Club – Rawalpindi	1	1	-	2
5	Fatima Jinnah Women University – Rawalpindi	1	-	1	2
6	Chilton Adventures Association Balochistan	-	-	1	1
	Total	7	7	7	21

## AWARD DISTRIBUTION CEREMONY

After completing the climbing competition at Jasmine Corner and Shahdarra Valley, the Award Distribution Ceremony was organized at Ibex Club, Lake View Resort, Islamabad. The venue was selected for a soft opening of the artificial climbing wall, erected at Ibex Club, a project planned and executed by Mr. Eisam Khattak.



On a beautiful afternoon, the contestants, their friends and families and other climbing enthusiasts were invited on the prestigious award ceremony. The ceremony started at 1630hrs, with recitation of Holy Quran. Afterwards, Mr. Tahir Imran Khan, President, The Adventure Club – Pakistan, briefly introduced about IWD and the event. He told about the efforts of the Club and told the audience that some very fine climbers have been produced by the Club, and the Club is ready to participate in international events. He added that now the concerned departments should come forward and patronize the activity and players and this is high time for advance training and practice. He added that after the availability of new climbing wall, it would improve and produce many new climbers.

Mr. Eisam was invited to brief about the wall project and he told the audience that the wall is erected as per international standards and will cater to fun climbers, learners and for the holding of international level climbing events. Mr. Jens Sommerfeldt was invited to speak about rock climbing and necessity of artificial climbing walls.

Mr. Sher Khan, the renowned climber and Vice President of Pakistan and Joint Chief Guest on the event was invited for his address. He appreciated the efforts of the Club and delivered an interesting speech, which was followed by climbing related questions by enthusiast female climbers and other participants. He said the Alpine Club wish that more walls be erected in Islamabad and in other cities, which will help produce climbers in Pakistan.

The closing address was made by the Managing Director, Tourism Development Corporation of Punjab (TDCP), Mian Waheed-ud-Din. The Chief Guest made a very interesting address and announced special trophies for winner female climbers in all categories. He announced about holding of more events through TDCP in future.

After his address shields were distributed among all position holders, while special trophies were presented to three winners of female categories as MD, TDCP Cup. At the end of prize distribution, Mr. Tahir Imran Khan, President, The Adventure Club-Pakistan said thanks to all guests and contestants and extended his gratitude to the TDCP for contributing beautiful and graceful trophies and shields among position holders. Hi-tea was served to the guests and a very interesting and graceful evening ended up. Mr. Tahir Imran Khan also extended his thanks to media on coverage of the event by Dunya, Express, Samaa and Sindh television channels.

