

FIRST CLASS COACHES

Three Scottish coaches have been announced as finalists in the 2017 UK Coaching Awards.

The awards recognise the contribution coaches make in transforming lives.

Adrienne Hunter, of Glasgow, has been nominated for Coach Developer of the Year, while Phil Potter, of Edinburgh, is up for Talent Development Coach of the Year.

Kevin O'Neill, of Lanarkshire, is in the running for Community Coach of the Year.

Mark Gannon, chief executive officer of UK Coaching, said: "We had an unprecedented amount of nominations across a multitude of sports and from every corner of the country."

The award winners will be announced at a ceremony in London on November 30.

■ See www.ukcoaching.org/coachingawards

ON THE TRAIL TO SUCCESS

Entries have opened for next year's Glentress Trail Runs.

The 10k, 21k and 42k trail races have proved so popular they will now take place over two days.

The 42k (marathon distance) is on February 25, while the other two take place on the 24th.

Organisers Higher Terrain Events said: "We are always trying to improve our events and we listen to feedback."

Glentress Forest, near Peebles, is renowned for its mountain biking, but also offers a superb array of forest trails for trail runners.

■ See www.highterrainevents.co.uk/glentress-trail-race

GEAR OF THE WEEK

ORTLES CUBIC BASELAYER

New for winter is Salewa's lightweight and breathable fleece, the Ortles Cubic Baselayer.

It provides warmth without being bulky and it is treated with Polygiene's permanent anti- odour technology.

It is ideal for hiking, mountaineering and skiing and is made from soft Polarlite fabric, which allows moisture to easily evaporate from the skin.

There is a fit for men and women and also a four-way stretch and ergonomically shaped sleeves for freedom of movement.

The Salewa Ortles Cubic Baselayer costs £80. See www.salewa.com/en-gb



Take peak at book



CHALLENGE
Climber Ross Hewitt on the Hanging Garden Route in Cairngorms



FIONA RUSSELL

Climber and author Simon Richardson has won coveted prize for his handy 'self-help' guide to winter climbs in Scotland

A Scottish climbing book has scooped a top prize in a prestigious competition.

Chasing the Ephemeral: 50 Routes for a Successful Scottish Winter Season was named Banff Mountain Book Competition Guidebook of the year at the competition in Canada.

Author Simon Richardson, from Aberdeen, also picked up a prize of £1200 at the awards ceremony last week.

The book awards are part of the annual Banff Mountain Film Festival in Alberta and this is believed to be the first time that a Scottish publisher of outdoor books has won the Guidebook accolade.

In the book, Simon details 50 winter climbing routes suited to specific weather and snow conditions at different points in the season.

He said: "Throughout my climbing life, books have provided inspiration for countless climbing adventures and remain the source for future dreams."

"It is very pleasing to think that Chasing The Ephemeral is, in turn, now inspiring others."

The author says his success is all thanks to Tom Prentice, of Mica Publishing.

He said: "Tom persuaded me to write the book in the first place and it was his skill that turned myriad diverse materials into such a fine finished article."

"I also thank the dozens of people who provided photographs and reviewed the text. This was a team effort."

Competition judge Ian Welsted said: "Chasing the Ephemeral will get you to 50 classic routes when they are 'in nick'. Full of colour action



PLANNING Simon helps climbers to judge well

photos, local lore and essential beta, there is no excuse for missing out on one of the best winter climbing venues on the planet."

Winter climbing in Scotland is famous the world over but as many enthusiasts know, the Scottish winter is fickle.

The constant problem for any winter climber is where to go to get the best condition.

In Chasing the Ephemeral, Simon offers what could be described as a "self-help guide" for winter climbers.

He shows them how to analyse what is happening in the mountains so they can make the best judgments. Like many people, his climbing opportunities have been limited by the responsibilities of a job and family.

He tended to climb only on Sundays but still enjoyed many remarkable winter outings. Instead of hoping a route would be in good condition to climb, he spent time carefully analysing forecasts and conditions for the best choice of destination.

Here are five of Richard's

favourite climbs for memorable winter outings.

Silver Threads Among The Gold IV,5, Glen Clova, Angus
Glen Clova has undergone a renaissance in recent years. With ease of access and close proximity to the major cities, it comes into its own when temperatures

are low but heavy snowfall swamps the high hills.

Jenga Buttress III,4 Creagan Cha-no, Cairngorms

This excellent early season route lies on the north-eastern flanks of Cairn Gorm. A freeze and dusting

of snow is all that's needed and it's just an hour from the car park. Perfect for a short November day.

Fhidleir's Nose Direct VII,7 Sgurr an Fhidleir, north-west Highlands

Low altitude and proximity to the sea means this is a route to weather watch. It's hard and steep and is usually in condition once every season – the issue is when.

Tower Ridge IV,3 Ben Nevis

This is a committing 1000m long climb which modern equipment has done little to diminish. A brilliant day out, but not to be underestimated. A good mid-season climb when consolidated snow should enable fast progress.

Point Five V,5 Ben Nevis

An iconic climb and arguably the most celebrated ice gully on the planet. It's likely to be in best condition about March. You are unlikely to be alone on the route so watch out for falling ice from above.