

19-Apr-94

SCARBOROUGH CAVING CLUB  
Newsletter for April 1994

At last we are doing some real caving now the weather has improved with several trips now undertaken by many club members, indeed our best turnout was for a photo trip into Marble Steps Pot, where 17 people turned up!

Recent trips have been;

Marble Steps Pot

Rift Pot

Bar Pot

Stream Passage Pot

Black Shiver Pot

Danby Mine

Bucklands and Antofts Windypits.

Forthcomming Trips, Our next permit trip is Top Sinks to Lancaster Hole (or the other way round!) on Sat May 21st. This is a major undertaking and anyone interested in going needs to get together to plan a route and decide on a course of action.

Mike Higgins and Richard Ward entered Danby Mine in Arkengarthdale which left more questions than answers, ie. where does the 70ft pitch go, and can we reach the natural cavern in the mine by digging, but which way?

Other mine trips planned are to do a through trip from Brandy Bottle incline in Gunnerside Gill to the Old Gang mines, an interesting proposition.

Training is coming on very well with some of the newer members completing major systems on SRT, thanks mainly to training given by Keith on his garage wall.

Alans climbing wall is still not ready as time has been short, but it should soon be available.

Bull Pot bolting, a date has yet to be fixed but interest was high at the meeting, to make a weekend of it when we can expect good weather, details later.

We have been asked back to Seamer Gala this year and have accepted. This involves quite a lot of work with an abseil tower and static display of gear and photos.

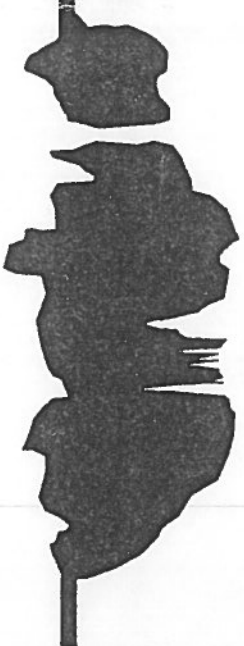
Some of you have been before, and I hope you will support us again, I hope the newer members could come along and do the exciting bits, like run the tower, and rescue damsels in distress who chicken out on the top.

Just a reminder that Subs are now overdue if you have not already paid, and the three month option at £5.00 per month is available for a limited period.

Tea shirts and sweat shirts are to be reordered, but Lyn would like an idea of requirements so the best price is obtained. If interested please let Lyn know soon. The last ones have lasted very well indeed and are value for money.

WORKSHOPS, LECTURES, TOURS, STOMP, LOCAL CAVING, GEAR, RADON, BOLTS, GEOLOGY, SRT, PENTATHLON AND MORE

# NATIONAL CAVING ASSOCIATION



BRITISH  
CAVE  
RESEARCH  
ASSOCIATION



# CAVER'S FAIR 1994

Dalesbridge Centre, Austwick, North Yorks. June 4 & 5, 1994.

on the A65 near Clapham (NGR 763676, 1:50,000 sheet 98)

Entrance (incl. camping) Whole Weekend	£15.00 in advance, £20.00 on the door	Stomp	£4.00 in advance, £5.00 on the door
Entrance, one day only	£10.00 in advance, £12.00 on the door	Bunkhouse Accommodation	£5.00 per night, N/A on the door

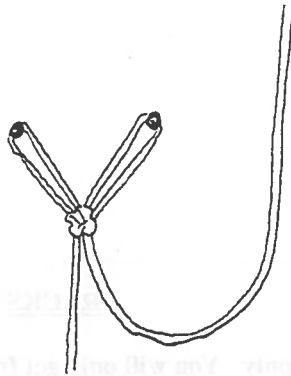
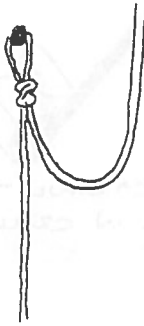
*Prices per person. All events/services on first-come-first-served basis. Limited availability. Send cheques, PO's, payable to NCA, to: Caver's Fair, 71 Pendle Road, Leyland, Preston, PR5 2UN. Please indicate subjects/events you are interested in.*

**BOUND TO BE THE BEST YET! PAY LESS: AVOID DISAPPOINTMENT: BOOK NOW!**

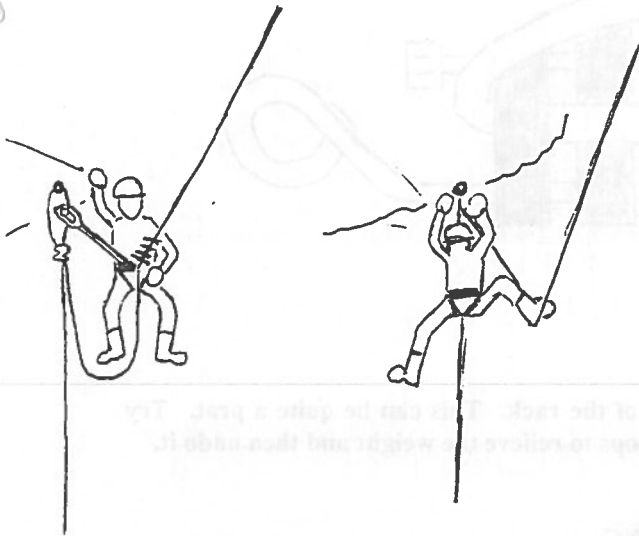
COMPETITIONS, VIDEO, HYDROLOGY, CAVE RADIO, DIVING, HISTORY, MINING, EXPLORATION, SHOW CAVES, DOWSING AND MORE

## REBELAY

A rebelay is a re-anchoring of the rope to break up a pitch in a convenient way. It could appear as either of these below or a combination of them.



In the absence of any ledges or stances you will need the following techniques. You could use them anyway, just to be safe.



## GOING DOWN

Descend until you are level with the rebelay knot. Pull across to the bolt and attach a cows tail.

Now abseil until the cows tail holds your weight.

Transfer your rack to the down rope, pull in the slack rope above the rack and lock off.

Now release the tension and remove the cows tail. Use footholds, rocks, one arm pull ups, magic carpets, or anything you can think of.

Continue the descent.

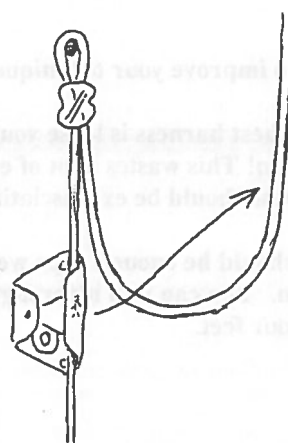
## GOING UP

Prussik up to 12 inches of knot.  
Clip in a long cows tail for safety.

Stand in leg loops to relieve chest ascender, and move it and you across to up rope. Pull through slack in the up rope until it can support your weight. Relax onto the croll.

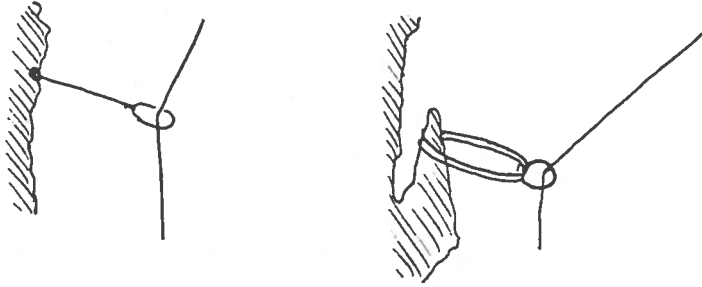
Move over the leg loops and then remove the cows tail.

Continue the prussik.



## DEVIATION

Used to move the rope across, to swerve an obstacle. Do not clip things to a deev, they aren't load bearing.



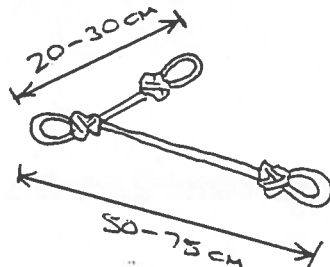
## GOING DOWN

Abseil to crab - lock off.  
Pull yourself across on deviation sling.  
Move crab onto the live rope above.  
Continue to go down.

## GOING UP

Prussik to crab.  
Grab the dead rope below.  
Pass the crab to the dead rope in your mit.  
Now you have options;  
1. Let yourself out slowly. (Recommended)  
2. Let yourself fly across the pitch. (Also recommended if clean underpants are close by)  
3. Let yourself fly across the pitch and hit what you were trying to avoid (Ambulance)

## A QUICK WORD ON COWS TAILS AND LEG LOOPS.



MADE FROM 8mm - 12mm DYNAMIC ROPE  
USE FIG8 KNOTS

WHEN YOU ARE STOOD UP IN YOUR LEG LOOPS THE TOP ASCENDER SHOULD BE AT ABOUT SHOULDER LEVEL.

I PERSONALLY PREFER THE SAFETY CORD TOO LONG, BUT NOT OUT OF REACH.  
MINE IS 95cm BUT I CAN REACH THIS FAR

