

**ALL PAKISTAN ROCK CLIMBING COMPETITION**  
**March 7-8' 2009**

The Adventure Club – Pakistan is one of the most active organizations, dedicated to promote adventure activities in Pakistan. Besides several mountains, aerial and water sports, Rock Climbing is the specialty of the Club and the Club has a unique and exclusive record of making history in women sports by organizing 5 Rock Climbing competitions in last two years. It's yet another feather in the Club's cap to introduce and promote thrilling and sensational speed climbing, which was the highlight of the competitions.

In last couple of years, the Club has organized several introductory lectures in various institutions and has organized training and practice sessions, catering more than 1000 enthusiasts from all over the country. For the advanced training, the Club has invited several top class climbing instructors from Pakistan and overseas. In 2008, the Club invited 4 world class rock climbers/instructors to conduct lectures, training and to execute the competition. The efforts and activities of the Club are already lauded by adventure enthusiasts, industry leaders and are being widely covered by print, digital and electronic media.

In past, the Club has organized following competitions,

- 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 )
- 2<sup>nd</sup>. Women Rock Climbing Competition-March 2008  
( Chief Guest, Director Sports, CDA, Mr. Sanaullah Aman )
- 1<sup>st</sup>. Women Rock Climbing Competition-April 2007  
( Chief Guest and Patron Federal Minister for Tourism, Senator Nilofar Bakhtiar )

and with experience of above mentioned competitions, the Club has organized an **All Pakistan Rock Climbing Competition on 7 & 8 March 2009**. The competition was open for male and females with Under, 14, Under 18 and Open categories. The event was a part of Margalla Spring Festival – Capital Development Authority ( CDA ) and the Award Ceremony was organized by the courtesy of Pakistan Tourism Development Corporation ( PTDC ).

An invitation for participation was sent to scores of individuals, educational institutions, clubs, societies associations, mail groups and tourism/outdoor activities related organizations. Several training sessions were conducted and as per the given schedule, the competition started on 7<sup>th</sup>. March 2009.

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With a very encouraging response, we had participation from following institutions and clubs, besides several individuals.

1. Fatima Jinnah Women University - Rawalpindi
2. City School – Capital Campus – Islamabad
3. City School – Satellite Town Br. – Rawalpindi
4. City School – G.T. Road Br. – Kharian
5. Beaconhouse School – Margalla Campus – Islamabad
6. Headstart School – F6 Br. – Islamabad
7. Air University – Islamabad
8. Comsats – Islamabad
9. Fast – Islamabad
10. Wildlife Interactive Club – Islamabad
11. Agriculture University – Faisalabad
12. Sarhad Climbing Club – Peshawar
13. Koh-e-Shin Adventure Association Baluchistan – Quetta
14. The Adventure Club – Pakistan

A good number of 100 climbers participated in the various categories and positions were won by Fatima Jinnah Women University, City School H8, City School, Satellite Town, City School, Kharian, Headstart School and The Adventure Club – Pakistan.

For females and junior categories, the competitions were held at Jasmine Corner, Margalla Hills, where the cliff is 33 feet high while the Senior Male Category competition was organized at Shahdarra Cliffs, with 44 feet high pitch to climb.

It will be a matter of interest to mention that Club is organizing a rock climbing competition on International Women Day ( IWD ) since 2007 and this was the third consecutive competition on the said date. However, this year the event was not restricted to females but under the caption of All Pakistan Rock Climbing Competition, it was an open competition for males and females. On 3<sup>rd</sup>. year of the Competition, the Club awarded special trophies to males and females climbers on all round and consistent performance in all competitions.

A high profile team of technical jury was requested to conduct the event, which included Mr. Saad Tariq Siddiqi from Islamabad while Mr. Razi-ud-Deen Khan and Dr. Faud Khan were invited from Lahore and Peshawar respectively.

After thrilling and sensational competitions, a record making speed climb was made by Mr. Usman Tariq of The Adventure Club – Pakistan ( 44 feet in 18.53 seconds ), which was the highlight of competition, while in female category the best speed record was made by Aneesa Rashid of City School, Capital Campus ( 33 feet in 49.81 seconds ).

After the competitions, a graceful award ceremony was organized at Daman-e-Koh with the courtesy of PTDC. The colourful ceremony was attended by the rock climbers, their

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friends and family members and dignitaries from various walks of life. Brig. Amanullah ( Retd. ), Managing Director ( PTDC ) was the guest of honour for the evening.

The awards ceremony started with recitation of Holy Quarn. Brig. Usman Shafi, representing PTDC, welcomed the guests and briefed about the day and the ceremony. Later he invited Mr. Tahir Imran Khan, Founder/President of The Adventure Club – Pakistan and organizer of the competition for the introduction of the Club and the IWD and Event.

He made a colourful multimedia presentation highlighting the activities of the Club and organization of various education oriented adventure/outdoor activities and participation of the Club in campaigns to arouse various affairs of civic nature.

Mr. Tahir Imran Khan told about the future plan of the Club to organize overseas advanced training in Nepal and European countries, for which Pakistan Sports Board and other concerned authorities will be invited to patronize the training.

It was also announced that the Club will organize activities on International Women Day, World Environment Day, International Youth Day, World Tourism Day and International Mountain Day on yearly basis.

An advanced training camp for Rock and Ice Climbing in Northern Areas is also under preparation and the dates will be announced shortly.

Later on the guest of honour, the Managing Director – PTDC, Brig. Amanullah ( Retd ) made his address and appreciated the efforts of the Club to promote adventure/outdoor activities, particularly among females and families. He extended the cooperation of PTDC to encourage and patronize such healthy activities. He also offered discounted packages for students and clubs at PTDC Motels, all over the country. The honourable chief guest also appreciated the courageous and demanding rock climbing and encouraged particularly female contestants.

At the end, Mr. Tahir Imran Khan thanked the honorable guests and PTDC for their patronage and requested the Chief Guest to distribute shields among the position holders. A very lively, colorful and thrilling ceremony was ended up with a group photo of players with the guest of honour. All guests were invited for Hi-Tea in a pleasant weather at terraces of Daman-e-Koh resort, offering superb views of the Islamabad city and Margalla hills.

The Adventure Club – Pakistan is thankful to the working committee, technical committee, CDA, PTDC and m/s Shezan International for their support for the event. The Club is also obliged for a very active participation of the contestants, who actually made the event successful and invites all adventure enthusiasts for their participation in future. For reports of past activities and forthcoming events of the Club, information is available at homepage i.e. [www.adventureclub.com.pk](http://www.adventureclub.com.pk).

**The Adventure Club**  **Pakistan**

**SCORE CARD**

| No. | Name | From | Timings |  |  | Position |
|-----|------|------|---------|--|--|----------|
|-----|------|------|---------|--|--|----------|

**Male - Under 14**

|    |             |                                 |    |    |    |     |
|----|-------------|---------------------------------|----|----|----|-----|
| 1. | Areeb Hasan | The City School, Capital Campus | 01 | 00 | 66 | I   |
| 2. | Ghulam Ali  | The City School, Capital Campus | 01 | 15 | 85 | II  |
| 3. | Ali Murtaza | The City School, Capital Campus | 01 | 26 | 21 | III |

**Male - Under 18**

|    |                 |                                 |    |    |    |     |
|----|-----------------|---------------------------------|----|----|----|-----|
| 1. | Miran Rehmat    | The City School, Capital Campus | 00 | 50 | 93 | I   |
| 2. | Nauman Shehryar | The City School, Kharian        | 00 | 52 | 43 | II  |
| 3. | Raja Hasnaat    | The City School, Capital Campus | 00 | 54 | 81 | III |

**Male – Open**

|    |                 |                               |    |    |    |     |
|----|-----------------|-------------------------------|----|----|----|-----|
| 1. | Usman Tariq     | The Adventure Club – Pakistan | 00 | 18 | 53 | I   |
| 2. | Tannvier Abbass | The Adventure Club – Pakistan | 00 | 41 | 00 | II  |
| 3. | Shoaib Faruqi   | The Adventure Club – Pakistan | 00 | 42 | 59 | III |

**Female – Under 14**

|    |                   |                                 |    |    |    |     |
|----|-------------------|---------------------------------|----|----|----|-----|
| 1. | Palwasha Ishtiaq  | The City School, Capital Campus | 01 | 18 | 53 | I   |
| 2. | Aleeza Sana       | The City School, Capital Campus | 02 | 08 | 40 | II  |
| 3. | Humaira Gul Saeed | Headstart School – F6           | 02 | 55 | 53 | III |

**Female – Under 18**

|    |                 |                                 |    |    |    |     |
|----|-----------------|---------------------------------|----|----|----|-----|
| 1. | Aneesa Rashid   | The City School, Capital Campus | 00 | 49 | 81 | I   |
| 2. | Nida Fatima     | The City School, Satellite Town | 00 | 50 | 15 | II  |
| 3. | Noor-ul-Huda    | The City School, Capital Campus | 01 | 50 | 94 | III |
| 4. | Shandana Nadeem | The City School, Satellite Town | 01 | 48 | 19 | III |

**Female – Open**

|    |              |                                |    |    |    |     |
|----|--------------|--------------------------------|----|----|----|-----|
| 1. | Amna Khan    | The Adventure Club – Pakistan  | 00 | 49 | 90 | I   |
| 2. | Nosheen      | The Adventure Club – Pakistan  | 01 | 02 | 28 | II  |
| 3. | Anam Rathore | Fatima Jinnah Women University | 01 | 13 | 13 | III |

**Special All Round Performance Awards**

|                  |                                      |   |
|------------------|--------------------------------------|---|
| Palwasha Ishtiaq | : City School System, Capital Campus | ( 1 <sup>st</sup> . + 1 <sup>st</sup> . + 1 <sup>st</sup> . ) |
| Ms. Amna Khan    | : The Adventure Club – Pakistan      | ( 1 <sup>st</sup> . + 2 <sup>nd</sup> . + 1 <sup>st</sup> . ) |
| Mr. Usman Khan   | : The Adventure Club – Pakistan      | ( 1 <sup>st</sup> . + 1 <sup>st</sup> . + 1 <sup>st</sup> . ) |

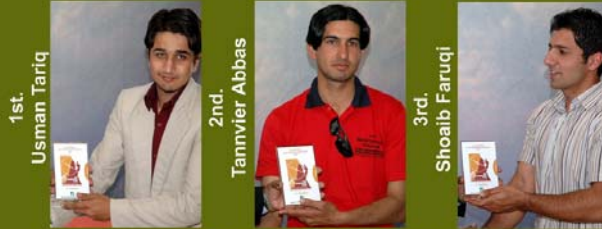
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|----------------------|--|-----------------|
| Speed Record Males   | : Usman Tariq / The Adventure Club - Pakistan    | 44feet/18.53sec |
| Speed Record Females | : Aneesa Rashid /The City School, Capital Campus | 33feet/49.81sec |

**Positions at a Glance**

|                                     |                                  |     |
|-------------------------------------|----------------------------------|-----|
| City School, Capital Campus – Girls | : 4 + 1 ( all round performance) | = 5 |
| City School, Capital Campus – Boys  | : 5                              | = 5 |
| City School, Satellite Town – Girls | : 2                              | = 2 |
| City School, Kharian                | : 1                              | = 1 |
| Headstart School                    | : 1                              | = 1 |
| Fatima Jinnah Women University      | : 1                              | = 1 |
| The Adventure Club – Pakistan       | : 5 + 2 ( all round performance) | = 7 |



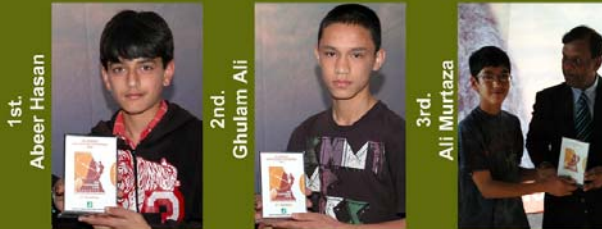
CATEGORY - OPEN



CATEGORY - UNDER 18



CATEGORY - UNDER 14



ALL PAKISTAN ROCK CLIMBING COMPETITION 2009



Special Award Best All Round Performance



Usman Tariq



**CATEGORY - OPEN**

1st. Anma Khan  
2nd. Nosheen  
3rd. Anam Rathore

**CATEGORY - UNDER 18**

1st. Aneesa Rashid  
2nd. Nida Fatima  
3rd. Noor-ul-Huda  
3rd. Shandana Nadeem

**CATEGORY - UNDER 14**

1st. Palwasha Ishtiaq  
2nd. Aleeza Sana  
3rd. Humaira Gul Saeed

**ALL PAKISTAN ROCK CLIMBING COMPETITION 2009**

International Women's Day  
THE ADVENTURE CLUB PAKISTAN

Special Award  
Best All Round Performance

Anma Khan  
Palwasha Ishtiaq

**The Adventure Club Pakistan**

