

## Rachel Carr - Climbing CV

Name: Rachel Carr

YOB: 1996

Lives: Blackhall, Edinburgh

School: The Royal High School

Home Climbing Wall: Edinburgh International Climbing Arena (EICA)

### Background

- Feb 2008 - starts climbing at EICA with local instructors.
- March 2008 - 2<sup>nd</sup> in 11-13 girls category at first YCS competition.
- May 2008 - finishes 4<sup>th</sup> in South Scotland for 11-13 girls.
- June 2008 - 6<sup>th</sup> Scottish Youth Climbing Championships 11-13 girls
- Sept 2008 - joins newly formed Quickdraw Climbing Club and begins lead climbing.
- Dec 2008 - enters the GB Youth Team Selection event and comes 6<sup>th</sup> Youth C Girls
- Jan 2009 - 1<sup>st</sup> in EICA Youth Bouldering Competition
- Feb 2009 - invited to participate in the first BMC Talented Climbers session
- May 2009 - 1<sup>st</sup> in YCS Scotland South 11-13 girls  
- 2<sup>nd</sup> in 11-13 Girls Scottish Youth Climbing Championships
- June 2009 - 1<sup>st</sup> in 11-13 Girls BMC YCS British Finals beating over 30 other climbers
- Nov 2009 - 3<sup>rd</sup> in Youth B Girls at GB Youth Team Selection event
- Dec 2009 - invited to join GB Climbing Team squad Youth B category.
- March 2010 - 2<sup>nd</sup> place in GB team selection event, narrowly missing chance to compete for GB at 2010 European Youth Series first round in Imst
- April 2010 - 1<sup>st</sup> in BMC Leading Ladder under 16 Girls Recreational category
- May 2010 - 1<sup>st</sup> 14-16 Girls Category Scottish Youth Climbing Championships.
- June 2010 - 11<sup>th</sup> U16's Girls British Bouldering Championships, Sheffield
- July 2010 - 9<sup>th</sup> Youth B Girls BMC Open Youth Leading Competition, EICA
- July 2010 - Selected for GB team for EYS Vienna and World Youth Championships, EICA
- Aug 2010 - 34<sup>th</sup> Youth B Girls, European Youth Series, Vienna
- Sept 2010 - 41<sup>st</sup> Youth B Girls, World Youth Climbing Championships, EICA
- Oct 2010 - 1<sup>st</sup> Youth B Girls, British Lead Climbing Championships, EICA

### Commitment

Rachel climbs 4 days a week and has 3 weekly sessions in the gym working on cardio vascular, strengthening and conditioning exercises. She is part of a group invited to work with post graduate physical trainers at the Heriot Watt University Centre for Sport & Exercise.

In addition she participates in training sessions with the South Scotland and GB teams at walls around the country and at outdoor locations.

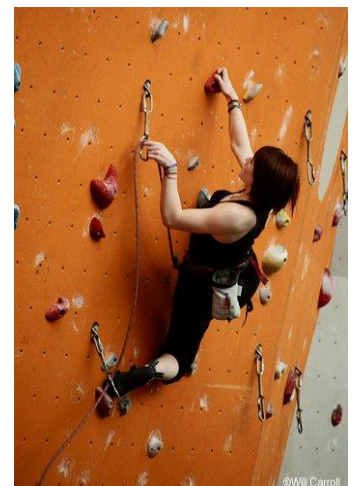
To maintain her training programme family holidays now all include climbing.



Outdoor climbing at Malham



Relaxing at Dunkeld



Winning 2010 Scottish Youth Championships

Support

In 2009 and 2010 Rachel was awarded a Sports Grant from the Blackhall Children's Sports Committee in recognition of her climbing achievements at a national level. This grant covered some of her transport and accommodation costs for competitions and GB team events.

In June 2009 following her win at the GB finals she received a free leisure membership from Edinburgh Leisure allowing her to use their gym facilities to train. As a member of the GB team she qualifies for free, or reduced, entry to many climbing walls around the country.

Through a 2010 deal with Tiso at EICA, South Scotland GB team members based at Ratho now receive discount on certain kit items purchased through the shop. GB team members also receive tops from Mountain Hardware/Epicentre. Rachel has no sponsorship contracts with kit suppliers.



Rachel receives regular coaching support from Neil McGeachy, the GB team South Scotland coach and through this, and the Quickdraw Climbing Club, has participated in sessions run by top coaches including Neil Gresham, Gaz Parry, Steve McLure, Rob Sutton and Dave McLeod. She has been described as 'one of the most talented and promising young climbers in the UK' (Neil McGeachy), with 'a fantastic ability to move cleanly on the rock and a well developed repertoire of moves for her age' (Dave McLeod)

Media Coverage



Rachel has received written coverage within the Edinburgh Evening News, Edinburgh Herald & Post and MCoFS Mountaineer Magazine and articles on the Scotsman, BBC, ActiveBlackhall, BMC, MCoFS, EICA, Quickdraw Climbing Club and Royal High School websites. She has written articles for her club and BMC 'Psyched' newsletters.



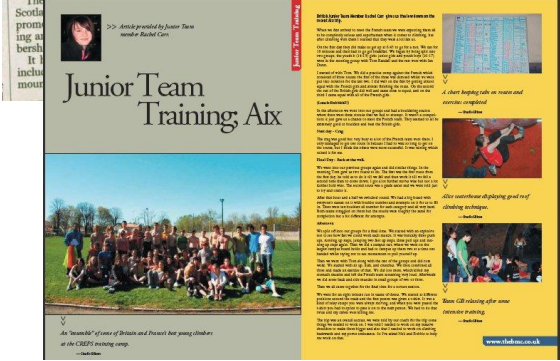
**Rachel's hitting dizzying heights**

AN EDINBURGH teenager is dishing out a dose of Scottish spirit and glory to the GB Youth Climbing Team this year after the 13-year-old Rachel Carr, from Blackhall, is a member of the Quickdraw Climbing Club and...



**Climbing duo have world in their hands**

TWO Edinburgh teenagers are due to leave for Vienna later today (Thursday) on the latest leg of a journey that will culminate in a bid for world climbing success next month. Rachel Carr, from Blackhall, and Jonathan Field, from Fairmilehead, are among seven Scots in a nine-strong British team for the European Youth Series event. On returning, they will then focus on the global competition at Ratho's International Climbing Arena from September 9-12. Rachel's mum Avril says: "The trip represents Rachel's first international competition so it will hopefully take the edge off some inevitable nerves when the 'worlds' take place at Ratho. "In Rachel's case, to be competing at world level is absolutely amazing considering she only took up the sport in February 2008."



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