

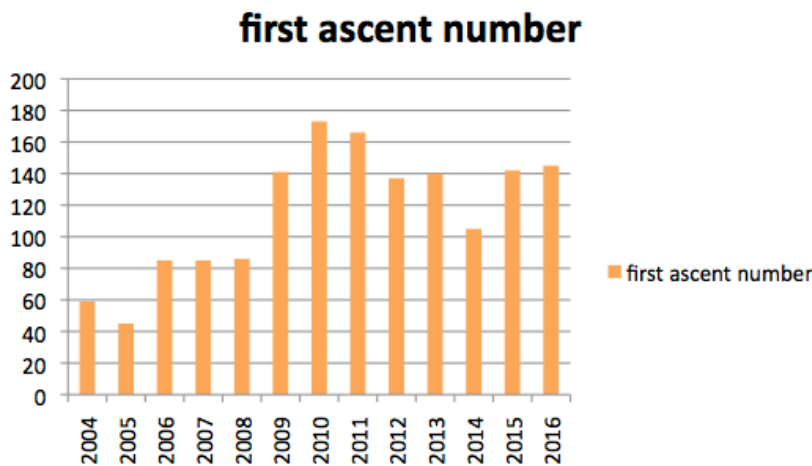


"Where have all the old climbers gone?" was a recently posted question in Supertopo forum and the immediate answer was the John Gill website link: [www.johngill.net](http://www.johngill.net) where "Senior Athletes" manage Climbing & Gymn. But pay attention! "**Seniors**" are in the range of 70 and more, while "**Veterans**" are from 50 to early 60. In his Senior experience, John states that genetics more than training leads to climbing longevity: some people are simply planned for climbing.....other not.

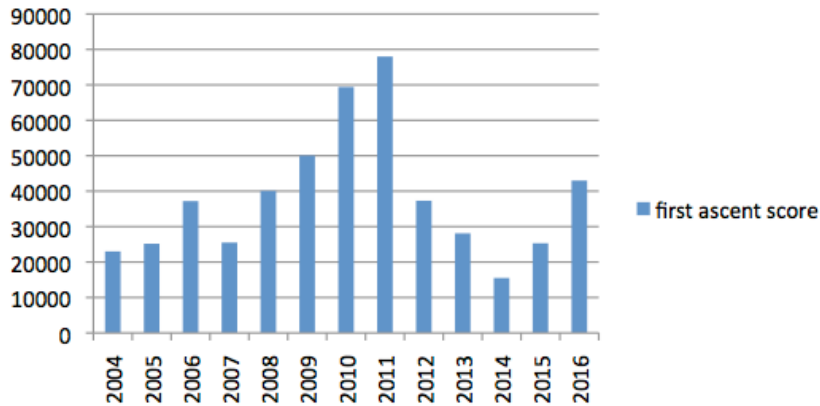


The border between Veteran and Senior age is not a wall, but the risk to transform climbing from active to conceptual is real, due to different factors, organic, psychic and more. A monitoring score program is essential to observe the climbing activity in training and performing.

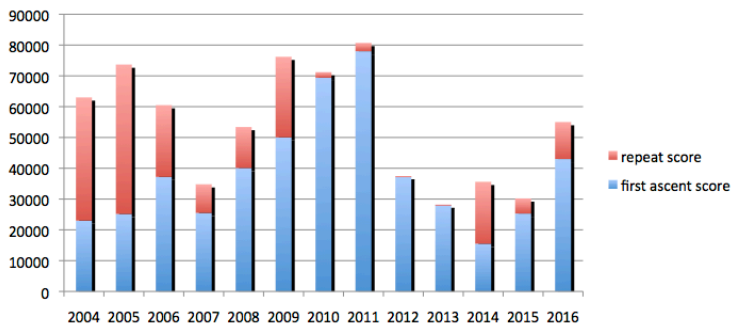
1. First ascents (in the personal score). The number of first ascent pitches is recorded and indicates quantity and variety of climbing. Moreover a value score with progressive rating of difficulties indicates the quality of climbing. The slopes have the same trend.



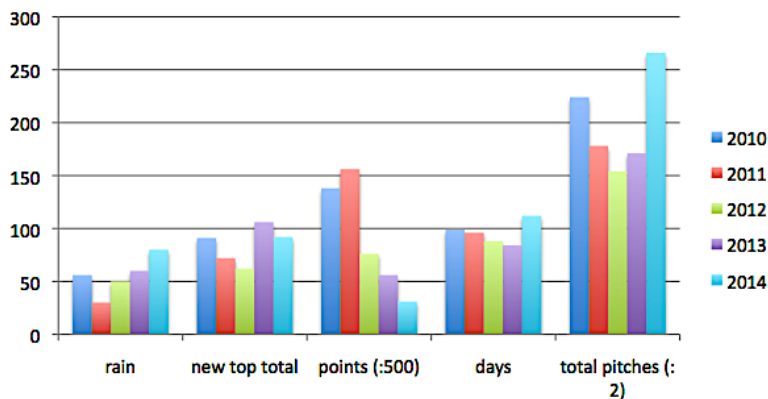
## first ascent score

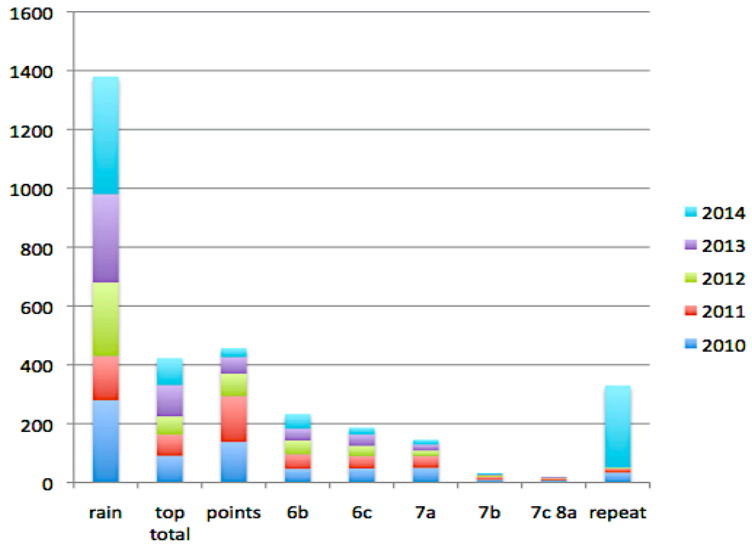


2. Repertoire ascents. The number of repertoire pitches (near home cliffs) has to be also recorded showing the compensation with first ascents. In the score rating the poor years maintain the low position of the slope.

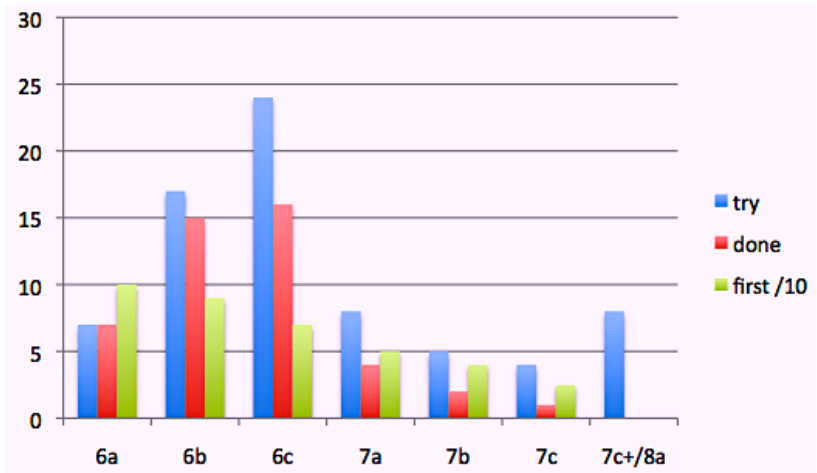


3. Weather and days. The number of days for climbing and the year weather conditions influence the analysis of the performance. The table shows a inverse correlation between rain amount vs days and number of pitches, but a direct correlation between rain amount and quality (grade) of pitches. Bad weather is isn't a direct cause of low activity. A direct correlation exists also between bad weather and repertoire climbs.





4. Pure performance. The analysis of first ascent pitches is helpful to rate the efficiency of climbing activity which is based on the number and % of tries. The table shows a sample of three months winter mediterranean activity. The OS rate is low and the RP rate spans from 25% (7c) to 90% (6b). In winter season the low temperature may influence the first try on low grade warming climbs.



5. Historical score. The complete update of the veteran/senior age activity shows the picture of the climbing life and the shape of sine wave of the activity vs time.

