

# Top of the world

The team of local climbers reached the highest point in the world, the 8 848m summit of Everest, last Monday.

First to reach the top at 3am Nepal time were team leader Sean Disney (Greenside) and Lance Metz (Sandton), followed by Ben Swart, Barend Engelbrecht and Dainfern's Vaughan de la Harpe and Arthur Marsden.

Disney and De la Harpe summited Everest from the south on the same date four years ago. Donald O'Connor decided not to go beyond Camp 3 so did not reach the summit.

De la Harpe recalled the excitement in the lead-up to the final climb.

"After days of monitoring the weather, the summit window was identified and we knew our weeks of preparation had at last culminated in a summit bid. The plan was to climb to the North Col (7 050m), overnight there and proceed to Camp 2 (7 700m), then leave Camp 3 (8 200m)

at 11pm that night for the summit. Once this had been accomplished we would descend to the North Col.

"All the emergency and radio drills were revised and the camp doctor showed how to administer dexamethazone, a powerful drug to be injected if a climber became totally incapacitated."

The team eventually summited in thick cloud and energy-sapping deep powdery snow.

"The macabre scene of several dead bodies while you are climbing is a reminder that this is not a game and the enormity of what you are doing and the dangers involved are real.

"Once I reached the summit and realised where I was actually standing, the feeling of accomplishment was overwhelming. The 20 minutes I was on the summit were the best of my life," said Metz.

The team is in Kathmandu celebrating its success.

and Jan Celliers Street, Montgomery Park. The club has re-opened its ladies section and is keen to expand. Phone 011-782-6795.

**Orienteering:** The Adventure Racing Club hosts orienteering training every Wednesday from 4.30pm to 5.45pm at the Berario recreation centre in Dolores Street. Orienteering is an outdoor adventure sport that exercises both mind and body.

The aim is to navigate your way around a course marked on a unique orienteering map. It's a great sport for children as it is like a treasure hunt. It helps children (and adults) develop spatial awareness, decision-making skills and physical literacy. Phone Garry Morrison 082-330-2496.

## SPORTbriefs

Sports clubs are welcome to send details of their results and forthcoming events to *NMT* by faxing 086-683-0108 or e-mailing [nmt@caxton.co.za](mailto:nmt@caxton.co.za) (Must include name of club, contact number, physical street address, short description of event as well as date and time where relevant).

**Martial Arts:** Shaolin Wushu Guan hosts classes every Tuesday and Thursday from 7pm to 8.45pm at Greenside high school gym. Learn traditional Shaolin Kung Fu which includes various weapons, bare hand training and Sanshou (Chinese kickboxing). All ages and fitness levels are



Group leader Sean Disney of Greenside with Lance Metz and Nima Nurbu Sherpa on the summit of Everest.