



# THE DIAMOND YEARS 1931-2006

*The Mountain Club of South Africa*

JOHANNESBURG SECTION



*The 7 Summits*

Two members of the Johannesburg Section have successfully climbed The Seven Summits – Alex Harris and Sean Disney. This journey has taken them from 12 December 1992 to 24 May 2006, the last date being when Sean successfully summited Everest from the south side (Alex having summited on 2 June 2005, from the north side).

*The 7 Summits are:*

- 1) Everest 8 850 m, Asia
- 2) Vinson 4 897 m, Antarctica
- 3) Aconcagua 6 962 m, South America
- 4) Denali 6 994 m, North America
- 5) Carstenz Pyramid 4 884 m, Oceania
- 6) Elbrus 5 642 m, Europe
- 7) Kilimanjaro 5 895 m, Africa



1



1



2



5



6



4



6



1



5



7



3

*Cathy O'Dowd, Everest*  
 In 1999, when Cathy O'Dowd summited Everest (8 850 m) via the North Ridge, she became the first woman ever to have ascended Everest from both the south and the north. In 2000 she went on to summit Lhotse (8 516 m), another of the fourteen 8 000 metre peaks in the Himalaya.

