

08:30 - 09:15

Registration

09:15 - 09:30

Welcome to the 2022 Women's Climbing Symposium (WCS22)

09:30 - 10:15

Adidas Five Ten presents:  
Melissa Le Nevé

10:15 - 10:30

Break

10:30 - 11:30

Coaching Workshops  
1

A Winter Wonderland whistle-stop tour  
with Sam Leary

ZONE  
A

Owning your voice  
with Hannah Morris

ZONE  
B

11:30 - 11:45

Break

11:45 - 12:45

Coaching Workshops  
2

Climbing for Every Body  
with Kumbi Kariwo

ZONE  
A

How to sleep your way to the top!  
with Dr Nerina Ramlakhan

ZONE  
B

12:45 - 14:15

Lunch

14:15 - 15:00

Gilly McArthur

15:00 - 15:15

Break

15:15 - 16:15

Coaching Workshops  
3

Trad Top Tips  
with Sam Leary

ZONE  
A

Injury prevention for female climbers  
with Jennifer Searle

ZONE  
B

16:15 - 16:30

Break

16:30 - 17:30

Coaching Workshops  
4

The female gaze in action sport media  
with Veronica Melkonian

ZONE  
A

Harnessing the power of female hormones  
with Dr Nicky Keay

ZONE  
B

17:30 - 17:45

Break

17:45 - 18:30

Adidas Five Ten presents:  
Abby Dione

18:30 - 18:45

Thanks, farewells and goody bags!