

08:30 - 09:15

Registration

09:15 - 09:30

Welcome to the 2019 Women's Climbing Symposium (WCS19)

09:30 - 10:15

Headline Speaker:  
Emma Twyford

10:15 - 10:30

Break

10:30 - 11:30

Coaching Workshop  
1

Maximise your Trad potential  
with Sam Leary

GB Paraclimbing  
with Abbie Robinson

11:30 - 11:45

Break

11:45 - 12:45

Coaching Workshop  
2

Fear-free falling... the holy grail?  
with Rebecca Williams

Climbing and the Menstrual Cycle  
with Maddy Cope

12:45 - 14:15

Lunch

14:15 - 15:00

Headline Speaker:  
Nina Caprez

15:00 - 15:15

Break

15:15 - 16:15

Coaching Workshop  
3

Eat to fuel your energy requirements  
with Rebecca Dent

Intro to Winter Mountaineering  
with Sam Leary

16:15 - 16:30

Break

16:30 - 17:30

Coaching Workshop  
4

Risk  
with Maddy Cope

Motherhood and climbing  
with Kate Bomphrey

17:30 - 17:45

Break

17:45 - 18:30

Panel Discussion:  
Nina Caprez, Shauna Coxsey, Hazel Findlay and Emma Twyford

18:30 - 18:45

Thanks, farewells and goody bags!