

Adele Pennington Mountaineering CV

Employment/Student

2010 to present: Owner and Operator of Adele Pennington Mountaineering
2004 to 2010: Operations Manager/ Leader for Jagged Globe
2001 to 2004: Freelance outdoor instructor and Expedition Leader
1995 to 2001: Secondary School Chemistry Teacher and Duke of Edinburgh award Coordinator
1995 to 1996: PGCE Outdoor Education and Chemistry (Bangor University)
1994 to 1995: Year out climbing and walking
1989 to 1994: Post Graduate Student and Research Fellow Biochemistry (University of York)
1985 to 1989: Undergraduate BSc Hons Biochemistry/ Physiology (London)

Qualifications

Mountaineering Instructors Certificate
Wilderness First Aid Certificate
D Phil Biochemistry (York)
BSc (Hons) Biochemistry (London)
PGCE Outdoor Education (Bangor)

Mountaineering Work in the Greater Ranges

July 2014: Expedition Leader Mount Elbrus (Jagged Globe)
Oct 2013: Expedition Leader Mera Peak (Jagged Globe)
Oct 2012: Expedition Leader Kyajo Ri (Jagged Globe)
July 2013: Expedition Leader Outlook Expeditions Peru
July 2012: Expedition Leader Outlook Expeditions Bolivia
Mar 2012: Expedition Leader Lhoste (8516m) Summit
Dec 2011: Expedition leader Mt Kenya (Neilion & Bation)
Sept 2011: Expedition Leader Mt Toubkal Morroco
July 2011: Expedition Leader to Ladakh summiting two peaks 5700m
and a crossing of Lassimola La
Nov 2009: Expedition Leader Dhaulagiri Circuit
June 2009: Expedition Leader Gasherbrum (8035m) (reached 7400m and retreated in bad weather)
April 2009: Expedition Leader Everest 8848m (Summit)
Oct 2008: Expedition Leader Manaslu (8163m) (Summit central peak)
July 2008: Expedition Leader Bolivian Climber Pt Austria, Pequeno Alpamayo, Huayani Potosi
(6074m) and Illimani (6438m)
April 2008: Expedition Guide Everest (Summit)
Oct 2007: Cho-Oyu (8201m) (Summit alone)
Oct 2007: Expedition Leader Shishapangma (8012m)(No Summit retreated below Camp 3)
Oct 2006: Expedition Leader Kilimanjaro (5895m)
June 2005: Expedition Leader Huascarán N Summit(6768m) and Pisco (5300m)
July 2005: Expedition Leader Bolivian Climber
Oct 2005: Expedition Leader Kilimanjaro
Dec 2005: Expedition Leader Mt.Vinson (4896m) (Antarctica)

April 2004: Expedition Leader Khumbu Climber (Pokalde (5791m, Island Peak 6160m and Lobuje)

July 2004: Expedition Leader Adventure works Ecuador Cayambe 5690 and Cotopaxi 5897
Aug 2004: Recce trip for Ecuador Antisana (5790m) and Chimborazo 6268m no summit
Nov 2004: Ama Dablam (6856m)
April 2003: Expedition Leader Langtang Climber Yala Peak 5500m and Naya Khanga
Dec 2003: Expedition Leader Killimanjaro
April 2002: Expedition Leader Mera Peak (6476m)
July 2002: Expedition Leader Bolivian Climber
Feb 2002: Expedition Leader Killimanjaro

Personal Expeditions Overseas

April 2014: Dauhlagiri (Reached 7800m and retreated due to bad weather)
Oct 2011: Kyajo Ri Alpine Style (6118m) (summit)
April 2011: Makalu 8170m (summit)
Dec 2011: Illiniza Norte (5145m), Cayambe and Chimborazo (6268m)
April 2010: Makalu retreated 8020m due to illness
Jan 2010: Shipton Route Neilion Mt Kenya
Dec 2010: Ice climbing France
July 2009: Alps Chamonix
July 2007: Attempt on El Cap Yosemite and other routes
July 2006: Denali
Dec 2002: Mt Cook and Mt Aspiring New Zealand
July 2001: British Female Cordillera Real Expedition Bolivia (Six new routes including NE Face Quellani. MEF and BMC funded)
Mar 2001: South Africa rock Climbing and new routing
July 2001: British Female Quimza Cruz (Three first ascents and six new routes) BMC grant and Alison Chadwick award.
July 1999: Fall!
Dec 1998: Ama Dablam First British female winter ascent. Lobuje east and attempt to get to true summit and long trek in the Khumbu crossing the Chola Pass.
1986 to 1998: Summer trips to the Alps, UK mountains, New Zealand and Norway.

Significant Achievements

Summit of five 8000m peaks
47 Alpine 4000m Peaks and many Alpine routes from F to TD+
Completion of Welsh and English 2000ft tops
Completion of Munro's and tops
All the Classic rock routes in the Lake District in one continuous Journey
Hardest rock lead Uncertain Smile (Pembroke) E2 5b
Favourite Rock Route Eliminate A Vs 4c Dow Crag
Hardest Winter Route Scabbard Chimney (V1) Stob Coire nan Lochan
Favourite Winter Route Tower Ridge (III)
Climb to WI4 and have done one WI 5 but got a little scared.
Invited to Buckingham Palace for reception for Adventures and Explorers

Other Relevant Experience

SPA and ML Provider
Mountain Rescue Team member for 15 years
Professional Public Speaker

Trainer on management related topic such as Risk and Comfort zones
Rehabilitator through the Mountains