



Adam Ondra takes gold in Lead climbing at the IFSC Climbing World Championships

Prague/Hachioji, August 15, 2019 – Adam Ondra won the gold medal in Lead climbing at the IFSC Climbing World Championships in Hachioji, Japan. Altogether he has six medals in this discipline, out of which he defended the World Champion title for the third time. He will compete in other disciplines in the upcoming days.

Although Adam Ondra entered the finals slightly tired after the previous very intense days of competing, he put his maximum effort to the final climb and it paid off. He went into the finals from the fourth place. In qualification on Wednesday, he finished tenth.

“To be honest, I did not expect to win tonight. After a very exhausting program of bouldering and lead climbing right after, I felt pretty tired and it was quite hard to believe in myself. It was especially hard during qualification, it was a bit better in the semi-finals, and then in the finals, I was reconciled to the fact that I had to put everything into it,” says Ondra right after the competition.

Despite the excellent form of Ondra’s two main competitors, Jakob Schubert and Alexander Megos, Ondra made almost no mistakes, and in the end, it was one single step that decided about his World Champion title. *“I made a few mistakes today, but my competitors made more. I was very lucky in that final step because I was able to do one step more than Alexander Megos and Jakob Schubert and thanks to that, I became the World Champion,”* commented Ondra enthusiastically his final steps.

Today’s victory means a lot for Adam Ondra, mainly in terms of self-confidence. This year’s World Championship is extremely important because it is the first opportunity to qualify for the upcoming Olympic Games in Tokyo 2020.

“Certainly, this is a very important moment in terms of the qualification for the Olympic Games in the combined format,” explains Ondra, who competes in all disciplines this year. He is now looking forward to his rest day and then he continues in competition with speed climbing.

**ADAM ONDRA**

Adam Ondra (26) is a professional rock climber from the Czech Republic and one of the best climbers in the world. He has been climbing since he was three and at the age of twelve, he ranked amongst the world's top 10 climbers in lead climbing. Adam is a triple World Champion who has dominated the sports climbing rankings for over a decade. He holds a number of important prizes, including medals from World Championships and World Cup in lead climbing, bouldering, and the new combined format.

Apart from competitions, Adam also focuses on outdoor rock climbing and big-wall climbing. He has been known for climbing difficult routes with the highest climbing grades. Among the most important routes belongs Change (9b+) in Flatanger (Norway), which he climbed in 2012. Then La Dura Dura (9b+) in Spain, Vasil Vasil (9b+) in the Czech Republic, La Capella (9b) in Spanish Siurana or Chaxiraxi (9b) in Oliana. For all these routes Adam did the first ascent.

Autumn 2016 Adam repeated the legendary Dawn Wall from the category of big-wall climbing in a very short time of 8 days. In September 2017, after two years of very hard work, Adam successfully finished his project Silence in Norway (so far, the hardest route in the world) and thus introduced a new level of difficulty of 9c. In addition to climbing, Adam also managed to successfully complete his bachelor's degree in economics and management.

Year 2019 is very important for Adam in terms of competitions. Among the major events belong the series of climbing competitions of the World Cup (lead climbing and bouldering) and the World Championships in Japan (first chance to nominate for the Olympic). Regarding the upcoming Olympic Games in Tokyo (2020), Adam has already been preparing very intensively.

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ADAM ONDRA & MEDALS FROM WCH

DISCIPLINE	2009	2011	2012	2014	2016	2018
LEAD	silver (WCH Si-ning)	bronze (WCH Arco)	bronze (WCH Paris)	gold (WCH Gijón)	gold (WCH Paris)	-
BOULDERING	-	silver (WCH Arco)	-	gold (WCH Munich)	silver (WCH Paris)	silver (WCH Innsbruck)
SPEED	-	-	-	-	-	-
COMBINED (new format from 2018)	-	-	-	-	-	silver (WCH Innsbruck)



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