



Adam Ondra takes silver and wins ticket to Tokyo from the IFSC Combined Qualifier in Toulouse

Prague/Toulouse, November 30, 2019 – Adam Ondra completed today’s finals in Toulouse, France and has qualified for the Olympics in Tokyo 2020. Despite his health problems he managed to defend his second place in the Combined discipline.

Eight climbers (out of a total of 22) entered Saturday’s finals, of which the first 6 have received a ticket to Tokyo. Ondra entered the finals from the first place after a very successful qualification on Thursday, where he even made his personal record in Speed. However, due to his health problems he did not even want to start the finals today: *“If I were one hundred percent sure that I would be qualified for the Olympics with the eighth place, I would not even start the competition because I felt really sick,”* says Ondra just after the competition.

As the Japanese team filed a complaint with the International Olympic Committee regarding the nomination criteria, Ondra couldn’t be really sure with his qualification for the Olympics: *“In this pre-Olympic period of chaos, no one can be really sure of anything. So in the end I decided to enter the competition despite feeling really sick. I was afraid of being eighth and needed to be at least seventh,”* Ondra explains his decision.

The Combined format started with Speed, where Ondra entered the race, but missed the next laps: *“I decided to skip the Speed. Or, I entered the first round, but I skipped the next one to save some power. So I finished last in Speed, but I saved some strength.”*

The competition continued with Bouldering, when Ondra topped only once, but finished with nice third place. The Combination format ended with his strongest discipline – Lead climbing. Ondra put his maximum effort to the final climb and it paid off: *“It is not optimal to feel sick while Lead climbing. But I squeezed out the very last of my strength, climbed almost the top and it was enough for the first place in Lead climbing and second overall,”* says Ondra about the final discipline.

“A huge boulder fell from my heart; I am really satisfied and I look forward to the next training. But now I will enjoy two weeks of rest,” says Ondra for whom the competition season for 2019 is finally over. After some rest and gaining strength he will continue with his intense preparation of all three disciplines for the Olympics.

The Combined format when the athletes compete in all three disciplines at once (lead, bouldering, speed) was introduced at the World Championships in Innsbruck last year. It is a format which will be used also in Tokyo at the Olympics in 2020.



ADAM ONDRA

Adam Ondra (26) is a professional rock climber from the Czech Republic and one of the best climbers in the world. He ranked amongst the world's top 10 climbers as a 12 years old and he is a four-time World Champion in sport climbing by now.

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 belong Change (9b+) in Flatanger (Norway), 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. He pushed the boundaries of sport climbing a year later when he 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 has been very important in terms of competitions, especially in Lead climbing – Adam became the World Champion (Hachioji), won the European Climbing Championships (Edinburgh) and became the winner of IFSC Climbing World Cup. Regarding the upcoming Olympic Games in Tokyo, Adam has already been preparing very intensively.

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ADAM ONDRA & MEDALS FROM WCH

DISCIPLINE	LEAD	BOULDERING	COMBINED (new format since 2018)
2009	silver (Si-ning)	-	-
2011	bronze (Arco)	silver (Arco)	-
2012	bronze (Paris)	-	-
2014	gold (Gijón)	gold (Munich)	-
2016	gold (Paris)	silver (Paris)	-
2018	-	silver (Innsbruck)	silver (Innsbruck)
2019	gold (Hachioji)	-	-