Tiffany Melius

Competitive Climber.
Aspiring Olympic Athlete.

At the Tokyo 2020 Olympic Games, Sport Climbing will be included for the first time. There are only 20 male and 20 female spots globally available to climbers, and likely only one spot per gender available to Continental Oceania (Australia, New Zealand and New Caledonia combined).

Competitive rockclimber Tiffany Melius's goal is to be that one woman.

Driven by Passion

About Tiffany

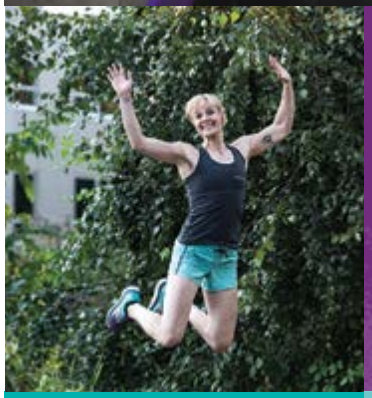
Born and raised in Brisbane, Australia, Tiffany Melius now lives and climbs in North Vancouver, Canada.

From a young age, her passion for excellence and her willingness to put in hard work has manifested itself both professionally and in her sporting successes. At 14, her interest in gymnastics waning, she searched for a new sport to challenge her and became hooked on rock climbing. Within three months she was entering competitions and has since gone on to represent Australia in events around the world.

In 2016, Tiffany became the Australian Women's Bouldering Champion and in 2017 became the Oceania Continental Climbing Champion.

In addition to being a competitive climber, Tiffany is a non-profit leader (Executive Director of New View Society) and a life coach (Force of Nature Coaching). She has been successful in bringing the principles of life coaching into climber athlete development through her own personal development work, one-on-one coaching, facilitating group workshops, and speaking at conferences for climbing coaches. Now she is pursuing the dream of competing at the Tokyo 2020 Olympics.

Adam Sebastian West



Core Values

Authenticity

Integrity

Personal Growth

“My whole life is an adventure because of the perspective I take on it. When you approach life with an insatiable curiosity, a wonder at the world, and the people and places in it, you can’t help but feel like you’re always discovering and uncovering new things and ways of being.”

Tiffany Melius

Pinnacle Sports

Quick Facts

Hours of Climbing	Years Climbing	Number of Competitions	Media Features
10,000+	20+	100+	30+

Competition History

2018 World Championships - 47th (Combined)

2017 Oceania Continental Climbing Championships - 1st

2016 Australian Bouldering Championships - 1st

2015 Climbing Escalade Canada National Series Bouldering, The Hive North Shore - 1st

2013 International Federation of Sport Climbing Bouldering World Cup, Hamilton - 18th

2010 Western Canada Regional Championships - 1st

2003 Australian Championships (Lead) - 2nd

2003 Australian Championships (Bouldering) - 2nd

The Olympic Journey

What drew you to climbing?

Climbing is such a holistic sport; it activates all parts of us as human beings—physical, mental/intellectual, emotional, social, and spiritual aspects.

Who or what inspires you?

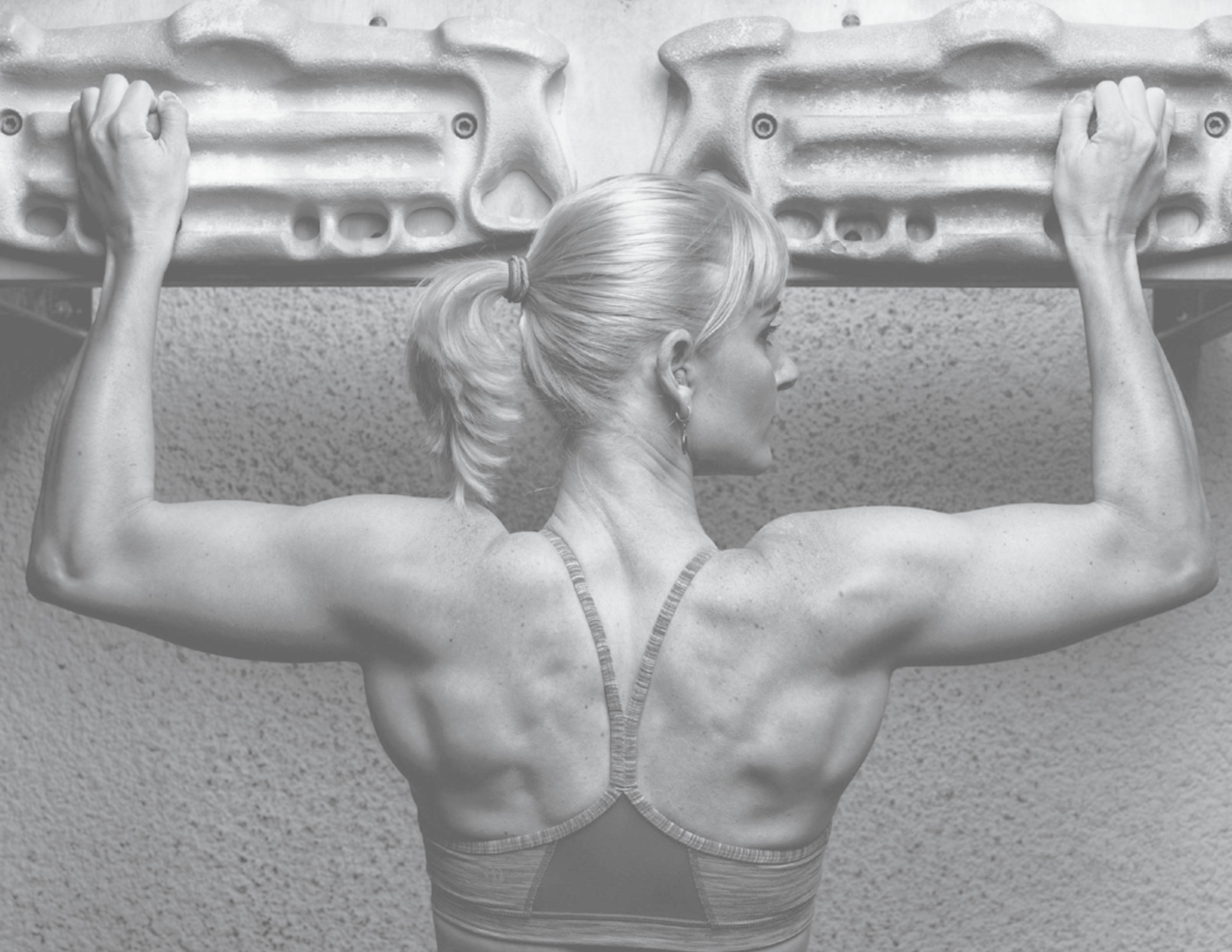
Nature inspires me. Getting back to what was here before us, and what will be here when we are gone reminds me of both the transience of our stay, and the eternity of where we came from. It has such a calming effect on me. It is both strong and unpredictable, and gentle and miraculous. There is very little else on the planet that encompasses such a wide range of seemingly opposite characteristics.

People inspire me. I learn something new from someone every day. Being genuinely curious about people teaches me so much more than I can learn by developing my own conclusions of them from the outside.

My mum also inspires me. She has always been incredibly supportive of me and she is way stronger than she gives herself credit for. She is resilient and loving and has the best heart!

Why the Olympics?

Because it is the pinnacle of sporting achievement.



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Videos

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FEAT Canada, Permission to be Great (2014): https://www.youtube.com/watch?v=Ck2ZCedCfcU&t=36s

Personal, Rocklands Vacation Video (2014): https://www.youtube.com/watch?v=zZ1mtY1JXAU

DebTalksTV, Finding My Identity (2014): https://www.youtube.com/watch?v=7m9H9xOIKX0

The Hive Tour de Bloc Feb 2014: http://vimeo.com/88923977 (throughout & 0:32, 2:09)

The Hive Tour de Bloc Dec 2013: http://vimeo.com/82464231 (1:49)

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Vancouver International Mountain Film Festival (2018). Presenter

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For a complete list of media appearances, visit tiffanymelius.com/media

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