



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.



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



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.

Quick Facts

Hours of
Climbing

10,000+

Years
Climbing

20+

Number of
Competitions

100+

Media
Features

30+

Competition History

2018 World Championships - 47th
(Combined)

2017 Oceania Continental Climbing
Championships - 1st

2016 Australian Bouldering
Championships - 1st

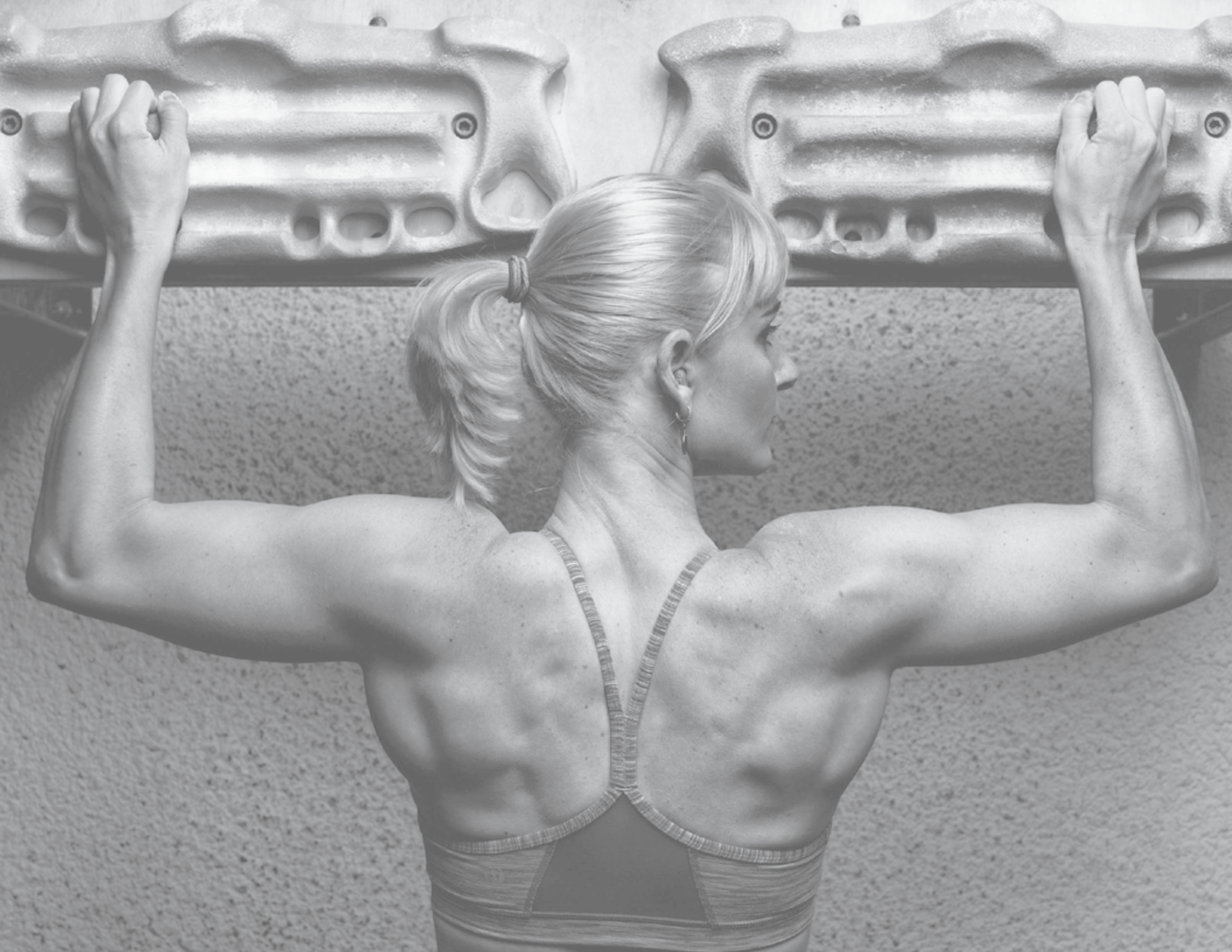
2015 Climbing Escalade Canada
National Series Bouldering, The Hive
North Shore - 1st

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



Media Appearances

Interviews

RACQ Living (2019). Episode 15: Tiffany Melius. <https://www.racq.com.au/Living/Articles/Episode-15-Tiffany-Melius>

Training Beta (2018, June 20). Tiffany Melius on Training for the Olympics and Mental Coaching for Climbers. <https://www.trainingbeta.com/media/tiffany-melius/>

The Minerva Foundation (2017). Women on their Way: Tiffany Melius. <https://theminervafoundation.com/women-on-their-way-tiffany-melius/>

Vertical Life Magazine (2016, December 3). Interview – Tiffany Melius, Australian Women's Boulder Champion 2016. <http://www.verticallifemag.com.au/2016/12/interview-tiffany-melius-australian-womens-boulder-champion-2016/>

Squamish Climbing Magazine (2016, January 22). 2016 BC Open Bouldering Provincials: Interview with Tiffany Melius. <http://squamishclimbingmagazine.ca/2016-bc-open-bouldering-provincials-interview-with-tiffany-melius/>

Adventure Awaits (2015, September 24). Tiffany Melius – My life is an adventure because of the perspective I take on it. <http://adventureawaits.ca/tiffany-melius/>

Videos

Climbing Towards an Olympic Dream (2019): <https://youtu.be/GC0g65GytyA>

Pinnacle Sports, Bouldering with Tiff (2016): <https://www.youtube.com/watch?v=tf9FV5Pltjg>

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)

The Hive Tour de Bloc April 2013: <http://vimeo.com/65951460> (throughout & 4:20, 8:59)

Articles & Mentions

Sheffield Telegraph (2019, January 2). "This is my one and only shot at the Olympics". <https://www.sheffieldtelegraph.co.uk/news/this-is-my-one-and-only-shot-at-the-olympics-1-9516499>

CANZBA (2018, November 8). Tiffany Melius - Competitive Climber. Aspiring Olympic Athlete. <https://canzba.org/resources/Documents/Australian%20Olympics%20hopeful%20trains%20in%20Canada.pdf>

Pinnacle Sports (2018, July 23). Climbing Greatness, Gratitude and Celebration. <https://www.pinnaclesports.com.au/blogs/blog/climbing-greatness-gratitude-and-celebration>

Pinnacle Sports (2018, April 9). An Athlete's Life (Part 2). <https://www.pinnaclesports.com.au/blogs/blog/an-athletes-life-part-2>

Pinnacle Sports (2018, April 3). An Athlete's Life (Part 1). <https://www.pinnaclesports.com.au/blogs/blog/an-athletes-life-part-1>

Gripped (2018, March 1). Indoor Weekly: Aussie Champ Tiffany Melius on Canada Nationals. <https://gripped.com/events/indoor-weekly-aussie-champ-tiffany-melius-on-canada-nationals/>

Gripped (2017, January 21). Muller and Melius Win Rock the Blocs 2017 in Kelowna. <http://gripped.com/events/muller-melius-win-rock-blocs-2017-kelowna/>

Vertical Life Magazine, Issue 19 (2016). Precious Objects Segment. <http://www.verticallifemag.com.au/magazines/>

Set In Stone Photography (2016). Passchendaele V1 Bouldering Festival. <http://setinstonemedia.com.au/shop/events/passchendaele-v1-bouldering-festival/>

Gripped Magazine (2016, June 9). Inside the West Coast's Base5 Open Performance Team. <http://gripped.com/events/inside-the-west-coasts-base5-open-performance-team/>

The Squamish Chief (2016, January 12). First Squamish bouldering competition provides inspiration. <http://www.squamishchief.com/lifestyles/first-squamish-bouldering-competition-provides-inspiration-1.2149561>

Maple Ridge & Pitt Meadows Times, Page 16 (2016, March 25) Local climbers succeed at home. <https://issuu.com/maple-ridge-times/docs/mrttue20140325>

LinkedIn (2016, February 1). What do you do when you fail? <https://www.linkedin.com/pulse/what-do-you-when-fail-tiffany-melius-bci>

Independent Sports News (2014, April 7). Sport Climbing BC Crowns Provincial Champions. <http://www.independentsportsnews.com/2014/04/07/sport-climbing-bc-crowns-provincial-champions/>

Vancouver Magazine; Adrienne Matei (2014, September 24). Reach for the Top. <http://vanmag.com/uncategorized/reach-for-the-top/>; <https://adriennematei.com/Tiffany-Melius>

Athlete Profiles

Climb Base5 (2017, February 16). I would be a very different person without the amazing influence climbing has had on my life. <http://www.climbbase5.com/blog/tiffany-melius/>

Sport Climbing Australia (2017). Tiffany Melius. <https://sportclimbingaustralia.org.au/Tiffany-Melius>

Pinnacle Sports (2016). Pinnacle Ambassadors. <https://www.pinnaclesports.com.au/pages/pinnacle-athletes>

Events

Treeline Women's Climbing Festival (2018). Coach

Ground Up Summer Session (2018). Featured Presenter

Vancouver International Mountain Film Festival (2018). Presenter

Canada Strong Climbing Coaches Conference (2018, September 20). 2017 Banff Coaching Conference. <https://ca.eventbu.com/banff/2017-banff-coachingconference/4035984>

Passchendaele V2 Bouldering Festival (2017). Clinic Coach

Banff Climbing Coaches Conference (2017, September 20). 2017 Banff Coaching Conference. <https://ca.eventbu.com/banff/2017-banff-coaching-conference/4035984>

Passchendaele V1 Bouldering Festival (2016). Keynote Speaker

Urban Climb (2016, October 6). Adventure time with Tiffany Melius. <https://www.eventbrite.com.au/e/adventure-time-with-tiffany-melius-tickets-28246505057#>

Hive Climbing Vancouver (2016, October 28). Women's Health Month. <https://hiveclimbing.com/vancouver/we-love-jugs-october/>

Sally Borden Fitness and Recreation (2016, September 22). 2016 Banff Coaching Conference. <https://www.facebook.com/events/304443583224964/>

For a complete list of media

appearances, visit

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