



# WITHERIDGE RIDING CLUB NEWSLETTER

## SEPTEMBER 2017

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**Welcome** to the 2017 autumn newsletter. I hope you will enjoy reading about how some of our members don't have to work to ride but can actually ride (or work with horses and riders) as their work. We have some exciting training and competitions coming up for the autumn. There are also reports and results from the summer members' and team competitions. Don't forget to let your friends know that they can join the club from October with their membership lasting through to the end of December 2018.

## **A MESSAGE FROM WRC CHAIRMAN, CAROLINE LOWES**

Rainscald at the beginning of September! Even a tough old northerner like me has had to get her lightweight turnout rugs out of storage. But while I have a little moan about the rain, we should all spare a thought for the poor victims of global warming hurricanes around the Caribbean.....

It is the end of summer and we have finished our club competitions in the Paxtons' field, with the last dressage show sadly having to be cancelled due to the wet. I hope we will be able to run a few things through the winter in other places, as well as some clear round jumping sessions in the arena at Mill Barton.

The high spot of the WRC year for me has been Maggi's Willberry challenge success eventing (I hope you've sponsored her!), but we have been well represented in Area competitions as well, particularly by our show jumpers who are busy fundraising to get themselves to the championships at Lincoln. (I used to live an hour from Lincoln and competed there for the Rutland RC - I know just how far it is!).

Happy riding this summer!

Sadly, Michele May has had to stand down from the Committee due to commitments at home. Jane Phillips has offered to replace her, so we will give you a chance to vote her onto the Committee at the AGM. Please don't fail to call me, 01884 860663, if you have any suggestions or queries. Talking is much better than facebooking or emailing - communicating rather than broadcasting!

I hope you all have a happy autumn with your horses.

*Caroline*



We will shortly be arranging the club Christmas dinner. It has been at the Tiverton Hotel recently. If anyone wants to suggest somewhere different please email [wrc2014secretary@gmail.com](mailto:wrc2014secretary@gmail.com)

## **WELCOME TO NEW MEMBERS**

Verena Blyth, Ruth Ferguson, Pip Halpin, Louise Hudson, Nikiah Maidment (J), Emily Mayes, Claire Owen, Matilda Paxton (J), Naomi Sims

## **RAFFLE TICKETS**

The WRC show jumping team are holding a draw to raise funds to help towards the cost of their trip to the BRC Championships. Although the club contribute a small part of this, there are still travel and other costs to cover. The draw tickets are sold with money split between the team costs and the Calvert Trust, Exmoor. 1<sup>st</sup> prize £50 meal voucher for the George Hotel, South Molton, 2<sup>nd</sup> prize Hamper from the Chees Shop, South Molton, 3<sup>rd</sup> prize Voucher for the Big Sheep and many other prizes and vouchers. Tickets for sale, £1 each, from Acorn Saddlery South Molton and at WRC events or from members of the team.

**Riding club sweatshirts, rugby shirts etc** Don't forget you can order WRC embroidered hoodies, polo shirts and jackets from Margaret at Maritime Motifs South Molton tel. 01769 572727 or e-mail [maritime-motifs@hotmail.co.uk](mailto:maritime-motifs@hotmail.co.uk) Orders can be payed by BACS or credit card and can be posted direct.

## **Dressage to Music CDs**

Following the DTM training session last year we have available CDs with associated Prelim test that members can borrow. The CD has music by Mantovani with walk, trot and canter movements. The CD was purchased from Sapphire Sounds who are a good source of music for dressage. Contact Ros Fisher-Smith if you want to borrow a CD stating whether your horse's paces are similar to a 15hh or 16hh.

## Some dates for the autumn WRC events in blue, training in red, BRC in black

2-3/9/17	NAF BRC National Championships
6/9/17	Tim Cheffings training
8/9/17	Mary Baillie training
10/9/17	Day camp Paxtons' field
14/9/17	Irene Perrett training
15/9/17	Mary Baillie training
20/9/17	Day camp Paxtons' field
8/10/17	Liz Loader training
8/10/17	Winter dressage Novice
9-12/10/17	NDRC & WRC October Camp
11/10/17	Rebecca Haxell training
15/10/17	WSDDC Dressage Champs
18/10/17	Rebecca Haxell training
22/10/17	Liz Loader training
27/10/17	Rebecca Haxell training
29/10/17	Dressage competition, Downe Farm
5/11/17	Liz Loader training
26/11/17	Combined training competition, Downe Farm
13/1/18	Winter Dressage Intermediate

## Summer Events

We have had mixed fortunes with our summer events. On the whole the field has stayed OK for riding but the weather forecast has been threatening in the days leading up to events. And the final dressage and clear round competition had to be called off due to the weather.

Only one members' only dressage show was able to be held in the field but we held a few different jumping competitions for our members this year, with clear round jumping alongside the dressage competition, a combined training and some pure jumping. We have been running a clear round accumulator series through the year with our winner being announced at the AGM along with other trophy winners.

These small shows are good fun and very friendly. Everyone who enters or comes along to help seems to enjoy them but, considering our membership of 130+, they are relatively poorly supported.

## SOCIAL EVENTS

### BARBECUE

The Club barbecue started at 7pm. At 7.15pm the heavens opened and, sadly, had no intention of closing! So we hurriedly put up the gazebo and managed to squeeze about 40 people under it, including BBQ Master Chef, David Lowes. Dustsheets were found to protect the music room floor from our sodden feet and we moved inside for delicious desserts produced by Kiersten. Meanwhile, Tania Gale and her granddaughter didn't really notice the rain as they seemed to spend the entire evening in the pool - we were all very impressed! Two resolutions for next year: decent weather please and not to clash with West Wilts Horse Trials, which again deprived us of one or two serious party animals.....

### SIDESADDLE DEMO

Fourteen of us attended Amelia Green's sidesaddle evening at Coddiford. She showed us all the kit, from her elegant habit to the antique saddle she uses. She explained the principle of hooking your right leg over the pommel and wedging your left leg up into the lower pommel to make you secure. There is an extra balance strap on the offside attached to the girth to help keep the saddle central and your offside leg aids are replaced by using your whip.

Her lovely 25yo ex 4\* event horse, Grim, was beautifully schooled, particularly in the all important walk-canter transitions (trotting sidesaddle is no fun) and Amelia jumped three fences in great style for us. She then asked for guinea pigs (I had been pre-warned) so Caroline, Kiersten and Jenny all "had a go" - three different types of riders all having a great time. But **everyone** had a great time - Rob Wedden was very hospitable and we had tea, coffee and cakes in the kitchen afterwards. Many thanks to Amelia for such an interesting evening, thoroughly enjoyed by all.

## Events for the autumn

We have arranged 2 shows to be held at Downe Farm in the next couple of months. This way we can't be beaten by the weather!! There will be a dressage show on 29<sup>th</sup> October and Combined Training (Dressage and SJ) on November 26<sup>th</sup>. Schedules will be sent round separately. We hope to see plenty of you there.

### **NDRC AND WITHERIDGE OCTOBER CAMP**

Mon 9<sup>th</sup> Oct to Thurs 12<sup>th</sup> Oct

Arriving Monday morning ready for lunch at 11.30am and leaving on Thursday after lunch.

The price is £300, with a deposit of £100 needed to secure your place, or pay it all up front. Full payment must be received by Friday 22<sup>nd</sup> Sept.

Payment by BACS to Lloyds TSB North Devon Riding Club Acc no 00385651 Sort Code: 30 90 49 ref: campNDRC or cheques payable to NDRC to be sent to Alf Broadhead, Yetland Bungalow, Combe Martin, Ilfracombe EX34 0NT

All horses must have current Flu vaccination certificate and passports will be checked upon arrival. More information will be sent out nearer the time.

Any questions email Alf on [a.broadhead519@btopenworld.co](mailto:a.broadhead519@btopenworld.co) or mob 07791 315646 text preferred as working shifts

## TRAINING NEWS

We have tried some new trainers over the summer. **Paul George** ran some show jumping clinics at his yard in Lapford near Crediton. Those who attended came away very positive from the way he had helped them and given them exercises to work on at home. He encouraged riders to push themselves though one rider, who really enjoyed her lesson, did say that he wasn't for the fainthearted!

**Helen Griffiths** dressage judge and rider held two lots of clinics at Beechdale in West Anstey. She worked with riders in pairs or as individuals. She was very helpful in identifying and improving both horse and rider. Those who had individual lessons particularly liked her use of a radio microphone which made hearing and concentration very easy.

A few members tried out new trainer, **Jo Pulleyblank**, over three sessions at Mill Barton. Jo used polework exercises to help improve flatwork. Her sessions were fun and informative. Jo very much enjoyed teaching the riding club for the first time.

### **Training with Mary Baillie**

Mary has held regular sessions over the summer at the Paxtons' field. Members have been able to choose whether they wanted jumping or flat work. These have proved popular as usual and we have had Mill Barton as a fall back when the field has been too wet. These will continue as long as the daylight allows. Please contact Amelia on [07555270458](tel:07555270458) to book in or email [mielegreen@hotmail.co.uk](mailto:mielegreen@hotmail.co.uk)

### **Training with Irene Perret**

As always these sessions with Irene are proving to be very popular. Two sessions have already taken place and another one coming up soon. Irene is excellent at extracting the best from both horse and rider. It is also very beneficial to have the mirrors on two sides of the arena.

## Training with Tim Cheffings

We managed to run some jumping sessions with Tim at the start of the month. Riders had the choice of show jumping or XC with most choosing show jumping – they obviously couldn't resist the chance of riding in the lovely new arena over their fabulous new set of jumps.

**Looking After the Riding Club Horse with Irene Perret at Drayford on 26th June 2017** A small number of members had a very pleasant evening sat in the sun in Irene's garden! Irene talked about how to prepare a horse for competition. She included horse fitness, rider fitness, feeding, the digestive system, tack, bits, boots and bandages, studs, competition warm-up. We then had coffee and cakes and a chat. Unfortunately after our social we had run out of time so Irene talked just briefly about after a competition. Everyone had some input or a question to ask so hopefully everyone got something out of it. Irene is a mine of information and I'm sure we could have listened to her for hours!

*Tamsin O'Connor*

## COMING UP IN THE AUTUMN

Month	Trainer	Discipline	Venue
September	Mary Baillie	All	Paxtons'
October	Rebecca Haxell	SJ &XC	Downe Farm
September/ October	Liz Loader	Flatwork	Rackenford EC
November	Farrier	Unridden talk and social	Wetheridge Village Hall Committee rooms (tbc)
January/ February	Tim and Vanessa	All	Downe Farm

## Show jumping or cross country training at Downe Farm with Rebecca Haxell BHSII

Rebecca is a part of the team at Downe Farm Event Centre. She is a British Accredited Coach and BHSII. At Downe Farm she mainly teaches and supervises the apprentices training for their level 2 horse management and riding through Duchy College. She has worked at a number of BHS training establishments including as Senior Instructor at Wellington Riding Centre in Hampshire. She describes her teaching as that she loves to pass on her knowledge and explain to the riders how and why their horse is going in a certain way and clearly explain how to make the changes to improve both horse and rider. She says, 'I never lose sight of the fact that to me riding is about having fun first and foremost and staying as safe as possible?! We can't all be top event riders like Tim, but we can enjoy our riding just as much!'

Dates: 11<sup>th</sup>, 18<sup>th</sup>, 27<sup>th</sup> October starting at 12noon

Rebecca will be teaching in groups of 2 or 3, either show jumping or on the cross country course. Please state your preference when you book and also state the level at which you are jumping. Given the time of year, everyone will be booked for the arena but please indicate when you book if you would like to use the XC course, if available.

£45 per group SJ outdoor arena

£40 per group SJ indoor arena

£20 per horse XC (min of 3 per hour/group)

Book with Ros Fisher-Smith at [fishersmith@eclsipe.co.uk](mailto:fishersmith@eclsipe.co.uk) or on 01398 341799

## Flat work with Liz Loader at Rackenford Equestrian Centre (EX16 8ER)

Sundays 8th October and 22nd October and 5th November Starting at 11.00am

These sessions will be flatwork only and are aimed at helping people with training and going to events with their horses. Sessions will be in groups of 2 or 3 and cost £36 per group for 1 hour. It is £12.00 each for a group of 3 and £18.00 each for a group of two. Liz is offering three different types of session so please indicate your option(s) when booking

1. Getting the best out of school work – including conventions for working in a group/warming up at competitions (etiquette) Also how to ride simple movements, e.g. 20m and 10m circles, serpentines and centre lines.
2. How to make your schooling sessions more fun for you and your horse. Learn movements and shapes and different routines.
3. Having a go at moving sideways. Leg yielding, turn on forehand/haunches, etc.

Book with Sophie Marshall, [stephenmarshall200@btinternet.com](mailto:stephenmarshall200@btinternet.com) or 07532 185416 Please indicate which of the above you would like to attend in order of preference and what level you are at, so we can group horses accordingly.

### **Liz Loader BHSAI Accredited Professional Coach**

Liz has worked with and taught lots of different types and breeds of horses and the rehabilitation of horses from various backgrounds to improve their quality of life and being. A experienced Instructor who's taught for over 20 years, pony club, riding club, previous own riding school and private clients. Liz's experience has enabled her to have many different ways using school figures and some simple dressage movements as a means to an end to achieve a straighter, active and better moving horse. Liz has a kind, empathic and intuitive approach to teaching, helping horse and rider to feel relaxed and able to get the most out of any training session. Discussing and working with each individual partnership their aims and what approach will work for them to improve their horses' way of going to be able to move forward with their riding achievements whatever those might be.

### **MEMBERS' NEWS**

**Daisy Waldron** Rachel Waldron – Daisy's mum and 'riding club secretary' told us "*Following a lovely gap year of work, travel and successfully competing Barney, Daisy is off to university at the end of the month. Barney has earned a few months rest - and hopefully back to work at Christmas in readiness for some competing next spring! That is Plan 'A', so fingers crossed*"

Jackie Hutchings sent us this short piece regarding WRC committee member, **Tamsin O, Connor**, who rides and competes on her Arabian horses.

*At the Arab Nationals in Malvern Tamsin rode two of my mares in the dressage: Pakama in the Prelim in which she won – all the more impressive as a mare and an ex-racehorse, she also had 7<sup>th</sup> in the in the Novice. Tamsin's 2nd ride for me was Mellway Silver Sheen who had won the Prelim last year with Tamsin. This year Sheen went on to win the Novice and come 6<sup>th</sup> in the Elementary. Not only that but they were part of the South West Team which gained 2nd with only 3 riders. Then just a couple of weeks later, Tamsin came first and second in her Prelim and Novice tests at the British Arabian Championships in Herefordshire with both Pakama, and Mellway Silver Sheen. What a great rider and achievement!*

### **Maggi Woodward's Wobbleberry Challenge**

In September 2016, Frankie Sotheran sent me a link on Facebook to The Wobbleberries Challenge and her comment was "a must for you ladies and a very worthy cause!!" So I clicked on the link as I had no idea what is all about to find it was a challenge for middle aged, wimpy riders to go eventing in memory of the late Hannah Francis and to raise money for her charity Wilberry Wonder Pony. The exact challenge was to compete at a British Eventing 80 event in the autumn of 2017. It said to get there would require lots of challenges along the way - such as getting fit, losing weight, conquering nerves, training hard and learning the skills necessary to be able to compete safely. I certainly ticked all those boxes! It had always been a childhood ambition to ride at a BE event and in a moment of madness I found myself filling in the form and sending it off. And that was it – I was accepted and it was the start of an amazing journey and one I would recommend to any of you out there who, like me, are not getting any younger but still have that urge to do something challenging before it is too late!

I had not competed for 35 years and I had jumped at our camp 5 years ago but managed to fall off and decided jumping was not for me! So it was a very scary thought that I had to somehow get over the nerves and start leaving the ground again. But thanks to Irene Perrett, Mary Baillie and Tim Cheffings, between them over this last year, they built my confidence and gave me the belief in myself and my fantastic horse, JJ, that "we could do it"!

There were lots of ups and downs, highs and lows and a few falls along the way but finally the day arrived for me to complete my Challenge at Treborough Horse Trials. I was so nervous - I was sure to forget my dressage test, go wrong in the show jumping and the cross country looked enormous. But those negative thoughts had to go as I had the Wobbleberry Challenge to complete and complete it we did! I had 21 dressage (2<sup>nd</sup> best test in my section and the best I have ever done), clear show jumping and clear cross country with 12 time penalties and was placed 6<sup>th</sup>. Never in my wildest dreams did I think it would go so well. JJ was brilliant and did his very best in every phase and gave me the ride of my life cross country. What a wonderful horse he is!

So thank you to everyone who has supported and sponsored me. We have raised over £850 for Hannah's charity. I am so proud to have been part of this wonderful legacy and hope I may have inspired some of you to take up the Wobbleberry Challenge 2018!

## TEAM NEWS

**Area 12 Horse Trials at Bicton Arena on 11th June 2017** I am really proud of all the eight members who represented the WRC at Area 12 eventing. Our 90 team, with only three members, just missed qualifying for the national championships by coming 2nd, and they were all placed individually:

Alicia Balfour and Kate Moss were 5th in their section

Amelia Green and Grimley Fiendish were 6th

Jane Phillips and Rackenford Cruiser were 7th

Other individual placings were:

Sarah Midwinter 3rd in the 80 competition

Caroline Thompson 9th in the 100

Daisy Waldron 10th in the 90

Nicky Day, on a green horse, completed, as did our heroine of the day,

Maggi Woodward, getting a double clear in her first ever 80 event (and the course was fully up to height)!

It was a long and exhausting day (8.30am - 6pm) but incredibly rewarding. Thank you all, and congratulations to the Witheridge Riding Club!

*Caroline Lowes*

### **Area 12 Summer Show Jumping – June 25<sup>th</sup>, Heazle**

A good day at the Area 12 Summer SJ! Sally Watts won the individual 70cm area class, and the 80cm team won the national qualifier. The Style team came 2nd in the national qualifier, with Sharon Routley 1st, Carolyn Day 3rd, Sian Brown and Carol Luxton 4th. And Sian was 1st and 2nd individual in the 90cm national qualifier, with Sally 3rd. So we have qualified for the British Riding Clubs (BRC) National Championships at Lincoln with our 80cm team of Carolyn, Carol, Sharon and Andy Miller, and for Style Sharon as an individual, and Sian as an individual in the 90cm class.

Many thanks and well done to Sian Brown for organising the teams.

### **Area 12 Summer Dressage at Aldon, Yeovil on 29<sup>th</sup> July**

Unfortunately we didn't have a team for the summer dressage this year. But we did have two Senior individuals competing who did a great job of representing Witheridge.

Carolyn Day rode Greycroft Ronan in Prelim 18 and they finished just out of the placings in 8<sup>th</sup> place out of a large class of 21.

Kim Dart rode Jaysans in Novice 24 and Novice 34 where she finished 3<sup>rd</sup> in both classes.

As always, the standard was very high so well done to Carolyn and Kim who were both really pleased with their horses.

**BRC champs at Lincoln – 2<sup>nd</sup> – 3<sup>rd</sup> September, Lincoln** An early start for the 5 horses, riders and helpers to travel to the NAF BRC summer championships held at Lincoln Showground. A good journey meant we could secure a good location to set up camp and settle the horses in before competing on the Saturday. We had a mixed day. The 80cm team consisting of Andy Miller, Carolyn Day, Sharon Routley and Carol Luxton jumped well over a colourful course to finish on 32 faults giving the team 14th place. Carolyn and Sharon also competed as individuals in the style jumping finishing midway in the placings. I (Sian) competed as an individual in the 90cm but unfortunately had to retire due to injury. A good weekend was had with 5 young / novice horses, lots to look forward to in future team events.

We are running a raffle with 1st prize a meal voucher and many other prizes including hampers, vouchers for Crealy. Proceeds from the sales are being split between The Calvert Trust and the WRC team. Tickets can be purchased from any of the above mentioned and hopefully at any WRC events prior to the draw on 5th November.

*Sian Brown*

## **Report from the 80cms team at Lincoln**

Our team comprised Carol on Foxy, Sharon on Molly, Carolyn on Freddie and Andy on Tommy. All the horses are young and inexperienced so we set off with some trepidation. All horses loaded into the big lorry well and we were on the road by 5am Friday morning. We had a good run up driven by our brilliant lorry drivers Lisa and Tony and arrived about 11am.

The horses settled well into the temporary stabling and by teatime we had taken them for a good canter around the fields, with some hilarity at Carolyn's lack of brakes and walked the course for the next day's competition.

Saturday dawned shrouded in mist which made the jumps less bright and scary but the ground was slippery. The course had lots of unusual fillers and was up to height with good spreads. The horses jumped well with Carol and Andy going clear. Carolyn and Sharon rolled a few poles but the team was in eighth after the first round.

The fences went up for the second round, the sun came out and dried the ground and the course needed positive riding. Sharon went clear but the other three all had 8 faults putting the team just out of the placings. It was a good positive result for such young, inexperienced horses – bring on the next qualifier!!

Sharon and Carolyn jumped as individuals in the style jumping. Both jumped good rounds but incurred a few time penalties due to the hard ground and were not placed.

*Carolyn Day*

## **Rising stars show jumping and dressage**

Unfortunately both Rising Stars competitions were cancelled which was a great shame. It is such a friendly competitions and a good opportunity for people who don't feel good enough to ride in the Area 12 competitions to have a go. Perhaps next year .....

## **RIDING TO WORK RATHER THAN WORKING TO RIDE**

Many thanks to those members who sent us pieces about how they work with horses and riders

**Hermione Perry MSc – Equine Nutritionist & founder of The Little Feed Company (launching Sept 2017!)**

I've always been interested in nutrition and really enjoyed the science part of home economics at school, but I decided on a biology degree at Exeter just so I could get home easily to ride! It was quite by chance that I discovered an Equine Science Masters degree at Aberystwyth (the only one on offer in the country at that time) and they even had livery facilities so I could take my horse with me! At this time I owned a horse with azoturia and I began to understand the influence a horse's feed can have on his health. After graduating, I was lucky enough to secure a job with NAF, moving to Brincombe Equine as Equine Manager after 6 years. I am now a bit of a supplement specialist as I have worked in the industry for 19 years.

Every horse is an individual and feeding supplements can help the owner to tailor-make feeding regimes to suit each horse. As well as balancing the diet with vitamins and minerals, electrolytes etc, natural ingredients (including herbs, minerals, plant extracts...) really can make a huge difference to our horses' health.

At the end of September I will be launching The Little Feed Company with my own range of products for horses, dogs and chickens. I will be promoting some unique Devon grown ingredients & using local producers. A lot of the big companies just seem to churn out new products every week in order to boost sales and increase profits. I am taking a bit more of an artisan approach, using local suppliers and local ingredients to make high quality formulas.

If you would like to trial a turmeric supplement for your horse or dog or are looking to improve condition & muscle tone on your horse please contact me as I am looking for some testers! [hermione.perry@btinternet.com](mailto:hermione.perry@btinternet.com) / 07791 842457

### **Tamsin O'Connor - Freelance Groom / Rider**

I started working as a freelance groom and rider 4 years ago. Having been asked by a couple of friends if I could help them with their horses I wondered if I could make my passion my job. I decided to become self-employed and give it a go! So I phased out my two part time jobs and I now work part-time to fit in with collecting Hollie from school. I had some 'interesting' horses to start with, taking on anything that was offered. But I now have a full quota of lovely horses to exercise to consist of happy hackers, riding club horses and hunters, either hacking out or riding in the school. They are all different types, shapes and sizes! I exercise these horses on a regular basis, usually once a week and ride on average four horses per day. Some of the horses I just exercise but others include grooming, mucking out, tack cleaning, plaiting for hunting etc. I also quite often get asked to pull their manes too. Lots of horses have come and gone but I also still have a number of my original clients from when I first started. In addition to this I have a few clients who I provide holiday care for their horses, mainly during the summer months. I also have to fit in the care of my own horse so it is really useful to have a job with flexible hours. It can be challenging in the winter but rewarding in the summer. I have always enjoyed riding different horses and feel that riding a variety of horses has improved my riding over the years.

*Tamsin O'Connor*

### **Katherine Hawke**

My husband is Nigel Hawke National Hunt Race Horse Trainer & former jockey who won the Grand National, together with our hard working & dedicated team we produce 60 horses for national hunt racing. This is our busy period with getting the older horses fit for the coming season & producing the young horses ready for their first season on the race track. The horses are trained over our 220 acre organic livestock farm, we have a 7 furlong all weather carpet fibre gallop ( which we do hire out), a 4 furlong circular sand gallop, schooling hurdles & fences, & a rubber / sand arena, with many portable jumps.

The horses are fed our own organic hay, spring water & Red Mills feeds who are also our sponsor. We travel all over Great Britain to all National Hunt Race tracks & you may see our lorry on the road!

We source the race horses from the sales both in England & in Ireland & France & privately & we enjoy producing the young race horses of the future. Alternatively owners or studs send us their progeny to break & train.

We have a mixture of owners that love their horses & enjoy the buzz & excitement of racing. We also have syndicates where a group of people have collectively got together to own a race horse which is great fun. We also have a racing club which runs at least 4 horses per season. With seasonal yard visits & race course owners' badges combined with the prospect of winning some prize money this is an affordable & fun option. We also promote most of our young horses through the racing club...the stars of the future...!

If anyone is interested in learning more about what we do, or is interested in owning a race horse, being part of a syndicate, or joining the Nigel Hawke Racing Club do give us a call.

Nigel Hawke 01884 881666, 07769 295839.

Katherine Hawke: 07770997134.

[nigel@thornefarmracingltd.co.uk](mailto:nigel@thornefarmracingltd.co.uk)

### **Jane Penfold - Instructor, equine bodyworker and Pilates teacher**

I've been a riding instructor, mostly freelance, for many years. I'm a Level 3 Coach in Complete Horsemanship. I did my initial training at the prestigious Porlock Vale and rode and trained in a number of countries. I was always attracted by a more 'classical' way of riding. The international dressage judge with whom I trained for three years was very hot on lightness in the hand (not a gadget in sight!), and I later worked in Scotland with famous classical trainer Sylvia Loch.

My other interests are all offshoots of teaching. Dressage judging was something I started while temporarily horseless - it stuck, though it's now in danger of being elbowed out by other things!

I trained in Pilates to help riders and to understand more about rider biomechanics.

I now teach it to a mix of riders and others who just want to be able to do the gardening without getting backache! A little bit of Pilates goes a long way and it's really rewarding.

More recently my interest in horse biomechanics led me to an equine massage qualification and then to train as a Certified Practitioner of the Masterson Method® of equine bodywork (which uses a range of techniques eg myofascial release, acupuncture, joint mobilisations...) It helps horses enormously to release excess tension and to increase their range of movement. They really show their appreciation, and the work has brought a whole new dimension to my understanding of the demands we place on our horses and how they 'cope' or compensate.

Finally, frustrated by a local shortage of saddle fitters, I have just signed up to train as one. I think I am a course junkie. Watch this space!

My contact details: [www.flexiblehorse.co.uk](http://www.flexiblehorse.co.uk) . 01598 740114, 07711 130371, [Janepenfold@aol.com](mailto:Janepenfold@aol.com).

### **Carolyn Day – Instructor, Calvert Trust, Wistlandpond, Blackmoor Gate**

The Calvert trust is an activity centre for people with all kinds of disabilities to come and stay with their families or carers. They take part in all kinds of adventure – canoeing, abseiling, biking and riding or carriage driving. Many people have never been on a horse before and my job is very rewarding giving people the experience of being on a live horse, especially if they are normally confined to a wheelchair. Families are able to take part all together which is not normally possible.

We rely heavily on volunteers to lead the horses and would very much like to hear from anyone who could spare a morning or afternoon of their time to help, or even a whole day (lunch provided). Tuesdays, Wednesdays and Thursdays are the days when most help is needed. If you can help please get in touch with me, Carolyn on 07719 904516

### **Liz Loader Rackenford Holistic Healing & Equestrian Centre 07817746112**

I trained to become a riding instructor when I was having lessons with a lady who inspired me.

I freelanced initially, then a conversation on a night out with friends about setting up my own riding school set a seed and it opened in the following year 1999 and ran successfully for eight years.

In 2005 I started being drawn towards Reiki, finding a course to attend proved difficult and I shelved it several times.

Later in 2006 I gave up the riding school and a chain of events led me to experiencing my first Reiki healing session. It was a wonderful relaxing feeling, I could feel warmth where the therapist was working, it was lovely. Reiki energy just flows to where it is needed for the higher good of the patient. The next day I felt a tonne of weight had been lifted and my body felt less restricted.

After this session I started to realise I was much more aware of how the livery horses felt on a deeper level. With the help of the Reiki therapist I developed my own natural healing abilities, communication, giving healing and sending distant healing. It was amazing developing the skills and using them with great success, three years later I became Reiki attuned in 2010.

Realising how beneficial my healing skills were combined with my traditional instructor knowledge I teach intuitively and help horse and rider during tuition or on specialist livery with problems they are having, using Reiki and communication to understand where the issue is first and work accordingly to help eliminate it and bring harmony to their relationship.

My rehabilitation horses from various backgrounds, with mental, emotional and physical issues respond positively to my empathic, intuitive and healing approach. Seeing the change for the better is very rewarding.

### **Debbie Dyke – currently (almost) full time mum**

Having worked in International eventing /dressage for the last 20 years plus, ran my own horse transport business and taking holiday horse livery, I am having a break until my son is a little older and I get back out on the road again. I still work freelance driving horseboxes across Europe dropping off clients at an event and fly home and repeat etc.

However just recently I offered up my services on a nationwide Internet auction to raise money for an eventer friend of mine. To my amazement what somebody paid for me far exceeded my expectations so I think I'd better practice my plaiting!!

When I am all settled I will be starting my horsey holiday Liveries again so please feel free to contact me if this is of interest.

[debbiedyke21@gmail.com](mailto:debbiedyke21@gmail.com)

**Sian Brown – Instructor and Livery Yard owner, West Wilson Farm, Rackenford**

I was brought up with horses, my mum being a riding instructor and dad judged at the local riding club jumping shows ( though I think this was more of a ' if you cant beat them, join them' scenaro being more of a rugby man). We lived in Essex, I trained and become a registered vet nurse working with both small and large animals, and at the age of 21 had my first own horse after years of sharing with my sister and riding everybody else's problem ones. After getting married, we made the big move of leaving all our family and friends and moving to Devon to get out of the rat race. We left our small cottage and brought my 2 horses which were kept at livery to our present farm to start a livery business. With the facilities we had I could do my UK coaching certificate with BS and become a BHS registered instructor. I could then follow my dreams in working with people to reach their goals and run a small yard to help fund my horses. I still continue to vet nurse one day a week and am now watching my rising 4 year old daughter step into my shoes by telling people what needs doing and whether I'm riding correctly or not! And a big thank you to my husband Spencer for taking on a horse crazy wife.

**Judith Kitchen - Freelance Instructor/Trainer**

It was by accident that I first started freelancing, I had moved back to London and through an old work colleague I started picking up a few hours of teaching gradually building up enough work to live to becoming very busy.

Over the years of teaching, training and competing I began concentrating more on flatwork for both horse and rider. My main aim is to teach riders feel and how their position and weight influences the horse and that all types of horses/ponies can move forward freely in an outline.

The joy of being freelance is that it gives you more freedom to fit work round your personal life but at times you can work more hours than a 9-5 job! However, it can be precarious if you want a steady income, it only takes a horse to be lame, inclement weather or client moving away and you have lost part of your income.

Since moving to Devon two years ago being freelance fits around family life and gives me time to ride my own horse.

*Many thanks to everyone who has contributed to this newsletter. Any items of interest for the next newsletter please send to Ros Fisher-Smith at [fishersmith@eclipse.co.uk](mailto:fishersmith@eclipse.co.uk)*

## SHOW RESULTS

### COMBINED TRAINING - PAXTON'S FIELD 17-06-17

#### CLASS 1a

<u>RIDER</u>	<u>HORSE</u>	<u>RIDING CLUB</u>	<u>DRESSAGE</u>	<u>S/J</u>	<u>TOTAL</u>	<u>POSITION</u>	
Joanna Lee	Il Marinaio	Sid & Otter	22.7	12	34.7	1st	Best RoR
Victoria Plume	Florence	Witheridge	33.5	4	37.5	2nd	
Carolyn Day	Greycroft Ronan	Witheridge	44.5	4	48.5	3rd	Best Connemara
Hattie Cresswell	Gypsy Jo Black	Sid & Otter	54.0	12	66.0	4th	
Louise Nash	Azola Bar Blue	Witheridge	43.0	E	E		

#### CLASS 1b

<u>RIDER</u>	<u>HORSE</u>		<u>DRESSAGE</u>		<u>TOTAL%</u>	<u>POSITION</u>	
Rachel Forster	Tao	Witheridge	60.75		60.75	1st	
Sally Hyde	Newtown PG	Witheridge	60.0		60.0	2nd	Best Connemara

#### CLASS 2a

<u>RIDER</u>	<u>HORSE</u>	<u>RIDING CLUB</u>	<u>DRESSAGE</u>	<u>S/J</u>	<u>TOTAL</u>	<u>POSITION</u>	
Sian Brown	Baringa	Witheridge	36.10	0	36.1	1st	
Victoria Plume	Florence	Witheridge	35.00	4	39.0	2nd	

#### CLASS 2b

<u>RIDER</u>	<u>HORSE</u>	<u>RIDING CLUB</u>	<u>DRESSAGE</u>		<u>TOTAL %</u>	<u>POSITION</u>	
Tamsin O'Connor	Pakama	Witheridge	73.95		73.95	1st	
Tamsin O'Connor	Mellway Silver Sheen	Witheridge	61.84		61.84	2nd	

#### CLASS 3a

<u>RIDER</u>	<u>HORSE</u>	<u>RIDING CLUB</u>	<u>DRESSAGE</u>	<u>S/J</u>	<u>TOTAL</u>	<u>POSITION</u>	
Jane Phillips	Rackendorf Cruiser	Witheridge	38.0	8	46.0	1st	
Caroline Lowes Samatha	Galway View	Witheridge	31.0	16	47.0	2nd	Best RoR
Englefield	Bungalow Bill	Witheridge	43.0	4	47.0	3rd	
Di Sealey	Dan	Witheridge	36.5	12	48.5	4th	

#### CLASS 3b

<u>RIDER</u>	<u>HORSE</u>	<u>RIDING CLUB</u>	<u>DRESSAGE</u>		<u>TOTAL %</u>	<u>POSITION</u>	
Tamsin O'Connor	Pakama	Witheridge	70.75		70.75	1st	
Tamsin O'Connor	Mellway Silver Sheen	Witheridge	66.00		66.00	2nd	

**Results of Dressage and Combined Training 16th July at Paxton's Field,  
Rackenford**

<b><u>Class One</u></b>	<b><u>Intro A</u></b>		<b>Score</b>	<b>%</b>	
<b>Section A</b>					
1st	Jennie Dallas	Kashka	170.5	74.13%	
2nd	Jo Bradley	Away with the Fairies	161.5	70.21%	
3rd	Amelia Green	??	158	68.69%	
4th	Emily Mayes	Monty	153	66.52%	
5th	Nikiah Maidment	Pakama	147	63.91%	
6th	Jane Phillips	Fair Duchess	145.5	63.26%	RoR
7th	Zoe Boyles	Izzy	144.5	62.82%	Prize
8th	Katherine Hayball	Bangle	127.5	55.43%	
<b>Section B</b>					
1st	Nikiah Maidment	Mellway Silver Sheen	162.5	70.65%	
2nd	Alf Broadhead	Lexi	156	67.82%	
<b>Class Two</b>	<b><u>Prelim 2</u></b>				
1st	Maggi Woodward	JJ	193	66.55%	
2nd	Alf Broadhead	Lexi	184.5	63.62%	
3rd	Caroline Lowes	Boris	173	59.65%	
4th	Jennie Dallas	Kashka	171	58.96%	
5th	Jane Phillips	Fair Duchess	161	55.51%	
6th	Milly Bradley	Away with the Fairies	156.5	53.96%	
7th	Judith Kitchen	Clover Bay	139	47.93%	
<b>Junior</b>					
1st	Nikiah Maidment	Mellway Silver Sheen	192	66.20%	
<b>Class 3</b>	<b><u>Prelim 13</u></b>				
1st	Tamsin O'Connor	Pakama	188.5	78.54%	
2nd	Sarah Midwinter	Marley	180	75.00%	
3rd	Carolyn Day	Freddie	176.5	73.54%	
4th	Maggi Woodward	JJ	174	72.50%	
5th	Zoe Boyles	Minnie	169	70.41%	
6th	Sally Hyde	Newtown	165	68.75%	
7th	Kerry Sleep	Smart Time	152.5	63.54%	
8th	Judith Kitchen	Clover Bay	132.5	55.20%	
<b>Class 4</b>	<b><u>Novice 27</u></b>				
1st	Tamsin O'Connor	Mellway Silver Sheen	209	74.64%	
2nd	Tamsin O'Connor	Pakama	198	70.71%	
3rd	Sally Hyde	Newtown	171	61.07%	

**Class 5 Combined Training**

1st	Sarah Midwinter	Marley	75.00%
2nd	Carolyn Day	Freddie	73.54%
3rd	Maggi Woodward	JJ	72.50%
4th	Zoe Boyles	Minnie	70.41%
5th	Amelia Green	??	68.53%
6th	Emily Mayes	Monty	62.52%
7th	Jane Phillips	Fair Duchess	59.26%
8th	Zoe Boyles	Izzy	58.82%
9th	Maggi Woodward	JJ	58.55%
10th	Caroline Lowes	Boris	55.66%
11th	Jennie Dallas	Kashka	50.97%

**WRC Members SJ Results – Friday 11<sup>th</sup> August 2017 @ The Paxton's Field****70cm**

- 1<sup>st</sup> Sian Brown & Molly
- 2<sup>nd</sup> Tamsin O'Connor & Sheen
- 3<sup>rd</sup> Nikiah Maidment & Pakama
- 4<sup>th</sup> Zoe Boyles & Minnie

**80cm**

- 1<sup>st</sup> Connie Isaac & Cruiser
- 2<sup>nd</sup> Caroline Lowes & Stella
- 3<sup>rd</sup> Sarah Midwinter & Marley
- 4<sup>th</sup> Daisy Waldron & Barney
- 5<sup>th</sup> Amy Harris & Flicka
- =6<sup>th</sup> Zoe Boyles & Minnie
- =6<sup>th</sup> Sian Brown & Molly

**90cm**

- 1<sup>st</sup> Caroline Lowes & Stella
- 2<sup>nd</sup> Connie Isaac & Cruiser
- 3<sup>rd</sup> Daisy Waldron & Barney
- 4<sup>th</sup> Kate Kellaway & Roxy