

# **Welcome to the Summer newsletter of the North Downs Riding Club**

## **Summer 2010**

You know your life is sad when during a heat wave, when all around you are enjoying the marvellous weather with BBQ's & picnics, all you can think of is 'I wish it would rain so the grass will grow and the ground ease up'! And worse still, when the rain finally arrives and you are the only one dancing for joy!

Well the hot weather certainly didn't stop NDRC being out and about at lessons, demos and team competitions – thank you to everyone who has supported the club despite the extreme weather. So to give you an update on what's been happening and forthcoming events....

### **AGM**

March seems a while ago now when we held the first AGM for NDRC. There was a fabulous turnout at the Cock Inn, Headley. As the Chairman's report (report attached at the end) revealed, 2009 was a busy inaugural year for NDRC with a range of demos, lessons and events organised. We sent a team to every qualifier throughout the season. The dressage series was popular on most dates and attracted a number of new members, proving to be a good money raiser (except for the January date which is always quiet and this year was cancelled due to the snow). Thank You to our generous sponsors who continue to support the club and attended the AGM to handout great prizes and the cups. Congratulations to all our prize winners. We introduced a new award for the first

year of NDRC – the Silver Star which goes to the person who supported the teams the most of the year. It's not just about success but about the dedication to turn out in all weathers, turning up to help and support the team and a host of other activities. See the team report for how the teams are getting on this year and potential contenders for the Silver Star.

### **Lunging demo**



The Headley community had a strange animal in their midst on 24<sup>th</sup> May 2010. It looked like a horse but was pink, orange and green on one side and looked like a skeleton picked out in black and white on the other! Intrigued see the website for some great pictures <http://www.northdownsridingclub.co.uk/gallery/training-aids-with-a-twist.html> Those in the know recognised Margaret Abel's mare who had been kindly loaned for the subject of a fascinating demo of a horse who had been painted with muscles and bones to show how lunging impacts the horse. The demo, hosted by Liz Gill at Saddlecombe and by kind permission of K Colonna Esq. was given by Maruska Aylward, Chartered Physiotherapist and Matthew Hayes <http://www.northdownsridingclub.co.uk/associated-trainers.html> who specialises in training through lunging. Maruska provided a running commentary on how the bones and muscles were working as Matthew explained the techniques of different lunging techniques and gadgets.

You will be pleased to hear that the paint did wash off after a while and Margaret now has her lovely grey mare back!

## ***Team Results***

### **Horse Trial qualifiers 9<sup>th</sup> May**

Senior National Novice and Intermediate Hunter Trial at Fair Oak

A team of: Caroline Willis, Chloe Finch, Bev Hilling, Sarah Moorhouse and Jane Pottle.

The team achieved 5<sup>th</sup> overall in the Senior National category and 6<sup>th</sup> in the London & South East Novice qualifier. An amazing result for our first team entry for the Horse Trials, well done girls!

### **Top Score 16<sup>th</sup> May**

The forever youthful partnership of Jack Hammer (now 21) and Kevin Barker (lets just say he has a big birthday coming up this year...) qualified in March for the Top Score finals to be held at the Royal Windsor Horse Show in May. Kevin was in good company - standing next to the queen whilst watching a showing class. Mind you at £7.00 for a cheese sandwich you need to be the queen to be able to afford to eat at that show! After his close encounter with royalty, Kevin set off on his round with great enthusiasm. Unfortunately Kevin managed to knock down the joker early on so had to jump everything at the most incredible angles (luckily few other horses can jump quite so cleverly as Jack) so was lying third after the first round. Jack was just warming up but the next round was just about galloping rather than something clever so Kevin took it steady to finish 5<sup>th</sup> overall. Kevin was heard to say later that he would have gone a bit faster had he known that the first prize was a trip to the Kentucky races for two people! Congratulations to Kevin and Jack for reaching the finals at Windsor – a really great achievement.

### **Dressage 27<sup>th</sup> June**

With the temperature due to hit 30c, dedicated team members Sally Bluck on Fen, Janet Stanely on Goofy, Tuppence Silverio on Ike, Margaret Able and Follow the Storm turned out for the National Open Dressage at Hengest Farm, Chipstead on 27 June. Due to the usual vagaries of lame horses, Tuppence and Margaret were

two last minute stand in's – coming to the rescue so the team could enter. Results for the first test were mixed. Sally did a lovely test to come 4<sup>th</sup> individually and Janet also did well. Tups on her baby Ike who had never done a test outside had a more exciting time. Walk and trot movements went well, scoring 9 for the free walk but Ike didn't quite get he had to stay inside the boards at canter so did a lovely canter circle, just a bit bigger than planned, hopping neatly over boards and letters as he went round! He also managed to run over poor Jules who was reading for Tups. How many people get on their sheet 'left the area and knocked down the reader'!! Luckily Tups and Jules saw the funny side of things – ask Tups to see the photo! Margaret also had a couple of mishaps so unfortunately the team did not go forward with a qualifying score for that test. But things improved hugely for both individuals and the team in the London & South East Riding Test with the team coming third overall and qualifying for the London & South East Championships at Ardingly on 16<sup>th</sup> October. Sally was 4<sup>th</sup> overall in her arena, Margaret 5<sup>th</sup> in hers Thank you to our team heroes for turning out on such a hot day and congratulations to our team! Janet even brought a gazebo for her horse for some shade and it felt like a real day out, complete with picnic.

### **Show Jumping 10<sup>th</sup> July**



A team of Maruska Aylward, Lily Latimer-Smith, Andrew Hagon and Emma Perren, went to Newlands Corner on Saturday 10<sup>th</sup> July for the London & South East show jumping, another scorching day. A good laugh was had by Stan as he didn't understand the jumps weren't trotting poles and he was expected to actually jump over them, well he is 16hh2! We're not sure he even saw them! Emma had one down in each round, Maruska had one down in round one asking for a long stride, well, he's only short! But went clear in

the 2<sup>nd</sup> round, Lily rode a superb round, but Dotty had other ideas, like being back in the field with her friends. To their surprise they came 4<sup>th</sup>. Emma and her Dad who run Dorking Riding School have kindly offered the use of their indoor and outdoor facilities for team training on Thursday evenings for no charge – Thank you very much, we'll definitely be over!

So an exceptional result for all three teams, qualifying them for the Championships at Ardingly (see the link for more information and some pictures). If you were on the original teams, this also details what you need to do for the 16<sup>th</sup> October, please let Liz or Andrew know as soon as possible if you can make it.

<http://www.northdownsridingclub.co.uk/news/well-done-teams.html>

#### **Hickstead 1<sup>st</sup> August**

A team of Kevin Barker on Jack Hammer, Dee Smith on Veronique and Andrew Hagon on Stan went off to Hickstead 1<sup>st</sup> August for the RIHS show jumping 99 riding clubs teams took part, we had a few fences down so didn't come in the top ten, after that Hickstead gave up counting. Well done team for flying the club banner!

#### **Teams wanted**

See the website for more details:

<http://www.northdownsridingclub.co.uk/teams.html>

#### **We will need teams for:**

Friendly ODE at Borde Hill Intro and Pre-Nov 2/3<sup>rd</sup> **October 2010**

National Eventers Challenge qualifier at Pashesham on **31 October**

Junior and senior novice (0.9m) and open (1.0m) qualifiers for Festival of Horse Challenge 2011

National Winter Dressage qualifier at Merrist Wood on **7 November**

Junior and senior qualifiers for Hartpury in April 2011 (Prelim18/Novice 24)

Novice show jumping friendly at Elstead Club field on **14 November**  
Schedule to follow

#### **Forthcoming events**

**Car Boot Sale** at Bookham Equestrian Centre on 17<sup>th</sup> October

Clear out all those equestrian bits and pieces that are too good to throw away but you are not quite sure what to do with! We will be taking a stall to raise funds for the club. All donations of clean, tidy horse related items will be gratefully received. We will even come and pick them up. Please contact Jules Vear [julie\\_veal@hotmail.com](mailto:julie_veal@hotmail.com)

#### **Lessons**

##### **Tony Whipps show jumping at Saddlecombe**

We have re-started the popular show jumping lessons with Tony Whipps but this time at Saddlecombe. Lessons have been very well attended let us know if you would like to continue through the autumn.

2<sup>nd</sup> & 17<sup>th</sup> SJ September start at 4pm -7pm  
11<sup>th</sup> Sept XC @ Tweseldon starting at 12pm  
Please contact Liz Gill 07753842620

##### **Marcus Bauer**

Lessons are continuing with Marcus. To book, please contact [debby\\_akw@yahoo.co.uk](mailto:debby_akw@yahoo.co.uk)

##### **Spencer Wilton**

The first dressage horse who made me go 'wow' was Marcus, who did a freestyle demo



ridden by Fiona Craig at Burghley in the early 1990s. That blew me away, but I never thought I would be doing it now," he said.

Spencer moved to be based with Carl Hester in the mid-90s and finally became hooked on dressage once he started riding Fantastic Elastic, on whom he won the Elementary National Championships in 1999.

He then enjoyed a meteoric rise to fame in 2006 when he won his first grand prix special, beating two members of the British team while competing in an international big tour competition for the first time at the 2006 Hartpury CDI. Later in the same month, Spencer was selected to ride for Britain in the Nations Cup team at Hickstead CDIO. At the National Dressage Championships in 2006, he was a close runner-up for the national title and he travelled from there to his first foreign international competition, Saumur CDI, where he won the grand prix and special. In 2007, he became National Champion with Dolendo. He now has his own yard of young potential horses with London 2012 in mind.

Spencer runs clinics across the country teaching Prelim to Grand Prix.

For more information Contact Liz Gill 07753 842620 for the next clinic dates at Saddlecombe:

Monday 27th September

Thursday 11th November

### ***Club Member Hints 'n' Tips....***

#### **Lucy Speers:**



Quenchers 'you lead'em to water, we'll make 'em drink'.

Minstrel would never drink when competing and I tried all the usual solutions but nothing worked meaning I have to squirt water down his throat via a syringe and sponge. This product looks a bit like normal feed but you just put a small scoop in water and let the flavour develop. Minstrel now drinks a whole bucketful of water when out and about. Tuppence Silverio had the same problem, with Ike but not anymore - protesting at Lucy's offer to try some whilst out and about one Saturday afternoon, confidently saying 'He never drinks anything whilst out!' but eventually giving in to give it a go, to be virtually knocked over while Ike delved in and cleared the 10 litre bucket instantly!- he loves his 'lolly' bucket.

**Tuppence Silverio:** Quick answer to the midweek tack clean, especially good for cold days as requires minimal water, Absorbine's - Horsemans One Step, it really does what it claims on the tin, wipe on with a damp sponge, rub clean with the same sponge, then leave! It really cuts through grease leaving silky leather and smells nice☺

**Debby Winchester:** Getting rid of soapy suds, using the sweat scraper in one hand and hose in the other. Hose then follow with the sweat scrape straight after, getting rid of the pesky suds a lot faster.

**Louisa Dempster:** Alongside many of the club members Louisa has been regularly attending the 'Body Torque' Pilates held on Monday and Wednesday evenings at the Betchworth village hall (see their website for more details), it has certainly helped to improve my half halts! <http://www.body-torque.co.uk/classes-and-venues.html>

**Jules Vear** recommends: "That Winning Feeling" – A book all about choosing your future as a rider - and perhaps as a human being. Encompassing the areas of dressage, eventing and show jumping, Olympic candidate Jane Savoie presents a revolutionary approach to riding by which you can train your mind and shape your attitudes to achieve higher levels of skill than ever imagined. Psychocybernetics, the science of

positive mind power, will show you how to replace your negative perceptions with creative, constructive and practical ideas. The book deals with such concepts as luck, worry, dreams, 'loser's limp', commitment, criticism, frustration, and inspiration. You will learn relaxation exercises that will not only ride you of stress and tension, but will also enable you to benefit fully from the use of 'imaging' as a working tool to achieve desired ends. And you will skilfully invoke the 'as if principle' to think and behave 'as if' you are already experiencing your wants and needs. In the chapter on 'The Power of Positive Speech', the author explains how words, and word-images, play a major role in determining your actions. For instance, if you say 'challenge' instead of 'problem', you will definitely enhance your performance. Conversely, if you speak negatively, you will decrease your chances of success. The 'Training' chapters of the book take all the general ideas and principles and apply them to specific situations. The book's final chapters deal with competition, focusing all the tools and techniques learned earlier on actual performance. We all have dreams. How many people are fortunate enough to live them? Jane Savoie not only knows how - but shares with you all her insights, creativity and inspirations so that you too can experience "That Winning Feeling". [http://www.amazon.co.uk/That-Winning-Feeling-Approach-PsychoCybernetics/dp/0851317405/ref=sr\\_1\\_1?ie=UTF8&s=books&qid=1281961183&sr=8-1](http://www.amazon.co.uk/That-Winning-Feeling-Approach-PsychoCybernetics/dp/0851317405/ref=sr_1_1?ie=UTF8&s=books&qid=1281961183&sr=8-1)

If you have any books, products or techniques that you could share with the club, just drop an e-mail to and we can include it in the next newsletter.

Submit them to:  
[ldliketosay@northdownsridingclub.co.uk](mailto:ldliketosay@northdownsridingclub.co.uk)

## **General Items**

### **Going to the beach**

And if you fancy taking your horse for a swim in the sea, many beaches are open until about 8.30am for horses throughout the summer. Camber Sands and West Wittering are particular favourites.



If you have never done it, it's amazing - they turn into old fashioned fairground horses, curling their lips back and going up and down when swimming. The steering gets a bit dodgy and they swim very, very fast so be warned!!

On a serious note if you are thinking of going have a look at the BBC website their tide timetable is very accurate and will help save any accidents  
<http://www.bbc.co.uk/weather/coast/tides/>

### **Newdigate Bridleways**

If you are local rider in Newdigate and would like to get involved with helping to improve the local bridleways please contact Penny Tyson-Davies [pennytd@onetel.com](mailto:pennytd@onetel.com)

If you have any causes, items for sale or mini news to send don't forget you can do this by following the instructions on the website <http://www.northdownsridingclub.co.uk/news.html>

*Well that's all folks for this issue, happy riding and see you at the next event soon!*

North Downs Riding Club  
Committee

### AGM and Team Managers Report

Well what a year it's been for North Downs riding club!

January 2009 saw the official amalgamation of the 2 clubs, Brockham and Reigate. The committee at the time, chaired by Babu and consisting of Liz, Debby, Rachel, Tuppence, Beverly, Margaret, Lucy, Maruska, Sara and Julie and with the help of Penny managed the merger and together with the members got things really going with a great party and prize giving. The merger really did secure the clubs future with a great membership.

The launch of the website at this time and automation of the mini news has also given us a great communication tool.

A number of demo's quickly followed and were all well attended, it was great to be able to offer some thing to our non riding members, and we hope to repeat this during 2010. The demo's included chiropractic techniques, Equine physiotherapy, Training aids and Feeding.

As the year went on the associated trainers list grew and we are very pleased to be able to continue to offer opportunities for lessons with some great trainers, both jumping and on the flat. We have even managed to find a way of offering lessons to our non riding members by way of Metal Mickey, the mechanical horse!

Later in the year as the club gained some momentum and the committee grew stronger, Babu was able to step down as chairman to concentrate on his work commitments. Rachel and Margaret also left the committee having been key in helping with the merger and securing the success of the new club.

We are delighted to welcome Andrew to the committee who is now heading up our teams, I am sure he will be as busy in 2010 as I was in 2009 organising SJ, dressage and event teams. Last year we entered no less than 26 individual and team events and hope to enter as many teams again this year. Our 'have a go attitude' put us in the top 3 on 8 occasion's! Maybe this year we'll beat Elstead?

We finished the year with a pub quiz which was very well attended, it was great to see so many members and their family and friends in attendance and for me and the committee, it made all the hard work of getting the club up and running very worth while and was a great round up to the first year.

So finally thank you to everyone, there are just too many to name individually, who has made North Downs Riding Club a success and to all of you who are here tonight in support of the club. We hope we can make 2010 enjoyable for you and welcome your feedback.

Liz Gill -Team Manager and Chairperson

**Current Committee and Roles**

**Liz Gill**

**Chairman and Dressage Team Manager**



Contact:

[Liz\\_saddlecombe@yahoo.co.uk](mailto:Liz_saddlecombe@yahoo.co.uk)

0775 384 2620

**Andrew Hagon**

**Jumping Team Manager**



Contact:

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**Debbie Winchester**

**Membership Secretary, Treasurer &  
Website Office**



Contact:

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**Sara Foreman  
Club Secretary**



Contact:

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**Tuppence Silverio  
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Committee Members:

Bev Hilling



Maruska Aylward

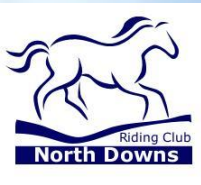


Lucy Speers



Jules Vear





**2010 Membership Form**

**Membership due from 31st December. £25 for Seniors and £15.00 for Juniors (17 and under)  
or introduce a friend and get your membership half price!**

**Name:** \_\_\_\_\_

**Address:** \_\_\_\_\_

**Post code:** \_\_\_\_\_

**Home Tel:** \_\_\_\_\_ **Mobile:** \_\_\_\_\_

**Email address:** \_\_\_\_\_

**Level competing at:** \_\_\_\_\_

**Interested in representing the club: Yes [ ] No [ ]**

**In: Dressage [ ] Show Jumping [ ] Eventing [ ]**

I am interested in representing the club in the following classes at regional and national level.

*(Please circle the classes in which you would like to compete)*

**Dressage:**

Prelim	Novice	Elementary	Medium	Riding Test
Rural Riders	Quadrille	Pairs	Dressage to Music	

**Show Jumping:**

2'6"	2'9"	3'0"	3'3"	3'6" and over
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**Horse Trials:**

2'6"	3'0"	3'3" and over
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**Horse Details:**

Name & Show name \_\_\_\_\_

Membership Details: (please tick)

New [ ] Renewal [ ] Junior [ ] Senior [ ] \_\_\_\_\_

**Feedback:**

On next years events calendar I would very much like to see:  
\_\_\_\_\_

Signature:..... Date:.....

**Cheques: Please make payable to **North Downs Riding Club** and send to:  
Deborah Winchester, 16 Southwick Close, East Grinstead, West Sussex, RH19 2EZ**