



NEWSLETTER



July 2018

Editor's Bit

Hello from a still seriously sunny Lancashire!

A jampacked newsletter as we have a month extra squeezed in, the delay has been due to waiting on an extra exciting announcement, read on to find out more!

Well done and congratulations to everyone so far this season, we have seen lots of smiling faces on rides, remember any feedback is much appreciated, we have updated the new roles of the committee on the back page of this newsletter; we ask if possible for you to use email, to choose this as the first point of communication with our committee, and if calling please do so within business hours if possible too. Remember if you do not have access to a computer, newsletters and all communications from Lancashire EGB are still available by post, as are the ride entries. To go back to using this service, please register as a postal member with Members Secretary Sarah Bamber. You will have to do postal ride requests individually for each ride.

So much has been going on at Lancs. HQ since the AGM, we have an update for you later in this newsletter. One important section to take note of this edition, is the Young Riders section, we have the exciting news of Lancashire FEI Young Rider Kate Atkinson setting off to Italy for the Championships in a few days, but we are also looking for a young rider to fill the position of Izzy Wilson, Young Rider committee member. Izzy has done a marvellous job and is stepping down from the committee due to her University commitments. We wish you success at University and thank you for all the time and hard work you put it.

I hope you enjoy the newsletter and if you would like to submit something for the next edition, please do not hesitate to email it over. I can edit upon request; s.g.crabtree@icloud.com

Susy x

From the Chair

Well, what a strange season 2018/19 has been so far! We started the season with waterlogged venues and being unable to run rides, and those rides that did run where very muddy to what we have today 25 degrees + with loads of humidity, rock hard ground, no grazing and wall to wall sunshine

As always LEGB has managed to put on all its rides, Ulnes Walton Bridleways hosted the 'Wear Anything Green Ride in April', Croal National in April in the mud, at a newly refurbished venue. So far, the feedback has been good, but as always, a learning curve and we hope to improve next year. Healey Dell Dawdle brought the sunshine in May, a new ride with some great feedback and views. We co-hosted the Shelley Mee Ride with BHS in May and what a fantastic turnout it was, and the funds raised went to Shelley's favourite charities. Pickup Bank was a blast, and the sun shone, Sam and Jenny worked so hard to ensure that there was water for all horses/people all around the route.

As Susi has mentioned we have focused this newsletter on events taking place abroad, but our next newsletter will have the write-ups from our own events

So, the season continues with no sign of rain. There is currently a temporary ban at EGB events, both at the venue and on the course for 1) No BBQ's and 2) No smoking. So please bear with us during the heat wave and help protect our venues and ride routes so as we can continue to use them in the future. With this heat please remember the welfare of your horse and you, give as much water to your horse as you can and ensure you cool them down post a ride with as much water as you can carry, there is a great article from David Marlin on cooling horses down - To scrape or not to scrape <http://davidmarlin.co.uk/portfolio/to-scrape-or-not-to-scrape-when-cooling-hot-horses/>

If you haven't seen the rule change for whip lengths, please take note of the following:

A maximum whip length of 75cm will only be allowed at EGB events including our own pleasure rides, so no long schooling whips please, even though they are useful for tapping on the roofs of cars that get too close!

On a personal note and for the safety of your horses, if you are corralling, please check before retiring to bed that the gates to the corralling areas are closed, so if any horses do escape their corals they don't head out of the venue to the road

I hope that your seasons activities carry on with success and you enjoy the rides, good luck everyone

Fingers crossed for Kate and Rachael Atkinson, we are rooting for you, and look forward to hearing more about your adventures

Cath

Young Rider Information

As mentioned earlier, Izzy Wilson, our brilliant Lancashire Committee Young Rider Representative has elected to stand down this year, this means we are looking for another up and coming Lancashire Endurance rider, under 21 years of age and over 16 years of age, to join us here, on the Lancashire committee.

The role will involve attending meetings at the Lancashire HQ (roughly once every two or three months at Charnock Richard Football Club!) where you will have your say from a young rider's point of view on the topics at the meetings, you will notify the committee of anything of interest to young riders and help us out with general committee duties. There will be a trial period offered where you can see if the commitment levels suit you and if more than one young rider applies, a committee vote will be run.

All applicable candidates will be emailed directly by the Lancashire Committee with further info at the end of July.

That just leaves us to say another huge thank you to Izzy, she has been an absolute superstar in her role as Lancashire Young Rider Rep and we will be forever grateful for the time she gave, especially when towards the end, Izzy was juggling many commitments alongside her University study. Well done and thank you again Izzy.

Good luck everyone else, what a fantastic opportunity!!

Junior and Young Rider Camps 2018

25th - 28th July 2018

Lindum Details on the EGB Website

31st July - 3rd August 2018

Euston Park - details TBA

28th - 30th September 2018

Red Dragon Ride, Builth Wells - details TBA

Young Rider World Championships 2018

Lancashire Group and Endurance GB are delighted to confirm that this Thursday 19th July, a team of Young Riders will begin their journey to represent Great Britain at the Junior and Young Rider Championships taking place in San Rossore, Pisa (ITA) on the 25th and 26th July 2018. The following combinations have been selected to represent Great Britain:



Kate Atkinson on DNS Ronaldo - Lancashire
Charlie Chadwick on Hazelcroft Gosens Tsar - Derbyshire
Ollie Holman on Bronze Nahdir.

Athletes must be aged between 14 and 21 and horses must be a minimum of 8 years old in order to compete at the Regional Championship. The 120km course is made up of four loops of 33km, 28km, 31km and 28km respectively. Pre-Ride vetting takes place at 4pm on the 25th July and the ride itself will start at 6.30am on the San Rossore Race Course (Pisa, ITA). FEI Medals are on offer for both team and individual podium placings with a prestigious Best Condition Trophy also to be won.

This will be Lancashire member Kate Atkinson's third Championship, her second with selected mount DNS Ronaldo. The pair unfortunately failed to complete the course at their previous Championship, the Junior and Young Rider European Championships last year, also held in Italy. They will be looking to better their result this year and continue the excellent form we are used to seeing with this talented pair.

Charlie Chadwick with Hazelcroft Gosens Tsar will be tackling their second Championship course together and a new combination in 2018 is Ollie Holman and Bronze Nahdir. The GBR Young Rider team is being supplied team kit by sponsor Musto so they will be looking super smart to represent their country at this prestigious event. Further information on the event itself can be found on <http://www.endurancelifestyle.it>.

Lancashire Group Members' News

Lancashire Group Annual General Meeting Quick Review and Update

Following an eventful but productive AGM in March, the committee is still cracking on with actioning points made and discussing many of the points raised. There will be a full detailed update in the next newsletter, however, we have made progress with a number of the main points raised, here is a quick progress update:

Marketing material has been received from EGB H.O. Look out for this at our upcoming rides.

A suggestion box is being created for rides and should be ready for you to post your suggestions for Associate member renaming and other AGM related topics from July 2018.

We have invested in a range of items; from ride equipment to budgeting in a DJ at the Annual Lancashire Presentation Evening.

One main point raised was the issue of membership in the Lancs. Group and the benefits we receive. A lively discussion on this at the AGM led to much further debate and a vote on this matter at the subsequent Committee meeting. The majority thought that a reduction in the cost of our Lancs. social rides entry fee would be a good idea and starting point, a number of amounts were discussed, and a final vote was run for how much this amount would be reduced by. We are pleased to announce that the entry fees will be reduced to £13 for EGB members at our Lancashire social rides. We are hoping this will be a reward to our loyal members and an incentive that may further increase our Lancashire group membership.

Thank you to everyone who attended the AGM, there were many other points discussed, and we will be updating about these soon!

World Equestrian Games (WEG) Tryon, Kentucky, USA - 2018

WEG takes place in Tryon, Kentucky, USA from 10th to 23rd September 2018 and we are excited to announce that Lancashire member Rachael Atkinson has been selected to represent Great Britain in the Endurance discipline.

We have been waiting upon the confirmation of the team and this came on Monday 16th August. However, following Rachael and Psyches' epic success at the European Championships in Brussels, crossing the line in 17th position, we were well aware that Rachael's selection was a possibility. Therefore, following discussions at the AGM, we have arranged a WEG fancy dress fun ride at the always fun filled Formby Breeze ride. Dress themed to one of the WEG disciplines, from Dressage to Reining, get in the spirit of things and show your support for Rachael and the rest of the Team!

The nominated combinations are (in alphabetical order):

Rachael Atkinson with her own Tannasg Psyches Realm

Caroline Cowley with her own HS Bellini

Dominique Freeman with her own Rising Heat, and Carla Eigenauer's WCF Atillah

Nicki Thorne with Heather and Jeremy Reynolds' Grand Ku, and Heather Reynolds' Treasured Moments

Equestrian Team GBR is supported by the UK Sport National Lottery funded World Class Programme; the British teams are very grateful to the support they receive from the British Equestrian Federation Fund, and official partners Dodson and Horrell, Equi-Trek, FALPRO England, Musto, NAF and Point Two.

Rachael has sent us some information and some pics of her preparation and remember to catch all the action from Tryon in September. Thank you to all the membership who supported the idea to fundraise for Rachael's WEG 2018 adventure! Good luck to Rachael and the team from all of Lancashire!

The Road to Tryon 2018

By Rachael Atkinson WEG Team GB Nominated Rider 2018



Over the last few weeks, people have been asking non-stop how the preparation is going, including you guys at Lancs. Newsletter! In honesty, the prep for Psyches and I started many years ago. He's a great horse, but natural talent only goes so far in the Endurance game, so for the last few years, fitness and psychological training and of course that all important qualification has been the focus of the preparation. More recently it has mainly involved lots and lots of planning and paperwork, all sounds very exciting I know!

Well, it's not all been paperwork, there was that little bit of fun that some of you may be aware of; the Europeans!! Psyches really came up to World class level at this event, and this was the point that all the hard work and early starts, nail biting vetting's, novice rides and rainy training days in Lancashire that made up the 'preparation' really paid off, the feeling of crossing the line successfully completing the distance to take 17th position was like nothing else.

Following this we knew there was a good chance of Psyches and I being selected for WEG, so after some rest, we cracked on with training again. A couple of months ago there was a test run held in Tryon. This gives combinations a chance to go out there and ride the proposed course, offering feedback on the loops in readiness for the main event in September. We couldn't make it out there but luckily others did, and we watched social media reports, live feeds from riders and spoke to friends



in EGB who gave it a go. I've sent over a fantastic report from EGB member Shanti Roos for you all to take a look at. There will be changes to the final route for September but at least it gives some clues as to what we are to expect when we get out there.

Thank you for all your support so far, keep those fingers crossed for success

Tryon 2018 Endurance Test Event Report

By Shanti Roos, EGB FEI Rider

I was lucky to find a horse to ride at the test event for the World Equestrian Games (WG) in Tryon USA. It was risky trying to get the 2* point I needed to qualify because it was going to be a tough course, but I wanted to give it a try!



My mount was a 13 year old grey mare, called Ebonys Easter Lilly, from Florida who had already done several 120km rides including one at Biltmore, not far from Tryon. I got to ride her twice before the race and, other than being rather aggressive to other horses, she was a nice ride.

The track was all on private land, a lot of it specially made for the event. Tryon is a huge equestrian centre. There is construction going on everywhere to get ready for WEG when all disciplines will be there to compete

- they are literally moving mountains. Because there was no level ground to have the start (yet!), we had to walk downhill for 20 minutes to where the start was being held.

Jason Tse and I were both riding a horse owned by Yvette Vinton and were told to ride the first loop very carefully because of the humidity so we held back and mostly trotted - loop speed 12.6kmph. The 38km loop had endless ups and downs, changing footing, many turns - not easy. But it was cool under the trees, Lilly felt good and there were some beautiful short canters through green meadows, we passed lakes and crossed rivers. I loved it.

Crewing on course was different from the quick drink and slosh on the go I'm used to. The horses drank from troughs where the crew weren't allowed to slosh, we then had to walk the horses to where the crew were standing still - very relaxed.

Coming into the vetgate, the horses were first taken to a water trough and again not allowed to be sloshed there. With two horses to be cooled and one stethoscope it took a while - presented in 8 minutes. After the HR boot, crew Dessia Miller noticed Lilly had one shoe missing. Fortunately, Lilly trotted up fine and the shoe was quickly replaced in the hold time.

On the second loop the horses went well, were more settled but nicely forward going and we did a bit more cantering. Three km before the end of the 26km loop I noticed Lilly had again lost her right fore-shoe, but fortunately we had some good going and she felt sound. I had whatsapped the crew who took her straight to the farrier this time and cooled her there, presentation time 10 minutes I believe. Lilly trotted up fine but was asked to re-trot which was not as good, but she passed the 3 vet trot check.

Sadly, Jason's horse was vetted out lame, so we set out alone. Lilly was not too keen and kept looking backwards for her companion. Luckily, we were joined by German rider Verena Stock whose gelding got Lilly going, we trotted behind them and cantered in front. She felt great in

canter but not so balanced and powerful in trot as she had been earlier on. It was now very hot, and my average speed kept dropping, I worried we were not going to make the minimum 12kmph...

Just a few kms. before the end of the 32km loop there was a tough downhill with deep sand and we lost our companion. Suddenly Lilly's energy was gone, she walked super slow and I worried she wasn't right. I got off and she trotted fine albeit slow in-hand, so I decided to run next to her for a bit to give her a breather.

At the bottom of a steep road climb I found an Australian rider Naomi O' Shaughnessy whose horse (also owned by Yvette) had lost a shoe and who was waiting for transport with a security guy present as well. I told them I wasn't giving up!

While climbing the hill, Maria Ponton (she's my hero!) passed. Maria was on the final white 24km loop getting close to the finish. Maria finished 5th and won best condition. Whereas pretty much all the finishers (24 from 68 starters) rode their first loop the fastest, Maria rode her last loop fastest at 18.6, averaging 15.7. Sheik Hamdan won as usual but his 3 UAE same time finishers and he did his first loops at 18.5 and slowed down on the other 3 loops, averaging 16.3kmph. Presentation times were all much, much longer than their usual 1-2 minutes; they now took about 5 minutes. A tough course!! When I got to the top of the hill a truck pulled up and a lady holding a radio asked me to step to the side. I asked her if she was a vet? Yes, she was. She suggested for me to retire and said I could be taken back to the venue together with the lady at the bottom of the hill. And I agreed....

Looking at the results now I can see pretty much all riders went much slower on loop 3, it was tough and very hot. Why oh why did I not just walk her back to the venue in hand, then I could have had a "retired by the rider" after passing the vet instead of a FTC (failed to complete), also she might've perked up in the hold you never know. She was tired, no doubt, and not trained on hills at all so the endless ups and downs were very testing for her. But the next morning when I took her for a walk she was super bouncy so maybe I misjudged...

Finally we loaded both horses onto the ambulance trailer and we took Lilly straight into vetting, she was all fine and then had a sleep in her stable.

National News

HOME INTERNATIONAL 2018 - Calling all applications!
AUGUST 17,18,19TH



Incorporating Home International and Celtic Challenge Teams

It's going to be an amazing journey and we are looking for some amazing people to join this year's squad. This is a Squad for all levels of Endurance Riders and Horses, supported by a top Management Team, who guarantee you will come away full of the pride of representing your Nation, full of knowledge and new ideas and having made some wonderful friends along the way.

Classes:

2 day 160 km CER	2 day 120 km CER/GER	1 day 80 km CER
2 day 80 GER	50 km GER (Junior Rider)	40 km GER (Horse AND Rider in their first season of endurance)

So come on if you are interested, email Maggie Pattinson Chef d'Equipe - onthehoofdt@hotmail.co.uk - a little bit about you and your horse and the journey so far, your aspirations and why you would like to be part of the Squad. DON'T be shy or think you're not good enough, this is the place to develop and make your dreams come true.

Endurance GB publishes Social Media Policy

Social Media can be an excellent platform for sharing knowledge, seeking advice and generally supporting one another. It can however, also be a negative space. Endurance GB aims to use Social Media to promote positive news stories about our Society and our Sport. We wish to engage with our members and followers in an encouraging and promotional manner, highlighting interesting stories, articles for discussion, information on our sport and news from Endurance GB. We do not seek to quash participation or opinion provided that comments remain productive and constructive. Endurance GB will not accept or allow any post, share or comment (either from a member or follower) submitted on one of its social media platforms which is malicious, misleading, threatening, derogatory, obscene, indecent, seditious, offensive, pornographic, abusive, disparaging, racist, discriminatory, menacing, inflammatory, blasphemous, intimidating or defamatory.

We expect all members of Endurance GB to be respectful of the Organisation, its members and its Governing Bodies. Whilst Endurance GB only has control of its own Social Media pages, we would also request that members posting on any other Social Media pages also consider how other people reading a post, or who may be the subject of said post, might react before they

publish any remarks. It is important to remember that social media carries the same obligations as any other kind of publication and should follow the same ethical and legal standards.

Any members referring to, or otherwise disclosing, their Endurance GB membership status in any way on social media must make it clear that they are speaking on their own behalf and that their views do not represent those of Endurance GB. Endurance GB may remove posts, threads and any other form of submissions from its own Social Media pages which are in breach of this Policy without explanation.

Any breach of this Policy by any member may result in procedures relating to misconduct and complaints contained within our existing disciplinary policy. If you as a user identify potentially damaging content, or content that is in breach of this Policy, or have any concerns in this regard, please contact Endurance GB (socialmedia@endurancegb.co.uk) directly

Local Area Rides 2018

All dates for rides in 2018 available on the EGB website and on Lancashire Group Facebook. <http://endurancegb.co.uk/main/Rides/List-of-Rides>
A change for Lancashire rides this year is we only open the rides for entry 6 weeks before the ride date

28th July - Barton Pleasure ride

18th August - Waterside Parishes Charity ride

15th September - Formby Breeze WEG themed fancy dress ride

28th October - Ulnes Walton Bridleways - Halloween ride

11th November - Croal Poppy ride

Please contact Jamie Houghton - jamiehk80@gmail.com for any additions or amendments.

Please remember Ride ENTRY Forms are available to download off the website but you can also contact Sarah Bamber and request a paper copy be sent out to you if you are unable to get to a PC.

DISCLAIMER ANY COMMENTS MADE IN LETTERS RECEIVED FOR INCLUSION IN THIS NEWSLETTER ARE NOT NECESSARILY THE VIEWS OF THE EDITOR OR MEMBERS OF THE EGB LANCASHIRE GROUP COMMITTEE

Committee Members

You are welcome to contact any of the committee but if your query is specific to one of the listed roles, then we suggest you contact the appropriate Committee Member, in the first instance.

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