



# NEWSLETTER



December 2016

## **Editor's Bit**

Season's greetings everyone,

I hope you are all well on the way to being ready for Christmas and New Year. Here on the committee we are well on the way to be ready for the New Year and the fun and festivities January will bring with our Annual Presentation evening and masked ball. Following the successes of the National awards night, it should be a great evening, get your tickets. Details to follow in this Newsletter.

This brings me nicely onto my editor's bit for this edition where I'd like to have a little gloat at some of the successes we have had here in our Lancashire group over the 2016 season. A little moment of reflection on some of our best bits!

The North West team, including a strong representation from Lancashire took first place in the Inter Regional Championships. Congratulations to Jamie Houghton and Sarah Bamber for winning the Inter Regionals Pleasure Pair Class. Kate Atkinson and Tannasg Psyches Realm were winners of the 120km 2\* YR at 19.9kph at Euston Park AND winner of the Best Condition Award and Kate was also winner of Keysoe CEI Young Rider 120 and crowned Endurance GB National Young Rider Champion. Evelyn Helme and BHA Sultan (Freddie) of Team H Endurance, were winners of the 65km best condition award at Harwood Dale and the summer saw success for Lancashire riders at Lindum Spirit on 27th to 31st July. This success was matched at the National Awards with Lancashire Group riders and horses bringing home a range of rosettes and trophies. Junior Championship - 3rd Lilly Gibbons and

Sandy W. Novice Championship - 5th Evelyn Helme and Summer Breeze.  
Veteran Trophy - 5th Carolyn Cummings and Peterbrook Sunset. FEI  
Championship - 2nd Linda Cowperthwaite and Maraday Mysteron.  
Adonis Trophy- 3rd Kate Atkinson and Tannasg Psyches Realm.  
Windard Best New Horse Trophy - 1st Kate Atkinson and Tannasg  
Psyches Realm, 3rd Kate Atkinson and HS Prosper. Snowflake Trophy -  
2nd Lilly Gibbons and Sandy W. Team of 3 - 2nd Evelyn Helme, Linda  
Cowperthwaite and Susy Rossi, 3rd Sarah Bamber, Tania Fitton and  
Karen Corr. Green Dragon Team - 3rd Evelyn Helme, Linda  
Cowperthwaite and Susy Rossi. G Putnik Trophy - 2nd Anne Booth and  
Rassam. AHS Premium Scheme Awards - 2nd Tannasg Psyches Realm.  
FEI Highpoint horse sired by PPS Stallion - Tannasg Psyches Realm.

I hope I have mentioned everyone's achievements at the National  
Awards, well done Lancashire Group! I would like to add a huge thank  
you to Alice Bamber for providing refreshments in aid of charity at a  
number of our Lancashire rides this year. It has been very much  
appreciated by all, thank you Alice.

Finally, I have a short message to add below from Sarah Bamber,  
Membership Secretary.

Susy x

Please remember to print off and complete the horse registration form  
from the Lancs website, send to Sarah Bamber, Flowerhill Farm,  
Wardle, Rochdale, OL12 9PL with an A5 SAE to receive a ride card for  
next year, or email me to request one at the Presentation Evening.  
Please specify whether Full or Associate member.

Many thanks, Sarah

## From the Chair



From the Chair .....

A very Merry Christmas to you all and I do hope that all the Neddies are enjoying their well-earned off-season rest and recuperation.

Well we have quite a large newsletter for you this time packed with various ride reports, summaries of national results and most important - details of our Lancs Group Presentation Evening. Please get your ticket orders in earlier for this (it helps make my life easier), and also encourage as many members, family and friends as possible

to come along. The more the merrier! It promises to be a good night and don't forget it's a Masked Ball so we expect to see quite an assortment of mysterious looks. There will also be plenty of prizes to reward all your efforts this year.

You will see from the report in this newsletter about the achievements of some of our Lancashire Riders that we have yet again taken many trophies and placings nationally - not only at the national awards ceremony but at various events during the year as well. Congratulations to all concerned on their hard work and commitment to our sport.

As years go, I have to say that personally 2016 hasn't been the best as far as I am concerned. Many of you will be aware that I started with health problems back in March which hindered my riding plans significantly, so unfortunately I didn't do much riding in the first half of the year. As the year progressed I did get out and about but it was July by the time I got to my first ride, that being the War of the Roses. I had a lovely ride encouraged by my good friend Tracy Thompson and son Jamie, but on the way home I couldn't believe my luck when I broke

down!!! No - not my new Shogun but a wheel bearing burnt out in my trailer! Beavis and I spent a couple of very warm hours at the side of the A59 waiting for Horse and Trailer Rescue, only to be finally rescued by Rachel and Andrew Atkinson to whom I will be eternally grateful. I did start to think at this point, that something was trying to stop me riding this year. Not to be thwarted I entered Angela's Waterside Parishes ride and was eagerly looking forward to a gallop on the beach. Yet again disaster struck! I was giving Beavis a final brush before loading him into the trailer when he casually side stepped his front feet and cleverly pulled off his off fore shoe with his near fore . I am convinced it was deliberate as he stood there with an angelic look on his face!!! Knowing my farrier was away that weekend there was no chance of getting a shoe put back on in time - so I never made it to the ride. I went into deep depression convinced some force was in action and I wasn't meant to be going to any rides this year. However, I finally plucked up courage (and confidence) to enter another and finally made it to Glenda's Formby Breeze. I am pleased to report that I thoroughly enjoyed it and both Beavis and I got there and back without a hitch. Confidence restored, I managed to do a couple more rides at the back end of the

year but obviously have only managed to do a few rides this year. I hope that tale isn't too woeful for this time of year but just wanted to keep everyone informed and let you know that I hope to be starting earlier next season as I hope you all are!

We have a couple of rides already planned for 2017, those being the UWBA Onesie Ride on 19<sup>th</sup> March and Ulnes Walton Wander, slightly later than normal on 28<sup>th</sup> May. Several others are in the planning stage with final dates to be announced shortly. Keep your eyes on the website.

I would also like to draw your attention to our EGB Lancs Group Training day on Saturday 21<sup>st</sup> January. You will find full details of this later in the newsletter and I hope that many of you will be able to attend as it promises to be an exciting and informative new event.

As usual at this time of year I need to remind everyone to renew their membership. It's most easily done for both full and associate members online on the EGB National site. Additionally, Lancs group members requiring Ride Cards for

2017 need to send a large SAE with their request, to Sarah Bamber - again full details later in the newsletter.

Well I think that's just about it folks as far as notices are concerned. It just leaves me to wish you once again a very Merry Christmas and an especially Happy New Year.

See you soon  
Sue





**Endurance GB Lancashire Group**  
Annual Awards Presentation Evening  
Saturday 28th January 2017

This year's presentation evening will again be held at Ribby Hall near Kirkham, and as last year will take place in the slightly larger Woodland Suite which also has a bar within the function room itself.

This year's guest who has kindly agreed to come and present the awards, is one of our own Lancs Group Members who is well known to many of us, but unfortunately for us she returned to live in her home country of Holland earlier this year. Yes, you have guessed it - Annette Schumer will be making a flying visit that weekend especially to present our awards.

So please make every effort to come along, not only to collect your awards but also to have a chat and catch up to see how Annette is getting on back home. Also, try to encourage your family and/or friends to come with you to help you to enjoy the evening. This invitation is especially true for some of our newer members to the group; please do come and join us and take the opportunity to meet some of the other members. It really is a good chance to get to know everyone in more leisurely circumstances than at a competition or ride. It is always a good night for all with lovely food which is at an amazing price for such a sumptuous three course meal!

Our dress theme for this year is a masked ball  
- that should be interesting!!

A route map and directions to Ribby Hall, will accompany the tickets when they are sent out to you, but it is easy to find being directly off the M55 Junction 3.

Please read the menu on the next page and make your selection on the attached form ASAP - it is important you send in your ticket request by **20th January 2017 AT THE VERY LATEST!!** The price per ticket is £22.50 per person for the three courses, plus coffee or tea etc. This price is subsidised by the group and really is good value, so please do take advantage of the offer and support your group by buying tickets and coming to what should be a very enjoyable social evening - not to mention picking up your rosettes and prizes. If there are friends you wish to sit with please list them at the bottom of the form and I will do my best to accommodate you on the seating plan.

**Sue**



*The menu for the evening is as follows:-  
Please choose one option from each course to create your menu:*

**Starter**

**Leek and Potato Soup  
*with Lancashire Cheese Croute***

**Chicken Liver Paté  
*Sour-dough Crostini, Onion Jam***

**Garlic & Herb Stuffed Field Mushrooms  
*Brioche, Tarragon Hollandaise***  
❖❖❖❖❖❖❖❖❖❖

**Main Course**

**Slow Cooked Medallion of Durton Meadow Beef  
*Onion Puree, Mashed Potato, Rosemary & Red Wine Jus***

**Roast Breast of Chicken  
*Tarragon Rosti, Peas, Onions & Smoked Bacon Cream***

**Seared Salmon  
*Pea Veloute, Confit Cherry Tomatoes, Crushed Potatoes***

**Lancashire Cheese and Onion Strudel  
*With Heritage Tomato Salad***

**All served with Roasted New Potatoes & Seasonal Vegetables**

❖❖❖❖❖❖❖❖❖❖

Sweet

Sticky Toffee Pudding

*Toffee Sauce, Madagascan Vanilla Bean Ice-cream*

Oreo and Milk Chocolate Cheesecake

*Chocolate Popping Candy, Caramel Crunch Ice-cream*

Warm Bakewell Tart

*Cherry Iced Parfait, Pistachio Anglaise*



Freshly Brewed Tea or Coffee and Chocolate Mint Wafers

£22.50 per person

Dress theme - Masked Ball

A large, solid red five-pointed star with a subtle drop shadow.

Please indicate your choice of menu on the form attached to this newsletter email, and send your completed form, together with a **cheque** made payable to **EGB Lancs Group** for **£22.50 per person**, and a **STAMPED ADDRESSED ENVELOPE**, to me (Sue Taylor-Green) by **20th January 2017 AT THE VERY LATEST!!!!!!**

N.B. It is probably worth you making a note of your choices on the above menu to remind you what you have selected!

**As usual, we will also end the evening with a 'Rowdy Raffle'**

We have had some generous quality prizes donated for the last couple of years. It would be great if we can keep this standard going, so I would like to appeal to all members, especially if you have a business from which you could donate your product or time. Anything equine would be great e.g. Tack, riding lesson/training, maybe a weekend accommodation for horse and rider. Or are you a hairdresser, beautician, butcher, baker, even candlestick maker!! Anything that you think will be a quality usable prize. We would be pleased (and grateful) to hear from anyone with an idea or offer of a raffle prize. Please contact [lindacowperthwaite@tiscali.co.uk](mailto:lindacowperthwaite@tiscali.co.uk) or myself [suetaylorgreen@hotmail.com](mailto:suetaylorgreen@hotmail.com). Or, just turn up with it on the night.

Also if you have a trophy from last year's presentation, would you please arrange to get it back to me, by the week before the "do" (i.e. by 20<sup>th</sup> January) or contact me to let me know how you are getting it to the Awards ceremony.

Thanks

*Sue Taylor-Green*  
01772 436043

## **Young Rider Information**

### **Junior and Young Riders AGM and National Presentation Evening**

There was an excellent turn out for Young Riders AGM held alongside the National AGM in November. Key issues were debated and ideas put forward. Endurance GB would like to thank all that attended. The awards evening following saw success across the country for our Junior and Young riders, promising, as they are the future of EGB!



### **A message to EGB Young Riders and Juniors from the Chairman of Rand Endurance, South Africa.**

Rand endurance is hosting the Sanesa National Schools Championships on the 30 September 2017.

If there are any interested parties, we would like to hear from you. On the 14th May 2016 we hosted a ride at the venue where the event will take place, comments and photos can be found on the Facebook page 'Rand Endurance'. Interested and suitably qualified parties should contact John Robertson, Chair of International:

[johnrobertson@endurancegb.co.uk](mailto:johnrobertson@endurancegb.co.uk)

## Festive Gifts for Horsey Types



Happy Horse Equestrian Printing and Embroidery are supplying a range of merchandise items for Lancashire members to purchase. Please visit the Lancashire Group website or contact Linda Cowperthwaite.



### EGB 2017 Calendar - : Endurance GB

EGB 2017 Calendar Note: £3.00 P&P will be added per order

[ENDURANCEGB.CO.UK](http://ENDURANCEGB.CO.UK) | BY ENDURANCE GB

The Endurance GB Charity Calendar, in partnership with World Horse Welfare is now available to purchase in the EGB online shop.



These creative pen-holders are available to Lancashire members at the special price of £20 plus postage. They can also be collected. Various colours available and can be engraved

with dates or names etc.  
Telephone 01282 415250 and speak to Bond for more information or to order



Christmas treats for your horse or your friend's horse:  
Banana, Beetroot or Carrot mash: £2.50 for a 400g pouch, 10-minute  
soak for a delicious, healthy treat for your horse/pony...great at  
Vetgates! Available from the Rowen Barbary online shop:  
[www.rowenbarbary.co.uk](http://www.rowenbarbary.co.uk)

For the horse person who has everything:  
EquiSal Tapeworm test kit: The EquiSal Tapeworm Test works like a  
blood test but, instead, uses saliva that you collect yourself. The test  
is scientifically proven to diagnose tapeworm burdens with high  
accuracy - it tells you if your horse has a burden and whether you need  
to worm or not. To test for tapeworm, all you need to do is collect  
saliva from your horse using a specially designed swab and return it to  
the lab using the freepost bag provided. Priced at £17.95 per test  
(discounts on bulk orders of more than 10 tests). Available from the  
online shop at: [www.equisal.co.uk](http://www.equisal.co.uk)





### Christmas-Cracker Offer!

Harry Dabbs Waffle Girth 15% off until end of December 2016.

Easily wiped clean after every use, so no worries about cross contamination or sore sensitive girth areas with built in training aid loops and a central D-ring for breastplate attachment. So there's the added bonus of no loss of the girth loop attachments in the vet gates! We really like the nice curved elbow shape to prevent chaffing. The Waffle material is soft feeling and encourages airflow. I noticed a reduced sweat area compared to when I had used the sheepskin girth sleeve. The waffle material is easily wiped clean and Team H find it easy to use on multiple horses and in the vet gates. It's like a new girth for every loop! The triple cross over elastic at both ends of the girth provides the flexibility and extra comfort for the horse as the ribcage moves and expands during exercise. We recommend the Harry Dabbs Waffle Curved Girth.

Available from: [www.thermatex.co.uk](http://www.thermatex.co.uk) with a 15 % discount when quoting 'EGB member'

## Ride Reports

### FORMBY BREEZE RIDE

Saturday, 8 October 2016

The Formby Breeze, its 6<sup>th</sup> year, was another successful full ride of 80 entries. Yet again we had some smashing riding weather on the day, I'm sure it's those smiley sunshine faces that does it guys!!

**MARK-UP DAY** - Thanks to Maxine and Becs, the mark-up went smoothly on the Friday, albeit a complex routine!

First off we tackled Hoggs Hill route on foot up and down the narrow sandy path as there is no vehicular access to the beach so with rucksack full of ribbons, scissors, stapler, mallet and signs and a "whistle a happy tune", it seemed best to do this part first whilst we were as fresh as daisies!

Next route we took 2 cars; parked car 1 at Nicotine Path Squirrel Reserve (CP2), then drove car 2 to Lifeboat Road, parked, walk and marked-up the route back to car 1, then drove back to car 2. Told you it was complex but works well **ONLY WHEN THINGS GO RIGHT!!!**  
Keep reading...

**ON THE DAY** - Secretary Office was set up and all marshalls met at the venue for their clipper boards, signs, mallets, water, tuck bags etc.

CP1 drove to her post to join her Raynet Radio colleague. CP2 & 3 shot off down the dual carriageway to Ainsdale to meet up with their Raynet colleagues, where they were permitted access on to the beach by Sefton Coast and tackle the beach in convoy to **their** posts.

**AT THE VENUE** - parking up the trailers and boxes was superb thanks to Fran. Riders were bounding up the trailer ramp for their bibs and horses were tacked up. With marshalls in place and Raynet all set up, the go ahead was given to the Timekeeper and away went the riders at intervals from 9am - 10.30, whilst the tide was low.

Apparently, on the ride shortly after leaving Lifeboat Road a few early riders found our marker ribbons had been removed from trees, great start! However communication was good, riders were redirected and, once hoofmarks were evident, following riders were fine and the Rider Marshalls were excellent at their jobs. Apart from that, all went well and nothing untoward reported. Riders noticed many of the public sitting on the sand dunes watching the activities, Edwin our Photographer did yet another superb job (his photos can be found on [www.whatapicture.biz](http://www.whatapicture.biz)), and all Marshalls gave the thumbs up throughout and I couldn't fault Raynet with their superb communication at venue and CP's.

The venue was buzzing upon everyones return, rosettes and refreshments were given to riders completing the ride, and the ice cream van was doing his bit. Afterwards, EGB Marshalls and Raynet met up at the venue for a tete a tete of the Ride and by 3.15pm the venue field was empty and, I am proud to say, as clean as a whistle.

Farmer Rimmer always comments after the Formby Ride "You'd never have known you'd all been here!" You can't get better than that, can you, so a massive THANKS to you all for cleaning up after you.

**DE-MARK DAY** - now what was I saying earlier about "...only when things go right!" On the Sunday, Maxine and I used the same routine as marking-up except when we walked the route to car 2, **I'd left its car keys in car 1!!!!** We certainly weren't feeling like bloomin' daisies by now and really didn't feel like walking any more so, normally sweet, quiet, innocent and wouldn't say boo to a goose, Maxine and I jumped on two innocent looking chaps who kindly agreed to drive us back to Lifeboat Road. They had no choice, we had their arms up their backs! Seriously though, they saved us a 45min return walk thru the sand dunes again, bless their cotton socks!

I always get nervous when it comes to thanking everyone in case of missing someone out but, as has been said before, ALL Marshalls and Helpers are worth their weight in gold.

**I would therefore like to thank:-**

**MAXINE BRAITHWAITE** - for not only marking up, but also sharing Timekeeper chores on the day and demarking, the day after. (Couldn't have done it without you, Max!)

**BECS PAUL** - for helping us mark up on the Friday.

**FRAN RAND** - getting folk to park efficiently in the car park! "Not there, THERE!"

**JANET BEBBINGTON** - efficient shared-timekeeper

**SHEILA JOHN** - CP1, a friend who always helps at Formby if she can (with Raynet, Eddie)

TANIA & CHRIS FITTON - CP2 - the toughest Checkpoint, thanks guys, amazing job! (with Raynet, Chris)

BEV & PETE - CP3 friends who provided horse water at Ainsdale! (with Raynet, Norm)

PHOTOGRAPHER - Edwin Devey

FIRST AIDER - Stu Heffy

MICHELLE MEE - Rider Marshall 1

ANGELA LEADBETTER - Rider Marshall 2

And last but not least, Farmer David Rimmer, Sefton Coast, National Trust & Natural England.

*Glenda Griffin*

*Formby Breeze Organiser*

## UWBA Halloween Ride 2016



We are pleased to report that yet again the weather was kind to us which allowed nearly 70 entrants to have a great day 'ghouling about' in style. It was great that so many riders went to such a lot of effort with their costumes and their horse's attire to enter the spirit of the occasion. There really were some imaginative entrants, so much so that the judges found it really difficult to pick the winner of the fancy dress competition. However, the winner was finally chosen to be Lisa Wilkinson on Kitty, with Melissa Goulding on Merlyn in second place.

Thanks to everyone for making the effort.

Do you recognise this one??????



I hope you have all seen the photos taken by Edwin of whatapicture.biz - we moved him from the riverbank this time to another spot, which allowed some great shots. Talking of the riverbank it would seem that everyone managed a good 'razz' along there without a hitch.

I was most impressed by one junior entrant's mum who 'jogged/ran' on foot all the way alongside her daughter, even along the riverbank. They managed to get back in a fast time equivalent to some of our more rapid entrants. We were so impressed we even awarded her with one of our special Halloween rosettes as well as her daughter.

I must acknowledge all the helpers, particularly Pam in the kitchen who makes the fantastic pea and ham soup and of course, all the checkpoints who stand out there in fancy dress in full public view for several hours - they must be mad ha!

So thanks to all who helped i.e.:-

Janet Berry and Nic Coombs as Timekeeper and gate stewards.

Laura Redman on CP1

Jayne Grady on Croston Bridge

Pat Kelly at the start of the Riverbank and the other Janet Berry at the far end.

Gillian Bower at Chadwick's checkpoint

Pam James and Kerry Geldard in the kitchen.

Thanks to everyone and I can't leave without a pic of some the helpers in full spooky attire!!!



Thanks to all for coming and hopefully see you at the UWBA Spring Onesie Ride on 19<sup>th</sup> March 2017.

Sue Taylor-Green

## **Members' News**

If you have some members' news for us, send it in and get it published.

We are always wanting more of your personal reflections, anecdotes and top tips. Send over to: [s.g.crabtree@icloud.com](mailto:s.g.crabtree@icloud.com). Thank you to Linda Cowperthwaite and Alice Bamber for this edition's additions.

### **Thank you! From Alice Bamber**

I would like to say a big THANK YOU to everyone that supported me by making donations for cakes at Lancashire rides this year; we raised an amazing £150.48 for **The Blue Cross Charity**.



**Team H endurance introducing Summer Breeze.**

Summer Breeze is part of team H endurance. At the EGB National awards she was 5<sup>th</sup> in the EGB Novice Championship and winner of the Top Novice by a Premium Stallion.

We would like to take this opportunity to introduce Summer Breeze to you. Breeze was a bit of a chance purchase back in the autumn of 2014 and we call her our 'Pre Loved Bargain'. I spotted her advertised and our interest was her breeding as she was by Al Sood. The same sire as Evelyn's great horse Zorro Nazeero, whom she purchased at weaning, culminating in becoming National Endurance Champion and he's still with us at the grand age of 23. Therefore, this potential horse was too good an opportunity to miss, so a trip to Leeds on a Tuesday evening was arranged. She ticked all the boxes and a return trip on the Thursday with trailer to collect the little pre loved bargain. Summer Breeze a 4yr dark grey Arab mare by Al Sood out of Summer Place Felicia. She settled in fast and became great mates with Big Ron, mainly I think because he'll share his food with her. Our intention was to Novice her in 2015 but as the season approached, we felt she was still immature and going through a growing spurt, so a few months in light work and spring grass to allow her the time she needed and she finished the season with a few pleasure rides. During the winter, she remained in light work to keep her ticking over and so Evelyn could be a lady who hacks in the week, while the rest of us are at work! We now felt Breeze was ready for a full season of Novice rides and the aim to complete a full season. A few pleasure rides to give her a bit of experience before her first competitive ride of 2016. All set Evelyn on Breeze and me on board Ron for company and a steady pace. She was really well behaved out on course, never tiring at all and confident with Ron alongside her, finishing happy and chilled. A little wash down all

seemed well, but with equines you can never count your eggs. Just as we were thinking all was great with heart rates and should we pop over to vets, Breeze got all excited and lost the plot sending her HR up. Even Ron was doing his bit to keep her calm at the vetting. Funny how we expected grade 1 from Breeze but Ron never gets a low HR. Ron presented at 40bpm while Breeze was 60bpm followed by an ace trot up. I think it was a light bulb moment for Breeze and opened her eyes to the big competitive world.

Not undeterred or disappointed in the slightest with the result as she took the experience all on board and at her next ride she pulled it out the bag with a grown up performance and a grade 1. Through the rest of her season, she either got a grade 1 or 2 and took to staying over at rides all in her stride. Breeze was thoroughly enjoying being out on the trail, she was picking up on the idea of crewing cars; that they are 'meals on 4 wheels' and we soon found she could identify her own car and crew. Susy Rossi who took up the reins on a couple of occasions said Breeze could smell the way home back to the venue when we were 2-3 miles from the finish line. Breeze has developed and matured throughout this season and we finished on a very positive note and team H are very excited as to what 2017 will bring and the distances Breeze will complete. This may confuse her once she moves up to the bigger distances and vet gates but we are sure she'll be fine as the bigger the distance, the more all you can eat picnic stops!



## Lancashire Endurance GB...



Present a day of lectures & demonstrations on Saturday 21<sup>st</sup> January 2017.

To be held at Chorley Equestrian Centre, Chapel Lane, Heapey Chorley. PR6 8TB



### *Morning*

Gemma Pearson BVMS Cert AVP (EM) MRCVS Senior Clinical Scholar, Royal (Dick) Vet Equine Hospital, Veterinary Liaison Officer, International Society for Equitation Science – Equine Behaviourist, who recently gave a presentation at the Endurance GB @Potential for Greatness'. Gemma will be giving an amazing lecture and demonstration by talking about desirable mental attributes in the endurance horse and how to identify them in young stock. The demo covers ridden and ground work and helps us to consider how horses think and how that affects their training.

### *Lunch, followed by*

Lisa Emerson of EquiFit Physio a Chartered Human and Veterinary physiotherapist.  
Lisa will give us an insight to Equine physio, techniques and a lunge demo.

&

Anna Welch BVSc BSc MRCVS Veterinary Nutrition Director at TopSpec and Endurance Rider.  
To give an expert presentation on Feeding for competition.

**£15 for EGB members & £17 for non-members,**

To reserve tickets please forward cheques payable to Endurance GB Lancashire Group and forward to Sarah Bamber at Flowerhill Farm, Wardle, Rochdale, Greater Manchester. OL12 9PL.

Bring your own lunch and chair and we'll provide tea, coffee, juice and cakes. Hopefully an informative and enjoyable day for all. A little bit for everyone whatever level of endurance.

More information to follow and updates on Facebook.

For Information email Linda on [lindacowperthwaite@tiscali.co.uk](mailto:lindacowperthwaite@tiscali.co.uk) or Sarah Bamber on [sarahbamber1@aol.com](mailto:sarahbamber1@aol.com)



International Society  
for Equitation Science



**TopSpec**



**Anybody got a horse with an issue and would like to bring along for Gemma to work on as part of the Demonstration????**

We are looking for 3 horses; 2 in hand, one that struggles with vet gates because it gets too excited for trotting/ won't stand still. Then the other that is lazy to ride/struggles with gates/ etc. Plus one ridden in the demonstration. We would ask for no horses that are really anxious as the atmosphere created with a crowd of people just makes it so much harder for them and think that is a bit unfair. Please email details of your horse you would like to put forward to Linda Cowperthwaite at [lindacowperthwaite@tiscali.co.uk](mailto:lindacowperthwaite@tiscali.co.uk) or call 07742224670

## **Local Area Rides 2017**

All provisional dates for rides in 2017 are now available on the EGB website: <http://endurancegb.co.uk/main/Rides/List-of-Rides>

**Sunday 19<sup>th</sup> March UWBA Spring Onesie Ride**

**Sunday 28<sup>th</sup> May 2017. Ulnes Walton Wander; Lancashire Group**

Entries to:- Sue Taylor-Green, Nursery Cottage, Ulnes Walton Lane, Leyland Lancashire. PR26 8LU; 01772 436043

[suetaylorgreen@hotmail.com](mailto:suetaylorgreen@hotmail.com)

**Please contact Patricia Kelly 07734385108 or [patjkelly@hotmail.co.uk](mailto:patjkelly@hotmail.co.uk) for any additions or amendments.**

Please contact the Ride Organisers directly for all queries about their ride, including the Ride Distances on offer at the ride. It is simplest to email the Ride Organiser. Email addresses are listed below where possible. If you need to phone Ride Organisers, please do so during sociable hours. Between 9am and 9pm.

N.B. More rides to be added later, potential Ride Organisers please remember to complete Social/Charity Ride Proposal Form to book your date!

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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

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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## **Committee**

### **Chairperson:**

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