



STONELEIGH RIDING CLUB NEWSLETTER JUNE 2020 No 85

Welcome to our June newsletter – I hope you are all keeping well. I am sure that, like me you are looking forward to getting out and watching people enjoying their horses again. This newsletter is a little late this month as we have been waiting for

the June BRC press release.

Following the government's small steps into relaxing the shutdown rules BRC will now allow us to restart small group training sessions. A maximum of 6 people – so 4 or 5 riders and an instructor could, as long as social distancing was maintained, gather for a training session outdoors. Unfortunately Moreton Morrell is closed until September 1st and Wayne furloughed, so Jo Hayward is currently organising possible training sessions at Lowlands and we will let you all know when we have some more positive details. If you have any ideas for another temporary venue, we would need room to park and an arena, please let one of the committee members know – the committee are meeting virtually on Tues 16th June. Also if any of you have ideas for activities you would like us to adopt please contact us and it can be discussed.

We are fortunate that we have managed to book Lowlands for the BBQ dressage on 21st July, schedule enclosed and we hope you will be able to support us. You will be sent details with your times but we must keep to the social distancing rules. (No BBQ or socialising this time – sorry)

The August dressage that was mentioned in the last newsletter is still in the diary but depends on Covid19 regulations and as soon as we have definite plans we shall e mail a news flash with details.

For the first time in 19 years your committee had a free Whitsun bank holiday. The weather was fine, warm and sunny. I sat in the garden and thought of past SRC 2 day events, rain, wind, mud. How much fun we have had over the years running this unique event and despite the hard work involved in setting up and organising the weekend the feeling of satisfaction on the Sunday evening of a lot of happy competitors on their way home. Looking forward to next May when hopefully we shall be free from Covid 19 restrictions and we can once again enjoy the hospitality of Princethorpe College and the generosity of our sponsors and members and friends, all vital for the event's success.

Meantime keep safe and smiling

Wendy

It was naturally a disappointment that we had to cancel this years 2 DE due to the current position the world finds itself in. But looking forward, we will be running an extra special event next year as this will be the 20th anniversary of this competition. Next year's event is scheduled for 29th & 30th May so please save this date in your diary.

Take care of yourself

Andy Ruyssevelt

Come and fence judge they said. You will be well looked after, all it takes is to put a tick in the right box, write the time down and that's it. What they didn't say was find your fence without driving all the way round the cross country course counting the numbers down until you get to your allocated fence.

Park on the side of a hill, facing the wrong way, managed to turn round. Proceed to get all the equipment out of the car, ie table, chairs, flasks etc. Sit with your co judge on the slope in fold up chairs. What they didn't say was that your co judge would end up in a heap on the floor at the bottom of the hill when the fold up chair tipped over to the side, she was unable to get up for laughing. Horse coming towards you so trying to blow whistle, log time and tick box all the while screaming hysterically with laughter. Eventually manage to get co judge up but for next hour my shoulders ached from trying not to laugh out loud and couldn't possibly look at co judge as we would both have started again.

Time to go home, car didn't want to go back up the slope, but managed to roll back and turn round only to get stuck under the string. Eventually managed to get down the hill and back to the main tent. Still laughing hysterically. Now

It's too hot, cold, wet, dry, muddy, hard, grassy (as in 'Oh, I didn't realise it was on grass - my daughter's pony doesn't go on grass!')

The dressage arenas are too close, not flat, full of weeds, too near the road, too near the warm-up area, too near the hedge, the SJ and XC courses are too long, too short, too challenging, not challenging enough and the timings are all wrong.

Number 123 has withdrawn - horse lame, rider lame, lorry lame, competitor has had a row with mother, mother has had a row with trainer, older sister won't lend pony.

Number 456 would like to go later, please - got lost, satnav not working, Princethorpe not in same place as last year, brought wrong bit, bridle, girth, saddle, horse (HORSE??) rider in tears - has learnt wrong test, rider in tears - didn't know there WAS a test.

Why CAN'T I have piercings and a tattoo?

All this, or something like it, we hear at the Princethorpe 2DE - so why on earth last weekend, was I so sad that it wasn't taking place?

Well, obviously, the brilliant organisers, sponsors, event secretaries, scorers, photographers, stewards, dressage judges, writers, more stewards, dressage sheet collectors (when not looking after BEES!) course builders, pole pickers, even more stewards, the chief steward, starters, SJ judges, timekeepers, fence judges, commentators, tack checkers, catering staff, hospitality team, motor bike riders, crossing stewards, (nearly all) competitors, anybody I've left out AND (and some people still don't believe me when I say it's the only reason I come) Farrier's Fayre!

I really missed you all!

Keep safe everyone and see you at Princethorpe 2021.

Something to look forward to.....

Hope your horses have helped you through lockdown. Maybe like me you've used the time to catch up on jobs. I've wood treated stables, liberal sloshing left me looking like a Dark Oak Dalmatian!

In this newsletter is the schedule for annual evening dressage. Sadly, no BBQ, sorry Ian.

To limit risk of Covid infection we are limiting entries to one test per horse. Entries will be taken strictly in order of my receiving them, combined with payment by either cheque or bank transfer.

If your hat needs tagging we can do it at competition.

Enjoy this lovely weather and see you on 21st July. Bet it rains!

Marion

Dressage

I hope you and your horses are all managing to keep fit and well. I've been very fortunate throughout the lockdown to visit my livery yard every day and ride Ronnie, we have hourly slots. Mine is 8.00am which works well with this lovely warm weather, lots of time to sort garden which has never looked better.

Did anyone enter the NAF online Dressage competition? It was quite short notice and limited entry which was a pity but details of more Interdressage below.

Unfortunately the only Dressage Qualifier looking like it might take place is the Dressage to Music venue to be confirmed on Sunday 2nd August although there are still ongoing discussions about whether the Pairs class will run, not a lot of social distancing in pairs! Schedule for this will not be out before 30th June as BRC have still to send guidance on recommencement of competitions.

With the National Championships held at Lincoln in September being cancelled the club will not be running the Qualifier at Princethorpe this year but might run a point's event with date in August to be decided. Marion is finalising details of a club dressage at Lowlands in July but without the BBQ this year.

A date has been agreed for the 2021 Novice Dressage Qualifier at the end of October at Solihull Riding Club so finger crossed all will have returned to normal by then.

Keep safe and well. Sue

**** New BRC NAF Interdressage Summer Online League 2020****

Starts Mon 1 June and will run through to Wed 30 September 2020.

BRC members can take part online in all the Interdressage classes, which can be found here: <https://www.interdressage.com/entry-tickets>. Just upload a video of you and your horse to YouTube and complete the required entry form.

These classes will be updated each month. But include a range of dressage, showing and handy horse classes.

NAF will be providing a prize for the overall individual winning combination of horse and rider each month, with an additional prize for the overall individual League winner. The winning BRC Club, will be able to bring 4 members along to a buffet lunch at the 2021 BRC NAF Five Star National Horse Trials Championships.

OLIVE AND THOMAS HAVE DONE IT! THEY'D LIKE TO THANK EVERYONE WHO MOST GENEROUSLY GAVE



They've walked and walked their way to £1,264 plus VAT for the Rugby branch of the Carers Trust. Thomas takes on the role of commentator. . .

Olive had her birthday (noo-o, don't ask) last month. Her favourite horse (**THAT'S ME**) had his birthday the week after and, added up, the joint ages came to over 100. Then there was Captain Tom . . . "Excuses enough for a challenge," announced Olive.

The Carers Trust got the pick when Olive discovered it is the only British Charity which speaks up for the 7 million **unpaid** carers who look after relatives and friends at home.

“A large number of them are youngsters and nobody else is doing anything for them.” The Rugby branch was chosen, well, because it’s local. That’s important.

So what would they do? “I knew I would be involved,” said Thomas, “and I knew it would have to be at home because she’s one of the Shielded folk. Me, I suggested perhaps walking the boundary very, very slowly, or checking the quality of the grass in one or two of the fields

“Thomas and I will walk up and down the farm drive 100 times” Olive told the world. And so it was.

Five laps of the drive each day for 20 days; more than 1,550 steps a day for Olive, 3,000 plus, for Thomas; 11.00am sharp for a non-stop 22 minute slog. Total distance 25 miles; total sum raised £1,264 for the Carers Trust, Rugby. “..Er... Plus gift aid,” said Thomas. “spect your friends would enjoy the highlights?”

Well, it was on the chilly side the first morning. “The only “r” I’m interested in is “r” for rug” Thomas thought. “But bet I don t get one.” Correct!

The wind was so strong for the next two days Olive’s hair stood on end. Thomas was very rude and laughed. Then it rained, really rained, for two days and Thomas felt sorry for her. “I did rather better than she did – she put a light exercise rug on me.” But, it has to be said, once he’d winked at the ladies in the field a couple of times and got them skittering around, he became a little gruff.

He’d worked out that for some reason they were only going to the end of the drive and then turning back. “And I am one” he explained, “who has been a well-known, rosette winning driving horse. I have starred in quadrilles, very up-market fancy dress occasions and, indeed, at dressage competitions. Why was I, five times a day, being led down the drive and then back again? **ME, I GO OUT!**

Surprisingly, Thomas was in a good mood the next day... As they turned to come up the drive on the second lap. Thomas said: “I’ve been thinking, and I have had a thought which I think is rather good. Seems to me that we are making rather too much of this walking about, you may only have two legs. But I have four. I think we ought to be cutting the time we need for this challenge in half. Divide by two, as it were.”

For just one Nano second Olive seemed tempted. She’d already admitted that the fifth lap each day took it out of her. Then a voice said: “I’d call that cheating myself.” Thomas knew it wasn’t going to happen. The three laps left that morning were difficult. He huffed and puffed a bit and definitely walked faster on the way back up, and he only got one piece of carrot when he went back into his box.

The next morning it was Olive who was in a good mood. Their target was £1,000. The way things were going they would be over their target when the distance was reached. The Trust was going to spend the first bit of money we’d raised visiting the young carers because it was known they were feeling isolated with all this lockdown stuff. Then they were going to top up their PPE stores. “A lady called Sarah Roscoe told me all about this... I liked her. She said I was very handsome.”

Olive told me a bit more about the Trust. “I won’t go into all the details, but Rugby, don’t you know, do some pretty good things looking after the youngsters practically and with an eye to their future. They really care about their wellbeing. Go to their website and find out. Rugby are part of the Heart of England Carers Trust network. It’s www.info@carerstrusthofe.org.uk

“If I were younger I would probably go to one of their fetes or something and help raise money. As I told you, I’m a star. **I like going out.**”

“That, Thomas, is a great idea,” said Olive, “we just have to remember to keep a 2 metre gap between us and other people.”

“Me and my big mouth,” said Thomas.

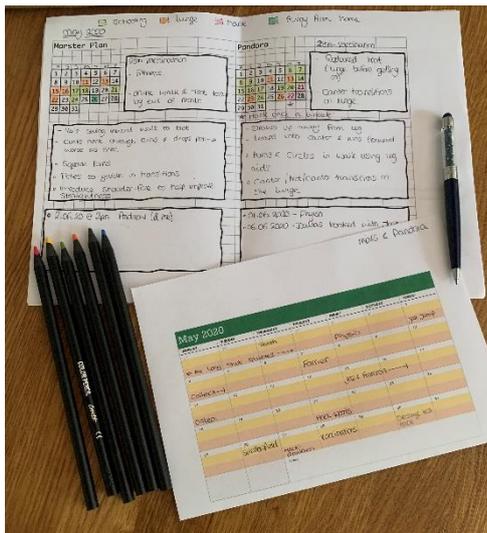
A note from our training officer –

I hope everyone is keeping well and managing to find a new routine to help with the challenges that Covid-19 is bringing us all.

I will admit I am doing much better now I have two horses back in work and as I write this I will be starting 1 to 1 coaching sessions again in the next couple of days.

Going from having a full diary and a to do list as long as my arm to barely leaving the house proved an interesting journey, but as always I found new and interesting ways to avoid the housework and keep myself busy! It started with knowing that with Pandora away being broken in I needed to get fit enough to rider her and not pile on a load of weight (as she still hasn't really grown all that much.) So from that I came up with the 2.6 skipping challenge supporting the RDA National Training Centre; 260 skips every day for 26 days. I even had a dozen other supporters join in the challenge and between us and the other 2.6 challenges that people volunteered to do, we raised just over £6000. Thank you to those of you that supported me and the rest of the team over the 26 days of skipping.

My next 'challenge' is to be ready for the 2021 season with the two youngsters. It is sad that we will have pretty much missed the 2020 season but with Riding Club releasing next year's dates it gave me a new enthusiasm to get ready for next year! So I have started looking at my short, medium and long term goals with both horses and my riding. I am starting with the basics for both me and the horses looking at our fitness and straightness. I will then move onto technical goals which will be along the lines of correctness of position and aids from me and relaxation,



rhythm, suppleness and contact for the horses. Mars is more advanced so I should be aiming for a few online dressage tests soon to give me some feedback on our progress which will no doubt result in an update of the short term goals. It may take a while to get the relaxation and rhythm from Pandora but her journey doesn't need to follow Mars, she can take her own path - and I have no doubt that she will!

I always find having a goal helps me to keep motivated and it doesn't need to be a high flying competition related goal either. My current goals for Pandora are to get her out of the arena once week to help avoid boredom. Even if it is just a 10 minute walk down the road, something that doesn't involved school work and that she can enjoy without any pressure. Our other goal is to get from trot to canter without launching into it causing a sharp intake of breath from mum who is holding the camera! This will be achieved by a lot of patience and strengthening work on the lunge.

There is lots of goal setting advice and templates online but if anyone wants some help with setting goals, doing a horse or rider profile, or just templates for documenting your riding sessions please feel free to get in touch, I'm happy to help where I can.

Jo



RIDERS MINDS OFFICIALLY LAUNCHES

Mental Health Awareness Week, 18-24 May 2020, saw the launch of Riders Minds, a bespoke, comprehensive, online resource dedicated to supporting and improving the mental health of horse riders, across all levels.

Founded by 5* event rider Matthew Wright and his wife Victoria, Matthew has openly shared his own mental ill health struggles.

Matthew said, “The objective of Riders Minds is to remove the stigma of speaking out by increasing mental health awareness, understanding, and confidence amongst all riders from grassroots through to professionals.

“Having been in a few dark places myself in the past we wanted to give the wider equestrian community somewhere to get help and someone to talk to. By raising the profile of mental health and well-being people will realise they are not on their own and that it is okay not to be okay.”

In addition to equipping individuals with skills for good mental health and managing life’s ups and downs and pressures, Riders Minds also offers a [free confidential helpline](#) available 24 hours a day, sponsored by [TheraPlate](#).

The content throughout the site has been written by mental health coach and specialist [Sylvia Bruce](#).

For more details visit the website: <https://ridersminds.org>

Rescheduling of the Novice and Intermediate 2020 Championships

BRC and the Advisory Committee have been looking at the viability of rescheduling/carrying over qualifications for the above events. Originally, we felt that it would only be possible to do this with the Novice Championships. However, we are a member driven organisation and due to the feedback from our intermediate competitors we have reconsidered. With some changes to the format we feel able to run both the 2020 Novice and Intermediate Winter Championships alongside the 2021 Novice Championships at Arena UK, 26 – 29 March 2021.

The event will take place over four days with the 2021 Novice Championships occupying the weekend days and the 2020 Novice and Intermediate Championships taking place either side of this. Schedule and timings TBC. The FAQ document that accompanies this statement will detail the format, procedures for areas that did not run a qualifier and the rationale behind the decision not to reschedule for later this year. As you can imagine, this will be a big undertaking and therefore we will need the membership to come together and help us along the way. We will no doubt require more volunteer support than usual, so anyone that is willing and able should email jennie.pallett@bhs.org.uk it is also worth noting that the event will only go ahead if entries are sufficient, we have enough volunteers to run safely and if we are permitted to run an event of that scale under the government.

The 2021 Intermediate Winter Championship is unaffected and will take place as planned 23-25 April 2021 at Bury Farm.

**** Please could you help the [The British Horse Society Safety Team](#), by completing this [Equine Survey](#)****

Deadline for submissions: Friday 5 July 2020



With the recent relaxation in the Coronavirus lockdown, we are all now looking forward to riding again more. 🐾

For many, riding again will likely involve transporting a horse. If you ever transport a horse, The BHS Safety team would love to hear about your experiences. 🐾

Please take 5 minutes to complete the Equine Transport and Towing Survey at the link below 📄

<https://www.bhs.org.uk/equine-transport-and-towing-survey>

****Deadline for submissions: 05/07/20****

NEW MICROCHIP RULE

From 1st October 2018, all horses in England (not just those born since 2009) had to be microchipped by law. There has been a 2 year grace period, to give time to organise getting older horses' microchipped.

From 1st October 2020, it will be an enforceable law. After this date all horses attending a BRC qualifier or championship (regardless of where they reside) must be microchipped. If not they will be disqualified. Spot checks will be carried out.

Is your horse microchipped?

The
British
Horse
Society



New legislation means that all horses, ponies, donkeys and mules in Great Britain need to be microchipped. Failure to comply is an offence and could result in a fine.

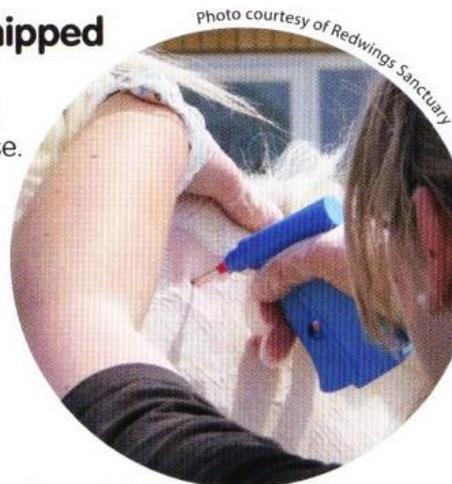


Benefits of having your horse microchipped

Once your horse is microchipped, update your Passport Issuing Organisation (PIO) with the microchip number and they will upload the data to the Central Equine Database.

By using the Central Equine Database at www.equineregister.co.uk you can:

- Check your horse's passport details using the National ChipChecker
- Quickly report your horse missing
- Check if a horse is legally for sale



Deadline for having your horse microchipped

The deadline will vary according to what part of the country you're in. Ensure your horse is microchipped before the relevant deadline listed below:

- England - 1 October 2020
- Wales - 12 February 2021
- Scotland - 28 March 2021

For more information visit bhs.org.uk/horsepassports



The British Horse Society is a Registered Charity Nos. 210504 and SC038516