

## Area Winter Dressage - Hartpury

Ann Marshall kindly again offered to manage the dressage teams. On 22nd February she took two team's to Hartpury College to compete in the Area 18 qualifier. The green team of Helen James, Claire Moreton, Nicki O'Connor and Claire Miskelly came 11th overall, so very well done. Claire Moreton won her arena with a very impressive 75.77% but Claire was in so much pain from a very recent cross country fall, she really thought she couldn't even get into the arena. If it hadn't been Zillah and Ann's support she wouldn't have done it. The Yellow team of Joy Smart, Helen Stone, Nicki Phelps and Jo Jones also did very well. Everything on the day went smoothly and the new venue of Hartpury worked very well. Everyone had a lovely day and Ann Marshall sends her warmest thanks to all the team members for great team effort and fabulous riding.



## Sports Psychology Lecture

Phil Johnson is a leading Sports Psychologist who works with elite athletes from many disciplines including Premiership Footballers and Elite Squad Riders. So what was he going to make of a mixed bunch of slightly mad leisure riders? I have to say I had my concerns when I mentioned to Zillah about organising this evening, Sports Psychology is something I have an interest in but wasn't sure what others would make of it, would anyone turn up? Well they turned up, and it was a huge success, with Phil putting everyone at ease and making the evening incredibly interesting and easy to understand the principles and by making us stop think and question what we do and how we do it, I think we all saw our riding and its issues in a different light. Phil's website is [www.sportandperformancepsychology.co.uk](http://www.sportandperformancepsychology.co.uk) if any one would like to have a look and if anyone would like a copy of the worksheet or handout from the evening he is more than happy to email you a copy if you contact him. The riders who came expressed an interest in setting up some further sessions with Phil, so if you would like to be involved please contact me directly for details and costs. Finally a huge thank you to Carola for offering her house for the lecture, and to Ann Marshall for stepping in when the weather turned atrocious and offering her house at the last minute as an easier to get to option in the ice - *Sam Parsons details for the sports Psychology Tel: 07775 806364 or email: atlanticopernicus@hotmail.co.uk*



## Sam & Martin's Wedding

Sam Smith & Martin Parsons tied the knot on the 30th December. It was a very chilly morning, but Sam looked beautiful riding Copper side saddle to the church at Hawkesbury, accompanied by Jo Derham on her trusty steed Dillon. The service was lovely and we sang lots of hymns (Joy Smart and I are thinking of starting a riding club choir after our tuneful duets!), then off to Rose Hill school for an afternoon and evening of delicious food, plenty of wine, serious chatting, and pole dancing for those that fancied it - not me, I was sober and well behaved all day!!!!" *Nicky Walker*

## Area Indoor Show Jumping - Hartpury

On a warm Sunday morning in February, off toddled three show jumping teams from B&D up to Hartpury College for the Area 18 Indoor show jumping qualifier. Our members had been training with Kate Scott, subject to worst snow in 18 years. All our members rode very well and did the club proud. This year the set up was different with two jumping arenas, so there were different atmospheres' and challenges for all teams. Our top team came 13th out 32 teams which was very respectable, only the first placed team had double clears from all their team members, all the lower placings came down to the clock, as so many clubs finished on the same faults.

As our team manager, bit I am most pleased with, is ALL our riders had brilliant attitudes to courses and day, from Joy Smart Smart doing two beautiful clear rounds, to our inexperienced green horses ridden by Rachel Barnes, Nicki O'Conner and Kathy Griffiths who gave very smart rounds. My next thank you goes to my second in command Jen Cole; the all singing groom, photographer and what a star. And last but not means least to Sue Meredith, Carol McDonough and Helen Stone, who rescued Deb Dudbridge, Polly Byrne and myself on Saturday afternoon when our truck decided to stop and then not move, with less than 24 hours before competition.

I don't know about anyone else but arriving home after a long day sleep came very quickly. However to cap off the weekend at 2.00am my cat Mini Moo decided to bring me a present; a live frog which she dumped on the bed whilst I slept which certainly did freak me out!!! - *Sue Ravenhill-Handley*



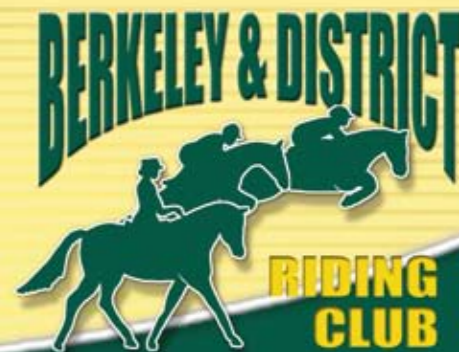
**Photo Gallery Updated On Website - Check It Out!**  
[www.bdrc.org.uk](http://www.bdrc.org.uk)

**Emails** - If you are on email, please can you make sure that you let Helen Abraham have your most up to date email address as we often use email for reminders etc. **Thanks!**

### Newsletter Deadline

Please can you send your items/articles to Helen Abraham with any photos. The deadline for production of next newsletter is 1st May 2009.

# Newsletter



Issue 19 - March 2009

## Hello Everyone

Hello everyone and a belated Happy New Year. Christmas has come and gone and we are all thinking about getting out in the better weather with our horses.

B&D have lots for you to join in with this year. We start with the area indoor show jumping and dressage competitions and this will be followed by all the outdoor disciplines. We feel that these area competitions are an important part of our calendar and we encourage anyone who would like to join in to contact the Team Managers and have a go. It is also a great day out for anyone who would like to come and support the club and team and enjoy watching everything that is going on - the newsletter will have dates and venues or give one of us a ring.

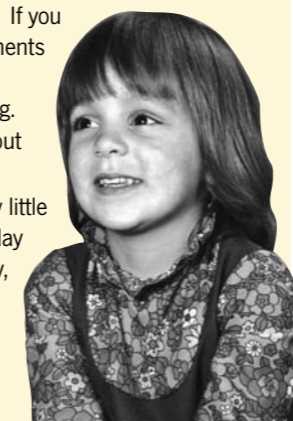
There are lots of things to do for the less competitive (but just as important) members too. Our rallies and camps are a major part of club life and we strive to make them confidence building, instructional and most of all FUN. We try to cater for everyone but if you think there is something missing please get in touch.

Members show jumping and dressage will start again as the weather improves and these events are specifically to encourage riders who want to have a go in a low key, no pressure situation with plenty of help at hand.

This year as well as our ODE on Saturday June 6th we are organising a Hunter Trial at Leyland Court on Sunday 19th April. Both will have a novice class along with the bigger fences and as usual we will need lots of helpers so please contact me if you want to get your hours in. There will be demonstrations, lectures and social events too, ranging from the Badminton Horse Trials course walk, hypnotherapy talk and our yearly trip to Olympia. We are always being asked to supply fence judges, stewards or buggy drivers for all sorts of events so if this is for you get in touch.

So no excuses, if you want plenty to do we can keep you busy all year round; just keep an eye on the newsletters, website and regular e mails. If you have any suggestions, comments or would like to organise something just give me a ring. Look forward to seeing you out and about.

Finally, guess who this pretty little girl is???? It's her 40th birthday on 21st March! Yes it's Nicky, and we do appreciate all her hard work. Thank you and Happy Birthday!!!!!! - *Best Wishes Zillah.*



## Long Reining Ponies Demo

Ahhhhhhhh, that's all we can say about the demo which Janet Macdonald and her three friends Jenny Allen, Jacquie Pillinger and Carolyn Harward performed for us.

Janet gave an informative demonstration on all the different long reining techniques; I didn't realise there were so many! Then the four of them with the help of Amber (Shetland cx Dartmoor) Peaz (welsh) Oli (Shetland) and Tommy (British Spot) performed a fantastic routine to music which was choreographed and arranged by Carolyn.



## Area 18 Training Day

On a very cold, damp and foggy day in November Jo Attwooll and myself drove to Stow for the annual Area 18 Training day at the Unicorn Centre. Wrapped up very warmly against the cold we were greeted with hot drinks in the heated gallery but all too soon we had to go downstairs and sit in the cold. All the training was aimed at grass roots riders so we could relate the lesson to ourselves as riders.

The first instructor was Henriette Anderson who competes internationally at grand Prix level. All the riders are area 18 members so it was interesting to see the different standards of horses and riders. She emphasised with all of them the importance of forward riding and asking for more. The improvement in all the riders was noticeable as the session progressed. Next we had Major Richard Waygood, a truly inspirational teacher. He is currently Riding Master for the Household Cavalry but is soon leaving to become a full time Instructor. He has trained the International Rural Riders teams for the past 12 years which includes dressage, show jumping and cross country.

He used the first session to talk about the Team of 4 which is a new competition at the RC Champs at Lincoln. It has been shown that riding the RR test improves individual performances so it is a good exercise. He took a group of 4 riders who had never ridden together before; worked on each movement in the test and then put it altogether to produce a polished performance at the end. He remarked on how quickly the riders began to behave as a team rather than individuals. The great thing was that they were enjoying themselves. He never criticised; just gives helpful advice and lots of praise when something went right. After a very good hot lunch we watched him take a further 4 riders and improve their way of going. Noticeably a young horse which hadn't done much, he encouraged the rider to ask for more and a very ordinary animal suddenly looked like a future star!! The day finished with a Quadrille by the New Forest Pony Enthusiasts. They later performed this at Olympia in 2007 and were 2nd. I think this was the best Training day I have been to and we were glad we had braved the cold and wet - *Anne Brown*

## Lunge Demo

Thanks again to Helen James who gave an informative and interesting demonstration on the 18th December.

## Committee Members and Contact Details

<b>President</b>	Mrs M Macdonald	<b>Vice President</b>	Anne Brown	01454 260446 - falfield@hotmail.com
<b>Chair</b>	Zillah Savage			0117 937 3424 d_z_savage@hotmail.com
<b>Vice - Chair</b>	Ann Marshall			07775 653175 marshallas@hotmail.com
<b>Secretary</b>	Nicky Walker			07734 076482 nicky.stonecroft@hotmail.co.uk
<b>Treasurer</b>	Sophie Williams			07811 942840 sophie_goode@hotmail.com
<b>Membership Secretary/ Newsletter</b>	Helen Abraham			07909 991044 habraham@westernpower.co.uk
	Zoe Fowler			07730 580106 z.fowler@btinternet.com
	Sue Ravenhill-Handley			07825 444066 sue.handley@southglos.gov.uk

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## Riding Club Saddle Cloths

There are still four riding club saddle cloths missing from stock. If you have used one either last year or this year please check to see if you have not returned it. We need them back Please!!!!

# Forthcoming Events - 2009

Date	Details	Location	Contact
19th April	Hunter Trial <i>(please note we will need lots of helpers)</i>	Leyland Court	Nicky Walker
21st April	Hynotherapist Talk	Wanswell Court	Nancy Harding
3rd May	Badminton Course Walk	Badminton	Zillah Savage
6th June	ODE <i>(please note we will need lots of helpers)</i>	West Littleton	Zillah Savage

## RC Area Competitions

If you would like to be considered for any of the teams, please contact team manager directly (numbers at back of newsletter). Participated members will be expected to pay for their entry fee. Please make sure you send the team manager a copy of your vaccination certificate, your team entry will not be confirmed until BOTH have been received.

Date	Details	Location and Organising Club	Team Manager
25th April	Hunter Trials	Crown Farm - Area 18	Helen Abraham
24th May	Outdoor Show Jumping	Blackmore Park Road (Nr Three Counties Showground) - Malvern Hills RC	Zoe Fowler
14th June	Horse Trials	Broadway - Evenlode RC	Helen Abraham
28th June	Novice Dressage	Manor Farm - Cotswold Edge	Ann Marshall
19th July	Open Dressage	Leyland Court Farm - Kingleaze RC	Ann Marshall

## Members Competitions

Date	Details	Location	Contact	Cost - pay on day
29th Mar	<b>Dressage</b> - Walk n Trot & Prelim 7 (2002) <i>Dressage MUST BE pre-booked</i>	Whitehall Farm Breadstone	Nancy Harding	£5.00 per test
12th May	<b>Show Jumping</b> - Start 2ft prompt at 6pm	Moor Lane, Tockington	Nicky Walker	£2.00 per round
26th May	<b>Dressage</b> - Prelim1(2006), Prelim 4 (2002) <i>Dressage MUST BE pre-booked</i>	Whitehall Farm Breadstone	Helen Abraham	£5.00 per test
16th June	<b>Show Jumping</b> - Start 2ft prompt at 6pm	Moor Lane, Tockington	Nicky Walker	£2.00 per round
30th June	<b>Dressage</b> - Novice 25 (2005), Novice 30 (2006) <i>Dressage MUST BE pre-booked</i>	Moor Lane, Tockington	Helen Abraham	£5.00 per test



## Trip to Olympia

A group of 25 of us went to Olympia on 20th December. We had a full day of entertainment and shopping! The first thing we saw was the final of the British Riding Clubs Quadrille competition. Four clubs competed and did amazing performances. Fantastic costumes and polished routines. It

was won in the end by Moat View Riding Club. Next was the first show jumping class which was a speed stakes and this was won by William Whitaker on It's Super Girl. Then followed a nail biting display by Lorenzo The Flying Frenchman who manages to ride 6 horses, at the same time, standing up! We then had the traditional Shetland Pony Grand National - so cute! Followed by a musical drive by the King's Troop, Royal Artillery.

Hardly time to catch our breath, it was onto the big show jumping class. This was the Christmas Masters. This was a competition for the top riders of the show. There were 5 jumps and each time a competitor jumped clear they got to choose which jump went up! By the fourth round the jumps were huge! In the end this thrilling class was one by Penelope Leprevost of France. The day was rounded off by the Christmas Finale which this year had a highland theme. By the end of it, we were all feeling thoroughly Christmassy! We all then headed home on the coach - thankfully not leaving anyone behind! Eating mince pies and singing carols all the way! *Sophie Williams*

## Christmas Calendars and Cards

The sale of the Christmas cards and calendars raised £80 for Breast Cancer Research. A big thank you again to Joy Smart for her hard work collecting and preparing the photographs' and to you for sending them in. The winning photo for this quarter is Mandy Lee riding Shanzi in the pouring rain, and showing us what complete dedication is to our four legged friends. Please keep the photo's coming in. Send them to Joy Smart at joysmart@smartrain.co.uk.



## Christmas Show - Leyland Court

The weather couldn't have been kinder if we had ordered it, the sun was up in the sky by 9.30 and not a cloud to be seen. Although the downside of this was it was the previous night had been one of the coldest nights this winter and a few of our members came horseless as their lorry's refused to start. Sam and Martin set up their kitchen in the warmth of the spectating room and provided everyone with hot food and mulled wine. The day started of with show jumping and Jerry Fowler kindly agreed to provide the commentary, and true to form his witty banter kept the competitors and spectators thoroughly entertained!! The afternoon started with Christmas fancy dress then dressage which was kindly judged by Tom Buckland. Nancy Harding must be complimented as she dressed for the occasion and both her and Ellie looked exceptionally smart. Those who didn't want too much pressure enjoyed the Gymkhana games including a Christmas Handy Pony game which provided a lot of entertainment. It was a great day and enjoyed by everyone whether they rode or just came to watch.

### CLASSIFIED.....

**15.1 Appaloosa x New Forest**, 12 years, done all riding club activities including camp £3,000 Tel 07825 298883 Part loan considered.

Please send details of any items you could like considered for inclusion on the website to [bdrc@hotmail.co.uk](mailto:bdrc@hotmail.co.uk) - including for sale etc.

# Rallies

**Booking a Rally:** For all rallies, please send your name, tel. no., list of rallies and post dated cheques (made payable to B&DRC with rally details on the reverse of each separate cheque) to the organisers. Places will not be guaranteed unless cheques have been received at least one week before the rally date. Insufficient cheques received one week before will result in the rally being cancelled. **Cancellations must be received one week prior to the rally; cheques will be cashed after this time unless places can be filled.**

## Rally Cheques to:

**Ann Marshall** - Furze Down Farm, Moor Lane, Tockington, Bristol. BS32 4LE  
**Jayne Meehan** - West End Grove, West End, Wickwar, South Glos. GL12 8LB  
**Nicky Walker** - Stone Croft, Main Road, Easter Compton, Bristol. BS35 5RE

## Intro / Intro Plus - Di Sealey

Date	Venue	Time
Sat 7th Mar	Westend Grove	10am; 11am & 12noon
Wed 18th Mar	Westend Grove	11am & 12noon
Wed 25th Mar	Westend Grove	11am & 12pm
Sat 4th Apr	Westend Grove	11am & 12pm
Wed 8th Apr	Westend Grove	11am & 12pm
Sat 18th Apr	Westend Grove	10am; 11am & 12pm
Wed 22nd Apr	Westend Grove	11am & 12pm
Sat 2nd May	Westend Grove	10am; 11am & 12pm
Wed 6th May	Westend Grove	11am & 12pm
Sat 16th May	Westend Grove	10am; 11am & 12pm
Wed 20th May	Westend Grove	11am & 12pm
Sat 30th May	Westend Grove	10am; 11am & 12pm
Wed 10th June	Westend Grove	11am & 12pm
Sat 20th June	Westend Grove	10am; 11am & 12pm
Wed 24th June	Westend Grove	11am & 12pm
Wed 8th July	Westend Grove	11am & 12pm

Westend Grove - location by kind invitation of Mr and Mrs P Meehan.

**Contact: Jayne Meehan - Cost £13**

## Dressage - Kate Scott

Date	Venue	Time
Sat 4th April	Home Farm, Tockington	10am; 11am; 12pm
Sat 25th April	Home Farm, Tockington	10am; 11am; 12pm
Sat 13th June	Home Farm, Tockington	10am; 11am; 12pm
Sat 11th July	Home Farm, Tockington	10am; 11am; 12pm

**Contact: Ann Marshall - Cost £13**

## Dressage - Helen James/Gaye Nicholas

Date	Venue	Time
Thurs 5th Mar - Helen	David Meeks'	6.30pm & 7.30pm
Thurs 26th Mar - Helen	David Meeks'	6.30pm & 7.30pm
Thurs 23rd April - Helen	David Meeks'	6.30pm & 7.30pm
Thurs 14th May - Gaye	David Meeks'	6.30pm & 7.30pm
Thurs 4th June- Gaye	David Meeks'	6.30pm & 7.30pm
Thurs 25th June - Helen	David Meeks''	6.30pm & 7.30pm
Thurs 16th July - Helen	David Meeks'	6.30pm & 7.30pm

Location by kind invitation of Mr and Mrs D Meeks

**Contact: Nicky Walker - Cost £13**

## Indoor Show Jumping - Mrs Chapman

Date	Venue	Time
Tues 17th Mar	Rockhampton EC	6pm Novice & 7pm Improvers
Tues 21st April	Rockhampton EC	6pm Novice & 7pm Improvers
Tues 19th May	Rockhampton EC	6pm Novice & 7pm Improvers
Tues 23rd June	Rockhampton EC	6pm Novice & 7pm Improvers

**Contact: Ann Marshall - Cost £13**

## Janet MacDonald - BHSI

Date	Venue	Time
Tues 10th Mar	Tan House Farm, Berkeley - Jumping	11am & 12noon
Tues 31st Mar	Tan House Farm, Berkeley - Flatwork	11am & 12noon
Tues 14th Apr	Tan House Farm, Berkeley - Jumping	11am & 12noon
Tues 28th Apr	Tan House Farm, Berkeley - Flatwork	11am & 12noon
Tues 12th May	Tan House Farm, Berkeley - Jumping	11am & 12noon
Tues 26th May	Tan House Farm, Berkeley - Flatwork	11am & 12noon
Tues 16th June	Tan House Farm, Berkeley - Jumping	11am & 12noon
Tues 30th June	Tan House Farm, Berkeley - Flatwork	11am & 12noon
Tues 15th July	Tan House Farm, Berkeley - Jumping	11am & 12noon

**Contact: Ann Marshall - Cost £13**

## Show Jumping - Rachel Sheldon

Date	Venue	Time
Mon 23rd Mar	Rockhampton EC	6.30pm & 7.30pm
Mon 6th April	Rockhampton EC	6.30pm & 7.30pm
Mon 4th May	Rockhampton EC	6.30pm & 7.30pm
Mon 25th May	Furze Down Farm	6.30pm & 7.30pm
Mon 8th June	Furze Down Farm	6.30pm & 7.30pm
Mon 29th June	Furze Down Farm	6.30pm & 7.30pm

**Contact: Nicky Walker - Cost £13**

## Flatwork/ Jumping Exercises -

## Flatwork/ Jumping - Gaye Nicholas

Date	Venue	Time
Sat 28th Mar	Buckover - Arena	10am & 11am
Wed 29th April	Buckover - Derby	6pm & 7pm
Wed 3rd June	Buckover - Derby	6pm & 7pm
Wed 1st July	Buckover - Derby	6pm & 7pm

**Contact: Ann Marshall - Cost £13**

## Show Jumping - Tom Buckland

Date	Venue	Time
Sat 21st Mar	Leyland Court	10am; 11am & 12pm
Sat 18th April	Leyland Court	10am; 11am & 12pm
Sat 30th May	Leyland Court	10am; 11am & 12pm
Sat 20th June	Leyland Court - Derby	10am; 11am & 12pm
Sat 18th July	Leyland Court	10am; 11am & 12pm

**Contact: Ann Marshall - Cost £13**

## Show Jumping - William Mifflin

Date	Venue	Time
Sun 29th Mar	The Old Kennels, Cirencester Park	2pm & 3pm
Sun 7th June	The Old Kennels, Cirencester Park	2pm & 3pm

**Contact: Nicky Walker - Cost £15**

## XC - Andrew Lovell - (Intro group available)

Date	Venue	Time
Sun 26th April	Leyland Court - in arena	9.30 am; 11am & 2.30pm
Sat 23rd May	Leyland Court	10am; 11.45am & 1.30pm
Sat 27th June	Leyland Court	9.30am; 12pm & 2.30pm

**Contact: Nicky Walker - Cost £32 (2 hours) or £25 (1.5 hours)**

## XC - Tom Buckland

Date	Venue	Time
Sat 9th May	Hilltops XC, Nr. Ledbury	Approx. 10am; 12pm & 2pm

**Contact: Nicky Walker - Cost £32 (2 hours)**

## XC - Sue Exell

Date	Venue	Time
Wed 10th June	Manor Farm, West Littleton	6pm & 7pm

**Contact: Nicky Walker - Cost £15 (1 hour)**

## XC Portables (approx. 2ft - 2ft6) - Di Sealey

Date	Venue	Time
Wed 15th April	Home Farm, Tockington	6pm & 7pm

**Contact: Nicky Walker - Cost £15**

## Team SJ Training - Rachel Sheldon

Date	Venue	Time
Sun 8th Mar	Tumpy Green, Rachels yard	3pm
Sat 21st Mar	Moor Lane, Tockington <i>(subject to ground conditions)</i>	10am
Sat 11th April	Tumpy Green, Rachels yard	10am
Sun 26th April	Moor Lane, Tockington <i>(subject to ground conditions)</i>	10am
Sun 17th May	Moor Lane, Tockington <i>(subject to ground conditions)</i>	10am

### Sun 24th May Area Competetion at Three Counties Showground

Please contact Zoe for further details about team training and selection.

**Contact: Zoe Fowler** tel:07730 580106 email: [z.fowler@btinternet.com](mailto:z.fowler@btinternet.com)

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**Please make sure you email Helen Abraham with your hours helped - no help, no membership renewal!**

**Safety Measure** - Could all members ensure that when you attend rallies or other events that you either have on you or leave with the organiser/instructor a contact numbers or any relevant medical information, so that in an event of an accident, we can contact family or friends. This will save a lot of time should we need to call someone.

**Body Protectors** - Riders will be required to wear a body protector at ALL Cross Country Rallies.