



Berkeley & District
RIDING CLUB



News Bulletin

October 2020



National Dressage to Music Champions

- Kate Nichols- B&DRC

From the Chair.....

What a fab few months we have had since lockdown, with lots of Area events and rallies taking place, things are finally looking up. I would like to thank each and everyone of you for your continued support of the club; attending rallies; representing the club at Area; helping out and even sharing our events on Facebook. Without your support we wouldn't be able to keep going, so thank you.

Sadly Justine Jackman has decided to step down from the Committee. She used to look after the News Bulletin but has more recently done a great job as Dressage Team

Manager. Thank you Justine, we look forward to hearing about how Sam and you progress at BD.

Debbie Hill, a long- term friend of B&DRC and a Mental Health Performance Coach has kindly written an article for the newsletter to help us focus on our horsey goals. She gives us great advice that can help make our time with our horses more meaningful during these difficult times.

A lot of members have returned from a wet but fabulous weekend at camp. We wouldn't have been able to run this event without the dedicated hard work of Shanice who I believe refused to pack until the very last second after what happened back in March!

Well done to all the ladies who went to the Area Dressage at Leyland Court on Sunday 4th October to represent the club, you're all definitely hard core and not fair weather riders. The team did fantastically well with Sarah Couzens coming 2nd so well done to you all.

Finally I would like to say a massive well done to Kate Nichols who attended the Dressage To Music Championships at Bury Farm and managed to come 1st which is a massive achievement and thank you Justine for attending and supporting Kate.

Lucy Baggs, Chair

Dressage to Music National Champions

Kate Nichols

In September Cedric and I competed in the Area 9 Dressage to Music (DTM) competition at CCR. I only entered the area competition as a practice, as we hadn't been anywhere for 6 months due to lockdown. Even before this we had only done a couple of competitions. To find out that we had won the area competition was a complete surprise, this meant we had qualified for the Championships.

The championship venue was changed from Addington to Bury Farm, Leighton Buzzard. The week of the championships we were still fine tuning the floor plan to make it fit the music better.

I was travelling up the day before, and on the Friday lunchtime I set off in horrendous weather. I have



only ever travelled Cedric to venues less than an hour away, so the thought of over 3.5 hours with him in the lorry was very daunting. However, we made it and got Cedric settled in to his stable. So glad we were indoors, the outside arena was flooded and looked more like a swimming pool!

Saturday morning came around, having not had a great night's sleep in the lorry due to the wind rocking the lorry and the heavy rain. Our time wasn't until 12.41, so we had lots of time to spare. Due to COVID regulations put in place, we were unable to watch other people's tests, as the viewing areas had been closed off. Justine had agreed to come up Saturday to help me -Massive thank you!!

We warmed up indoors. To start Cedric was a little tense, but gradually he settled and allowed me to work him in. The steward advised they were running a little early and if I wanted to, I could go in. Cedric was unsure of the tunnel from the warm up arena to the main arena, but happily followed the steward. My aim was for a clear round, and for Cedric to allow me to ride him. Anything over and above this would have been a bonus. He would have been the least experienced horse at the championships, so didn't want any pressure. The buzzer sounded and I moved Cedric to our starting point on the outside of the arena, raised my arm for my music to start, then we were off. We were dancing to: Hit the Road Jack, Gold Finger and Sing Sing Sing. Cedric



was a super star, we hit all of our cues and competed a lovely clear round, I couldn't have been happier. We went back to the stables and untacked. It was only when Justine looked at the scores online, that it suddenly became apparent that Cedric and I had done rather well – scoring an average of 73.61% over the two judges. As I was towards the end of the class, we didn't have to wait too long for the

final results to be released. As the last few horses scores were posted, it then dawned on me that we had won! The first championships I have ever attended and we won, but due to COVID, there was no presentation – totally gutted. However, Tony from Equidance asked me to go over to where he was located for an interview (Tony had compiled my music), after this, we made our way home in much calmer weather.

I am still pinching myself on what we have achieved this weekend and couldn't be prouder of my boy for performing to his best.

Kate Nichols & Cedric

Residential Camp at Stockland Lovell

Sue Micklewright

A couple of months ago we didn't expect that there would be a camp this year. Pontispool in March was cancelled at the last minute and Covid restrictions looked like making a future camp very difficult. But, thanks to Shanice's determination, we found ourselves travelling down the M5 to Bridgewater on a rainy Friday morning in October. There were some things that were different. Only two to a cabin, having meals with your roommate (Gill Lawry probably never wants to see me again!!!), observing social distancing, face masks in the kitchen area etc, etc.

Despite observing these rules, all was very much as normal. We had some new faces to meet, new horses to admire, and some old faces that we haven't seen for a few years. That was a personal highlight of the weekend for me.



Camp is a great place to catch up with people, share experiences over a glass or two of lemonade and get a wonderful boost of confidence finding you're not the only one wondering why on earth you said you would do a XC session when it terrifies you??? We realise we are not alone in our struggles and it has always been a place where I have got the encouragement I needed. We have lovely

members who are always sympathetic and supportive.

I have been to ALOT of camps over the years and can honestly say this was the wettest ever!! Even the power of Shanice couldn't stop the rain. The schools had water features that never existed before, a stream formed through the stable block and, for the only time I can remember, the wonderful Fiona Crawford didn't come to take our photos, the rain was that incessant. Even Natalie and Gaynor, our intrepid instructors, were wondering if they had any more dry coats at home.

In spite of the weather we had a brilliant couple of days. The food was great, comfy cabins, hot showers and the wine flowed. Luckily for our organiser, the gin fairy also made an appearance.



Like many members, I look forward to our trips down to Somerset and was childishly excited to arrive at Stockland Lovell and, although I was running out of dry clothes by Sunday, I was sad to leave so soon. Can we make it a week next time please???

Roll on 2021.....Pontispool here we come.....

Sue Micklewright & Archie

Day Camp at Tumpy Green

Sophie Williams

After a break of a few years from both BDRRC and riding due to an elderly horse and young children, I finally decided to search for a new horsey friend. It wasn't a quick search as it turned out that lots of other people were looking for the same thing - safe, not too old, not too young, not a world beater but something to have a bit of fun with. Finally I found Buddy, a nice steady Irish cob. One of my first thoughts was "I need to join the riding club again"! When I saw the day camp advertised I ummed and ahed about it but finally decided to go for it. I put in a request to Jill to be in the smallest jumping group!

To ease me in gently, luckily our group had a flat lesson first of all. This was with Kate Scott and was good fun and gave us lots to think about. Then we had a show jumping lesson with Tanya Neville who was very understanding of my nerves and we did poles and even a few poles raised off the ground! After lunch it was out on the cross country course with Jo Dyer. To be honest I thought I would just have a little



canter around and maybe go through the water. But with lots of encouragement from Jo and the rest of my group we did actually jump some jumps. I was so pleased with Buddy, he was such a good boy and looked after me even when my nerves got the

better of me. I am so glad that I decided to go as we had a wonderful day, seeing old friends and making new ones, and having fun and improving confidence.

Thank you so much to Jill McFarland for organising, to all the instructors and to Tumpy Green for the excellent facilities.

Sophie Williams & Buddy

Dealing with COVID 19 and Setting Goals

Debbie Hill, Ahead for Life

“It’s not what happens to you, but how you react to it that matters” (Epictetus 400AD)

Dealing with COVID 19 and Setting Goals

Let us deal with the ‘C’ word (COVID 19) first.

The one thing we know about the ‘C’ word is that it is unpredictable. We have no collective experience, and we can not predict how it will all work out which is leaving everyone feeling out of control on a global scale and individually. When out of control we revert back to our instinct to protect ourselves and feel safe; the fight, flight or freeze mechanism triggers a variety of reactions (just like our horses) such as anxiety, anger, the need to stay in bed and depression.

Feeling out of control makes us feel like we have no choice and, as many leaders know, choice is a great motivator. But feeling like we are out of control is only our perception because we do have a choice. We can choose to feel out of control, or we can choose to accept the current situation and consider it an active choice

So, now you have decided you have a choice what are you going to do?

Choice can come with its own set of difficulties, leading to prevarication as we try to decide what to do next. Making decisions requires a flexible mindset because whatever the outcome of our decision we need to know that we can deal with it. When it comes to decisions forget about whether they are right or wrong, because everyone has a different perspective on right or wrong based on their values and beliefs. The most important outcome is that your decision fits with your values and beliefs. Values are usually fixed and handed down through families, but beliefs can be changed to fit with values.

So before considering your decision make list of between 5 and 8 things you value in life. Does the outcome of your decision fit with these values?

Whether or not you achieve your goals is also linked to your values.

Many riders are reluctant to set goals as so much can go wrong with horses, but riding a horse without a goal is like setting off in the car without knowing the destination; you will eventually run out of fuel. If you are worried about committing to goals it might help to remember these wise words from Bruce Lee:

“A goal is not always meant to be reached; it often serves simply as something to aim at.”

To set goals effectively, let us imagine we are on a journey:

1. Decide on the destination – or: ‘Outcome Goal’
2. Decide on some stopping off points so you know you are heading in the right direction, these are: ‘Performance Goals’
3. To start the journey the car needs to be road worthy, we need to be capable of driving the car: following the satnav, changing gear, stopping at junctions, these are ‘Process Goals’.

Examples of Outcome goals for riders might look like this:

Leisure rider – Galloping on the beach

Dressage rider – Pet Plan Nationals

Show Jumper – Scope 0.95m championships

Eventer – Badminton Grass Roots championship.

Notice how specific these goals are; the more specific you are the more committed you will be.

Examples of Performance goals are linked to the outcome goals:

Leisure rider – Hack unfamiliar territory

Dressage rider – qualify for first round pet plan

Show jumper – qualify in the first round at 0.95m

Eventing – complete 90cm BE double clear with a dressage under 35

These goals keep us on track

Examples of Process goals which support the performance goals:

Leisure rider – work on the horse’s confidence with all kinds of hazards

Dressage rider – work on suppleness and consistency on the circles and lateral work

Show Jumping – use flat work and grids to develop strength and athleticism

Eventing – work on developing submission and obedience for accuracy at skinnies

The process goals are the most important part of the journey because we can only reach the destination if the car is driven well and is mechanically sound.

Set a date for your Outcome Goal

Set performance goals at monthly intervals

Set process goal for each week and each training session.

Involve your coach too for a more objective perspective.

By having this clear focus and knowing your process you will find your horse will start to focus too - it's a win win situation!

If you would like a free goal setting sheet contact me through my website www.ahead4life.com.

Debbie Hill Mental Performance Coach at Ahead For Life

Debbie runs rider confidence and rider performance courses online

Area 9 Arena Eventing- West Wilts

Sarah Raymond

The club had a great day at Arena Eventing in October. We were represented by two 80 teams Nicola Powell, Sian Barke, Andrew Winterton, Helen Studzynski, Kathleen Griffiths, Mel Tegg, Katie Harris and Sarah Ferris and one 90 team, Noolie Gregory, Shanice Walton, Vicky Stacey and Andrew Winterton.

After a difficult year with very little opportunity to get out and practice they all did really well. One of the 80 teams got a 4th place ,the 90 team were 2nd AND Vicky was individually 2nd, Amazing results!! Thanks to them all for representing the club they should all be proud of their achievements.

Thanks also to Gill Lawry who gave up her day to help and support.



90 Team- Andrew, Vicky, Shanice & Noolie

Sarah Raymond- Team Manager

Area Dressage, Leyland Court

Justine Jackman

Well done to Sarah Couzens, Andrea Cox, Kathleen Griffiths and Sian Barke for braving the weather and competing at the Area dressage at Leyland Court in October.

The team got a credible 9th place and Sarah a fabulous 2nd in her class!!

Thank you for braving the weather and representing B&DRC and thanks to Holly Winterton for stepping in and going up to support the riders on the day

Justine Jackman, Dressage Team Manager

Any other news

Bacs. Paying for rallies, camps etc is our preferred method as it saves us being charged. Our bacs details are : Sort code 09-01-51 Acc. No.84275504

Pinkers offer all B&DRC Members a 10% discount- be sure to take your membership card with you when you shop

EvoEquine offer a 10% discount to all B&DRC Members. Visit their website www.evoequine.co.uk

Make every effort to complete your hours (friends and family can do these on your behalf) And let Shanice Walton know what you have done. Shanice37@hotmail.com

Please don't forget you are welcome to send in your horsey news and photos for us to share with members via the E Bulletin. Just drop an email with attachments to Jill McFarland jill.geoff@btinternet.com

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