



CDRC

CHOBHAM & DISTRICT RIDING CLUB

Our October Newsletter includes: Equine specific Pilates, First Aid training as well as lots of other training opportunities and all our recent area competition success

Equine pilates

Every Monday evening Starting on 07th November for 6 weeks 19:30

Bring your own yoga mat or towel or saddle pad
£30 for the full 6 weeks Or £10 per individual session
Limited spaces so please book now!

Training your body off horse can help you to feel straighten, stronger and more supple when you are actually riding.

... Pilates will help you to strengthen your core which enables you to absorb the horse's movement (it's called dynamic stability); use your leg and rein aids independently and stay securely in the saddle if your horse spooks, swerves or bucks.

...Learn correct body alignment and body awareness. Improve core stability, posture and flexibility.

Become more balanced and centered.

Ali is qualified and experienced in teaching Mat Pilates and Equipilates TM as well as many other fitness disciplines.

Indoor dressage

This Sunday is our indoor dressage at Merrist Wood. This show helps us raise money for the riding club and enables us to discount training and other events.

We have a good number of entries but would appreciate any help on the day if anyone is free.

Specifically helping to clear up at the end of the day. If you can help, please let us know.

If you are competing, good luck and I look forward to seeing you there!

Shelly Moores XC schooling

Will be holding our cross country training with Shelly Moores BHSIT ESMT at Tweseldown, suitable for all horses riders and abilities.

A bit about Shelly (she taught show jumping on this years camp)

Shelly has worked with horses since leaving school gaining her BHSAI at 17 then going onto work with a top eventer. Here she produced/broke young event horses and helped with the training of all horses up to 5*

Shelly gained her BHSIT at Wellington where she carried on teaching and breaking in young dressage horses and also competing her own horse at BE Novice.

Since gaining her BHSIT Shelly has been freelance for 21 years helping numerous partnerships to gain enormous successes the best being a long list for the British junior eventing team. Many clients going onto u18s success in the BE100 and 1* and pony club championships. Also has had the pleasure of working with Olympic event horses and getting to learn from many top coaches/trainers at the Australian team training. She is also a qualified Equine Sports Massage Therapist.

Welcome New Members

Andrene Williamson

Don't forget to join our members only Facebook group to keep up to date on the latest news.

Halloween Showjumping

Show jumping lesson with Amiee Fitzsimmons around the spooky Halloween jumping, Fancy Dress ins encouraged but not compulsory

Amiee is an extremely supportive trainer who challenges both horse and riders around these scary looking fences. Details in the whats on sections.



Fun Day

I am sure you noticed I had planned in the fun day for October but unfortunately we were unable to secure a suitable venue. We will look to replan this early next year.

First Aid

We have been looking at organising some First Aid Training. Given the increased level of requirement for all of us involved with horses, children or life in general, we thought that there may be some interest to participate from the membership.

The course we are looking at is Equestrian First Aid Level 3.

This will be provided as face to face training over 20 hours - 3 days - by a professional training company. We will facilitate this in Chobham and expect it will be over a period of 4 to 6 weeks. The expected cost per person for the 3 days will be between £120/£160, or possibly less if we can fill all 12 available places (we have 5 provisionally booked already). This will cover all the training and the venue hire.

Please could you indicate if you are interested in participating by 10th November so that we can plan for numbers, venues and dates. If we have space we would be happy to open this to non-members/friends at a slightly higher cost (TBA). Please indicate if you would like to include a non-member.

We may be able to subsidise participation if numbers are low but would then ask that anyone taking part would 'compensate' by offering helper support at a future event (which is already a membership condition!).

Huge congratulations to our wonderful teams who have all been amazing and representing us so well. Here are some recent snaps from Burry Farm and the L&SE competition.

- Marci Gough
- Donna Still
- Helen Francis
- Bex Harris
- Sarah Miller
- Lily Bowen
- Clare Webber
- Moya Payne
- Florence Bradford
- Alice Scott
- Samantha Dean
- Emily Owen







UPCOMING EVENTS

To enter any activity, please email us –

All costs are members price, we open events to non-members if space permits but there is a surcharge.

A reminder that training need to be paid in advance and if you are unable to attend please let us know so we can contact those on a waitlist. If you space cannot be filled by a waitlist you may still be liable for the cost of the training.

Date	Activity	Location	Cost
15 th October	Polework with Tracey Cooper	Bisley	£20 per person
16 th October 2022	Open Indoor Dressage competition	Merrist Wood	As per Schedule
22 nd October 2022	Halloween Show jumping with Amie FitzSimmons	Poplar Grove Farms	£20 per person
05 th November 2022	Shelly Moore XC training	Tweesledown	£45 per person
20 th November 2022	Poles progressing to jumping	Bisley	£20 per person
27 th November 2022	Dressage Lesson with Suzanne Holt	TBC	£35 per lesson
18 th December 2022	Dressage Lesson with Suzanne Holt	TBC	£35 per lesson

BRITISH RIDING CLUBS CHAMPIONSHIP DATES 2023

Competition	Date	Venue
Arena Eventing Championships	10-12 March	Aston-le Walls, NN11 6RT
Novice Winter Championships	1-2 April	Arena UK, NG32 2EF
Intermediate Winter Championships	22-23 April	Onley Grounds Equestrian Centre, CV23 8AJ
Combined Championships	20-21 May	Aston-le-Walls, NN11 6RT
Horse Trials Championship	4-6 August	Swalcliffe Park, OX15 5EX
National Championships	2-3 September	Lincoln Showground, LN2 2NA
Dressage to Music, Quadrille & Introductory Championships	TBA	Bury Farm, Slapton, LU7 9BT



Area competitions

Schedules and entry forms for the following events are now on the area 11 website:

<http://www.brcaarea11.org.uk/Area11/whats-on/>

Arena Eventing qualifiers

Saturday 19 November 2022

Coombelands (organiser: Coombelands)

National Novice Winter Dressage qualifiers

Saturday 3 December 2022

Sands Farm, Warnham (organiser: Newlands Corner RC)

National Novice Winter Show Jumping (70 & 80) qualifiers

Sunday 5 February 2023

Sands Farm, Warnham (organiser: Abinger Forest RC)

National Intermediate Winter Show Jumping (90/100/110) qualifiers

Saturday 4 March 2023

Berkshire College (organiser: Area 6)

National Intermediate Winter Dressage qualifiers

Saturday 11 March 2023

Sands Farm, Warnham (organiser: Newlands Corner RC)

Area 11 Dressage team friendly

Good Friday 7 April 2023

Merrist Wood (organiser: West Surrey RC)

National Horse Trials qualifiers

22 or 23 (tbc) April 2023

Heath Farm, Munstead (organiser: Munstead Horse Trials)

PLEASE HAVE A LOOK AT THE LIST OF ALL EVENTS, make a note in your diaries and let me know now if you are interested in joining in a team or competing as an individual. There may also be opportunities to compete in other non qualifying events, across the various disciplines

Future Team Events

The dates for the various winter/spring qualifiers and next years championship dates are now out and are copied here from the Area11 website. Please note the championship dates and venues, and if you will be unable to make the championships please let me know when putting your name forward for a team.

A word from Team Manager - Marci

I am delighted that we have had such a great time at the various championships over the last couple of weeks:

London and South Championships, Munstead 25 September

Our teams did a fantastic job and we were very consistent - each team coming 4th out of a strong entry of 7 to 9 teams. It was such a great day and fantastic to have so many members competing in teams in all disciplines except the Horse Trials.

Dressage team - Lily Bowen, Sarah Miller, Helen Francis, and Donna Still - with an individual win in her arena for Sarah, and 3rd and 5th for Lily and Helen.

Combined Training - Sarah Miller, Sarah Dhoman, Alice Scott and Emily Owen - and another individual first for Sarah!

Show jumping - Florence Bradford, Moya Payne, Clare Webber and Alice Scott

A huge thank you to our volunteers Joanne Lewis, Jessica Long, Kash Hughes and Sarah Clunes husband Steve, and also to Amie Fitzsimons for all the show jumping help.

Dressage to Music and Introductory Dressage National Championship, Bury Farm 30 September to 2 October

This ran over the weekend and also incorporated the Quadrille championship. A number of us stayed over and so were able to watch the Quadrille on the Saturday night which was great fun.

Dressage to Music - Bex Harris

Dressage senior team - Helen Francis, Samantha Dean, Donna Still and Marci Gough - team 10th out of the 18 teams competing, with individual 3rd for Helen in her arena and 10th for Samantha and myself Pairs - Donna Still and Marci Gough - 4th

Junior individuals - Florence Bradford, Lily Bowen and Lola Rega - a fantastic 2nd in their arenas for both Lily and Lola.

WELL DONE EVERYONE!

Our next championship will be the Dressage to Music London and South East Championship, at Sands Farm on 22 October. Bex Harris, Helen Francis and Sue Childs will be competing and we wish them the very best of luck.

The first event is the ARENA EVENTING on 19 November 2022 at Coombelands. I am now actively putting the teams together, so please let me know if you are interested. There are classes at 70, 80, 90 and 100 cm, open to both seniors and juniors.