



Chobham and District Riding Club

November 2020

Our November newsletter includes: The latest National lockdown regulations, Results from our own online dressage competition and more rider fitness exercises.

National lockdown

Following the recent announcement of another national lockdown in England from Thursday 5 November until Wednesday 2 December, we are saddened to announce that the current interpretation is that all BRC activity, bar virtual activity, must cease during this time. For the avoidance of doubt, this includes all activities run under the BRC banner, including competitions, training, clinics and camps.

We understand that this is a huge disappointment and many members had already committed to take part in the upcoming training. Unfortunately, this does mean these events are all cancelled. If you had paid entry already, please email us with your full account details for us to process the refunds.

Lockdown the rules

- Exercise outdoors is permitted and this includes horse riding. This can be undertaken with the people who you live with, your support bubble or one other person
- You can travel for exercise if you need to make a short journey to do so
- You are permitted to leave your home to care or exercise an animal or horse where they are not kept at home
- You can leave home to seek advice about the health or welfare of your horse including veterinary, farriery, dentistry and physiotherapy treatments
- Farriery, veterinary and physiotherapy treatments can continue
- When visiting a livery yard or stables you should avoid unnecessary social contact and gathering with people who you do not live with
- You should follow the Covid protocols which are in place and maintain social distancing
- You should not visit a livery yard if you have coronavirus symptoms, are awaiting a test result, if you live with anyone who is exhibiting symptoms or who has tested positive or if you have been notified to self-isolate via Track and Trace

Please join me in welcoming our newest members.

Kerry Hearn

Davina Sharpe

Claire Channells

Lynda Moore

Louise Davidson

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



ONLINE DRESSAGE COMPETITION

The results are in! Well done to all who submitted their entries and many thanks to our judge Susan Haskell. The winning test was the highest % achieved across all tests.

Thank you to those who entered the online dressage. We hope you found it a reasonably stress free way of competing and well done everyone. The tests submitted were split into two sections to reflect the level of the tests. The Intro-Prelim section was hotly contested with only the collectives separating 1st and 2nd. The Novice – Medium had a clear winner, but it was a useful outing for others to have a go at higher levels. Many thanks to our listed judge, Susan Haskell for assessing the tests. Sheets and rosettes will be delivered in the next week. Also a special mention to Claire Valvona who hosted some of the tests at Hill Place and did some expert videoing.

Into & Prelim

1st	Ali Williamson & Bertie	Intro B	62.17% colls 62
2nd	Penny Gurland & Hollywood Dunnit	Intro C	62.17% colls 61
3rd	Caroline Shrubbs & Taya	Prelim 14	62.11%
4th	Alice Scott & Ember	Prelim 12	61.29%
5th	Penny Gurland & Hollywood Dunnit	Prelim 14	57.88%

Novice – Medium

1st	Caroline Shrubbs & Enriqueta	Nov 27	68.75%
2nd	Alice Scott & Evie	Elem 44	64.60%
3rd	Alice Scott & Ember	Nov 30	63.26%
4th	Alice Scott & Evie	Med 63	58.96%



UPCOMING EVENTS

With all training events cancelled for November, we will release December dates later in the month once further clarity has been received about the rules in December.

In the meantime..., we would like to know if you would be interested in participating in any online activities such as quizzes, discussion groups etc. Ideas are always welcome.

We are very privileged to have a member of our club who is a vet, Rebecca Gengasamy MVB Cert (EVP) MRCVS.

Rebecca graduated from UCD, Dublin with first class honors. She joined Sound Equine in 2014 and in 2018 completed a post-graduate degree in Advance Equine Practice with the University of Liverpool.

Rebecca has kindly volunteered to host a 'vet talk' for riding club members.

Please let us know any topics you would be interested in her talking about or if you have any specific questions. More details about this virtual talk shortly,



ARE YOU ALIGNED?

Hello,

Are you perfectly balanced and symmetrical when you ride?

Here are some simple alignment checks you can do yourself:

- Sitting in the saddle, is the zip of your breeches vertical?
- Is there an equal amount of saddle leather visible on both sides?
- Are the buttons/zip on your top aligned vertically?
- And are they in line with your breeches' zip and the centre of the pommel?
- Can you see more of one side of the horse than the other?
- Is the wear/dirt on the inside of your boots the same on both sides?
- Look at a pair of shoes you wear a lot. Is the wear pattern the same on both? Look particularly at the heels.

No cheating! 'Fix' yourself into position *before* carrying out these checks. They should give you some clues as to how to correct and perfect your position.

Hope you are able to enjoy time with your horses during lockdown.

Have a great month!

Ali



Dates for your diary for 2021

Sunday 18 April – Indoor dressage at Merrist Wood

Sunday 05 September – Indoor dressage at Merrist Wood

Membership renewals

Don't forget that annual renewals are due by 31 December. To avoid the £10 admin renewal surcharge please rejoin by this date. If your details are the same, you only need to send your membership and email us to advise of your renewal.

Christmas Gifts

If you are short of Christmas ideas we have vouchers to be used against instructionals

Goddards Equine Hydrotherapy.

The Equine Water Treadmill has recently moved to Clasford Farm Stables just 5 minutes away from Merrist Wood, so convenient for many CDRC members. Located on a quiet livery yard, the treadmill has level access, making it easy for horses to walk in and out. Customers will also receive complimentary use of the solarium post session if required. With winter weather on the way, this is an ideal way of supplementing your horse's exercise programme.

As an introductory offer, Rob is offering CDRC members a 10% discount on all sessions booked and paid for by the end of December. That includes multi session block bookings with future sessions taking place in 2021.

Prices are -

Introductory session - normal price £25, CDRC offer £22.50

Single session - normal £40, CDRC £36

Block of 6 sessions - normal £210, CDRC £189

Block of 10 sessions - normal £325, CDRC £292.50

To book, contact Rob on 07543 220400 quoting your CDRC membership number. If you can't find that, you can give your postcode. A member of the CDRC Committee is a livery at Clasford and will verify the discount eligibility.

CDRC Committee

Chair – Sara Green

Secretary – Amelia James

Treasurer – Nick Valvona

Membership – Claire Valvona

Teams & Training – Liz Hillier-Sinclair

Area Liaison – Caroline Shrub

Website & Communications - Paul Broadest-Dixon

Committee Member - Malcolm Hunt

Sarah Leno is the Club Safeguarding Officer.

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