



Chobham and District Riding Club

October 2020

Our October newsletter includes: Orienteering competitions results, BRC Christmas Cracker Dressage competition, Our own online dressage competition, training dates and more rider specific strengthening to help your biomechanics.

Orienteering

The orienteering this year was spread over a week with members being able to choose a suitable date and time to complete the course. For those who are new to the legendary CDRC orienteering let me explain what happens and how it is scored.

The orienteering is a step by step guided trail, which we try to start in different local areas each time. This year we started from The Mews, in Knaphill.

The instructions are printed for you and you simply follow what they tell you, like for instance, 'follow the bridleway to the end and turn right'. Although I would say you can't get lost, there is have been plenty of occasions people have. Mixed in with these directions are question about what you can observe on your ride. Each question is generally worth 1 or 2 points. These range from easy observations like 'what colour door does the house on the right have' to wonderful anagrams, which if you are observant will appear somewhere on the route.

In addition to the questions there is treasure to collect to gain extra point

I should add at this point, this is all timed and an unknown bogy time is what we are all aiming for. The further from the time you are, the more points you lose. You need to judge how quickly or slowly you need to ride.

The route this time took you from Knaphill, across the Pegasus crossing into Stafford Lake and Sheet's Heath common.

Many thanks to Claire Valvona, our resident quiz expert for setting the course and questions. It was a very fun outing covering an area many of us have never ridden.

Well done to all but the Winners are:
1st M&S – Marci Gough and Sarah Leno (245.5)
2nd Dirty Mares – Paul Dixon and Caroline Shrubbs (241)
3rd Rowtown Outriders – James Parker and Claire (224.5)
4th Manor Farm Goldies – Helen Edwards, Penny Gurland and their friends Nikki and Melody (211)
5th Little and Large, Katie and Abigail Arnold (196)
6th Alice in wonderland – Alice Scott (177.5)
7th Larkenshaw Ladies – Megs Michael-Garpman and Sue Childs (125)
8th Maria Sayer and Kate Borst (50)

Please join me in welcoming our newest members.

Claire Strohacker

Grace Lewis

Lara Jakubovic

Caroline Duddy

Natasha Duddy

Anni Mazinke

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



BRC CHRISTMAS CRACKER

BRC are delighted to be launching a brand new online dressage competition, run entirely in house by our team at HQ. The competition is open to both teams of four and individuals and has been designed with flexibility in mind. Whatever age your members are and whatever level they're competing at there is something for everyone. Tests are available from Intro to Elementary level and a Christmas jumper competition will help us all feel festive! The top 10 in each section will be streamed in December.

Rules and Regulations

This competition will run under British Riding Club rules. It is important that all competitors are aware of the rules relating to this competition – please see the current BRC Handbook and also the BRC Rule Amendments and Changes document which can be found via the link below:

<http://www.bhs.org.uk/enjoyriding/british-riding-clubs/brc-handbook>.

Entries

Entries are limited and will be accepted on a first-come-first-served basis, opening at midday on Monday 12 October and will close on Friday 30 October or when the class is full, whichever occurs first. Entries are restricted to one team per club; however, clubs may enter as many individuals as they wish providing space permits.

Cost

£10 per person

Rosettes and Prizes

Rosettes will be awarded to the top 10 teams and individuals in each section. The highest placed junior in each section will also be awarded a rosette. Prizes will be awarded in kind from NAF.

Results

The top 10 tests in each section will be streamed via the BRC Facebook page. Once each section has been aired, the results for that section will be released. Please note that for teams, the results will not be released until all the relevant sections are complete.

A team can choose which tests they all do, for example, one team may enter all novice test riders, one may enter all elementary test riders, and another may enter a team with one rider at each test level.

Team scores will be calculated using the percentage from each test added together. All four scores to count. Anyone entered as a team is automatically counted as an individual for that test. Where there is more than one section in an individual class, an overall winner will be picked by averaging the scores of all arenas and working out the highest score – this is in addition to the arena placings.

Dressage tests

Intro – BRC Walk & Trot (2020) (team and individual)

Prelim – BRC D₃ (2020) (team and individual)

Novice – BRC HT₁₀₀ (2020) (team and individual)

Elementary – BRC HT₁₀₀₊ (team and individual)

Prelim (Riding Test) – BRC D₂ (2020) (individuals only)

Novice (Riding Test) – BRC D₁₀ (2020) (individuals only)

All tests can be downloaded from the BRC website <http://www.bhs.org.uk/enjoyriding/british-riding-clubs/brc-downloads/brc-tests> or via the BRC Cloud.



ONLINE DRESSAGE COMPETITION

A reminder about our online dressage competition. This is open to all members, friends are also welcome to participate but they need to be accredited to another riding club or BD in order for us to use the BD tests.

You don't need to dress up in competition clothes but can if you want to. All tack must be per dressage rules.

Cost - £6 per entry

The Rules and requirement

- You don't need to dress up, unless you want to.
- Please film from C end of the arena (where the judge would usually sit)
- Film in landscape
- When sending your film please let us know the test, and name of Horse and Rider. Please also include the test number you are riding. (e.g. Prelim 18)

- Entries close **Sunday 01 November**. (plenty of time to practise and perfect your moves.
- Please then send your video(s) to us for free using 'WeTransfer'
<https://wetransfer.com/>

Tests to choose from.

- Class 1 - Intro B (2009) Walk & Trot**
- Class 2 - Intro C (2016) Walk & Trot**
- Class 3 — Prelim 12 (2005)**
- Class 4 — Prelim 14 (2006)**
- Class 5 — Prelim 18 (2002)**
- Class 6 - Novice 27 (2007)**
- Class 7 - Novice 30 (2006)**
- Class 8 - Elementary 44 (2002)**
- Class 9 - Medium 63 (2002)**





UPCOMING EVENTS

To enter any training clinic please email us.

Saturday 10 October

Gridwork clinic with Jade Hyatt (£15 each) at Ringlestone Farm

Sunday 11 October

Show jumping with Nick Edwards (£25) at Poplar Grove Farm, Chobham

Saturday 17 October

Dressage clinic with Suzanne Holt (£25 for private 45 minute lesson / pairs lessons available) at The Mews, Hill Place

Saturday 24 October

Polework clinic with Jade Hyatt (£15 each)

This will be at 'The Mews' Hill Place as Warbury Lane will be closed on this day,

Sunday 25 October

Arena Eventing at Hickstead with Tracy Brown (£50 each, group of 4)

See other news for details

Sunday 01 November

Dressage clinic with Malcolm Hunt (£25 for a private 45 minute lesson / pairs lessons available) at The Mews, Hill Place

Sunday 22 November

Dressage clinic with Suzanne Holt (£25 for a private 45 minute lesson / pairs lessons available) at The Mews, Hill Place

Saturday 07 November

Polework clinic with Jade Hyatt (£15 each) at Ringlestone Farm

Sunday 15 November

Jumping clinic with Jade Hyatt (£15 each) at Ringlestone Farm

Saturday 28 November

Arena Eventing clinic with Jade Hyatt (£15 each) at Ringlestone Farm



LET'S LEARN MORE ABOUT THE CORE

We horse riders talk about the core quite a lot, but do we really understand what it is, what it does and how it helps us to become better riders?

When we refer to our core we wave our hands vaguely in the region of the abdomen. So the core muscles are the abdominal muscles, right? Well, yes and no. Let's look at the anatomy.

We have three layers of abdominal muscles. From the outside in, the most superficial is the Rectus Abdominus – the six-pack muscle. The RA flexes the spine by bringing the ribcage and pelvis closer together. The next layer in comprises the Internal and External Obliques – fan shaped muscles at the side of the torso. Their job is to rotate the trunk (e.g. when you turn your shoulders to look around a circle) and to stabilise the spine. The deepest layer of abdominal muscle is the Transversus Abdominus. The primary function of the TA is to stabilise the lumbar spine and pelvis.

By strengthening the core we are aiming to achieve better core stability. Core stability means that we are able to keep the torso still whilst moving the limbs – and how important is THAT for horse riders?! It gives us the ability to give independent leg aids, transfer weight as necessary, stay balanced in the saddle and stay safe and seated if our horses buck, rear or spook.

Therefore the two abdominal muscles that stabilise the spine, the Obliques and the TA are part of what is normally referred to as 'the core' but core stabilisers also include Multifidus and Quadratus Lumborum in the back, the Diaphragm at the top and the Pelvic Floor at the bottom. Between them all these muscles provide a cylinder of strength, support and stability.

So riders need to do loads of work on their core to make it as strong as possible, right? Well, again, yes and no. If you are able to stay on your horse at all paces, it's likely that you already have quite a strong core. But did you know that muscles aren't switched on and off like a basic light switch? They're more like a dimmer switch. If we recruit 'too much' core we fully stabilize the spine and lock it down so much that we lose the suppleness of the lower back that is needed for the rider to move with the rhythm of the horse. We should be using our core at a low firing threshold for most of the time (even when dismounted) but also have the ability to fire at full strength when needed.

It's subtle. And the more you practice core exercises the more you will experience and understand the feeling of being able to control your core appropriately. You will also develop the core strength that is needed to avoid an unintentional dismount if your horse does, unfortunately, buck, rear or spook.

Here's two exercises to practice:

Good luck. Let me know how you get on.

'Til next time, Ali



Knee Drops

- Lie on your back, knees bent and feet on the floor, arms by your sides.
- Have your spine in a 'neutral' position – neither arched nor pressed into the floor
- Move one knee out to the side, coming onto the outside edge of the foot. (Picture 1) Keep the pelvis level as if your hip bones are headlights and stay shining on the ceiling.
- Exhale as you bring the knee back up. Repeat on the other side.
- *Only move one leg. The other leg, the pelvis, the back and both shoulders should remain absolutely still throughout.*

Do 12 reps, alternating sides then another set of 6 moving only the right leg and one more set moving only the left leg. To test your stability, balance something on the non-moving knee and keep it still. (Picture 2).

This exercise shouldn't feel really hard. It demonstrates how the core is used at a low level.

Dead Bug

- Lie on your back with both knees raised and your shins parallel to the floor. Arms are raised too, with your hands above your shoulders. (Picture 3).
- Extend one arm and the opposite leg away from centre. (Picture 4.) The weight of your limbs moving outwards will tempt you to arch your back. This is exactly what you want to avoid so be sure to keep your lower back on or near the floor and your ribs pulling downwards.
- Bring them back in and repeat with the other two limbs.
- Concentrate! Only two limbs should be moving at any one time. The other two must stay in place.

Do as many reps as you can manage until you feel real fatigue in the core (remember that this includes your back) and are unable to continue with proper technique. This exercise will challenge you and you'll need to fire the core muscles up to a much higher level than when you did the knee drops.



Picture 1



Picture 3



Picture 2



Picture 4



Our thanks to CDRC member Ali Williamson for providing these stretch and exercises helping us to continually improve our fitness and biomechanics. – Please email us if you are interested in a session with Ali



OTHER NEWS

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

Special promotion at Attlee's Country Store in Dorking for the month of October.

Attlee's have created October Pet Fest and each day has a truly unmissable deal in pet, equestrian, farm, giftware or clothing and footwear. Each deal only lasts the day.

Our Friends at WSRC

Our friends at West Surrey RC are holding an Arena Eventng cclinic at Hickstead on Sunday 25 October with instruction from Tracy Brown, British Eventer and Coach who has sucessfully competed at Gatcombe, Burghley and Blemhiem 4*.

To enter this training please visit:

<https://www.myridinglife.com/eventdetails.aspx?id=331026>

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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