

# Chobham and District Riding Club

October 2021

**35<sup>th</sup> Anniversary**



***Stay Alert and Stay Safe!***

***Our September newsletter includes: A review of the Members Fun day, opportunity to try side saddle, update on training and upcoming events***

## **2<sup>nd</sup> October Members fun day**

Thank you to everyone who attended the fun day. I think I can say with confidence that everyone had a wonderful time despite the horrendous weather. The original plan was to stop at 12:00 to have a picnic lunch to celebrate the club's 35<sup>th</sup> birthday. Thanks goodness we did stop as the heavens opened at that precise moment. Although this limited our picnic abilities, we did manage to cut the cake and enjoy a quick natter. Chair person, Sara Green, made a very short speech highlighting that our club started thanks to John and Ann Foss, at Langshot in Chobham. Sara herself joined the committee not long after and has remained a member over the duration of the club's existence. Thanks were given to the committees past and present for keeping the club going and recognition was made to the current committee who have taken the club from under 20 members in 2017 to now over 120 members.

A final thank you was made to our specially invited guests, the helpers at our show from the RDA. We are so grateful for their continued support at our two main shows at Dunstall Green and believe me when I say, we could not run the show without them. As a further gesture of gratitude, we also announced a further donation to the RDA of £500.

The day itself was attended by 30 members who participated in 49 activities

- Dressage lessons with Suzanne Holt
- Show-jumping with Nick Edwards
- Trek with Liz Hitchens

The feedback from the instructors was brilliant and everyone took something away to work on.

The venue, Twelve Oaks in Windlesham was perfect. Despite a few minor challenges with parking, the facilities were excellent and we look forward to being able to go back in the near future.

## **Eloise Mayhead ground clinic**

A very popular event. Eloise taught 4 groups focussing on the basics of behaviour to ensure that the horse responds to commands. We will look to book again soon.

## **Andrew Gould**

It was wonderful to welcome back past member Andrew Gould to teach. Andrew who was obviously very successful in the riding club came back to teach Dressage at Larkenshaw Farm. Andrew was really pleased with everyone he taught and highlighted the necessity for a forward movement and maintaining energy throughout the movements. We will look to invite Andrew back again, early next year.

Please join me in welcoming our newest members –

Emily Owen

Rosiella Povey

Katie Snelling

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



# PICS FROM OUR FUN DAY AT TWELVE OAKS





## INTERESTED IN DRIVING?

### Introduction to Driving Lessons



We are offering members the opportunity to learn to drive in a day out experience at Grayswood carriage driving centre in Eastleigh, Hampshire.

You will be taught how to prepare the horse, harness up and put to the vehicle covering all aspects of safety, horse comfort and discuss any varying methods.

You will be taught “coachman style” for holding the reins so, before you get to the real horse, we show you how to steer and stop using our model “Woody”.

When you are ready, we have a large all-weather arena where you can safely take the reins with one of their experienced horses. We start with simple steering and brakes then progress into trot.

As the session draws to a close you will be shown how to unhitch and unharness your horse and attend to their needs.

This is the last opportunity to show interest please let us know so we can facilitate.

Cost - £50 per person



## INTERESTED IN SIDE-SADDLE?

### Introduction to Side-saddle



(This is a stock image and not Jo Strange)

We are offering members the opportunity to learn to ride side-saddle.

We are looking to organise a side-saddle instruction with Jo Strange.

This is an exciting opportunity to try side-saddle on your own horse! Under the careful instruction of Jo Strange, a side-saddle association instructor with 30 years experience. She is also a ladies ride judge for SHBGB and BSHA. Jo will fit a saddle to your horse and help you get started with the basics or if you are an experienced side-saddler provide instruction to improve.

Please let us know if you are interested as this will only be booked with more than 4 people

Cost - £30 per person



## RDA SPONSORED RIDE

We are pleased to announce that the 2021 Sponsored Ride in aid of Quest Riding for the Disabled will go ahead on Sunday, 31 October. After a difficult time for fund raising during the pandemic, we hope to see many riders enjoying the **12 and 5 mile routes on Chobham Common** as well as our **special Halloween 'trick or treat' mini fun ride** around the Pony Club fields. You can book using the attached flyer or online at:

<https://www.eventbrite.co.uk/e/sponsored-halloween-ride-on-chobham-common-for-riding-for-the-disabled-tickets-177238243357>

There will be additional activities taking place at the Pony Club field during the day to encourage a great day out for riders and their friends and families, including

- Clear round show jumping (height to suit you)
- Dog Show from 11 – 12.30 hours, fun classes including dog with the waggiest tail, best six legs, dog the judge would most like to take home, dog most like his/her owner, best Halloween fancy dress
- Dog Agility Course
- Hot food and drinks stands
- Cake and biscuit stall
- Tombola
- Mobile tack shop for all your pooch and pony needs - <https://greenleasequestrian.co.uk/pages/the-tack-van>
- Photographer - <https://en-gb.facebook.com/BrianFindlayPhotography/>

And plenty of rosettes, medals and prizes to win!

- Commemorative rosette for every rider completing the 12 mile, 5 mile or mini routes
- Prizes for best Halloween fancy dress on each route
- Medal for every rider who raises £50+ in sponsorship
- Awards for the Happiest Quest RDA rider, Youngest Rider on each route and Rider with Most Sponsorship on each route
- Clear round rosettes
- Rosettes for dog show classes





## TIME TO STRETCH

Here's an easy exercise to help to lengthen the leg.

If you find it difficult to lengthen your legs when riding, doing calf stretches look like the obvious solution but may not help. It is quite possible that the tightness is much higher up the leg and this is the area that needs to be stretched and released.

The hip flexors tend to 'grab' and hold onto tension so this gravity assisted release may be more effective than a stretch. (If we try to stretch a muscle that is in spasm and holding tightness, it will simply resist the stretch and tighten up more.)

Simply stand sideways on the bottom step of your stairs or on the mounting block. It's important that you have something to hold on to.

Dangle your outside foot so it hangs in mid air and encourage it to drop lower than the step. Imagine you have a heavy weight on your foot and it's pulling downwards.

Try to feel the lengthening come from the back of your waist, the front of your hip and all the way down your leg – not just a heavy foot.

Make sure the supporting knee is slightly bent and that you keep hold of the banister rail to assist that leg. Otherwise this side will become very fatigued and tense.

Hold for about two minutes on each side and do it every day.

Good Luck, Ali



## UPCOMING EVENTS

*To enter any training clinic please email us.*

### **Saturday 23<sup>rd</sup> October 2021**

Dressage lesson with Suzanne Holt at Larkenshaw Farm  
Lesson will cost £25 per person for a 45minute private lesson (shared lessons also available)

### **Sunday 31<sup>st</sup> October**

RDA sponsored ride on Chobham Common

### **14 November 2021**

**Autumn Orienteering**  
(More details to follow)

**Open Indoor Dressage competition at Merrist Wood**  
01 May 2022

**Open Indoor Dressage competition at Merrist Wood**  
16 October 2022



### **CONGRATULATIONS**

Congratulations to Liz May-Heggie and Codie who represented CDRC at the NAF 5\* National Championships in the show jumping held at Aston-Le-Walls in Lincolnshire. Liz and Codie should be exceptionally proud of their 11<sup>th</sup> place in an extremely tight competition.

### **Flu Vaccines**

Flu vaccinations for BRC has returned to annual, which is making everyone's lives easier. Let's hope all the other disciplines follow suit!

### **Area competitions**

Please see our Facebook for area competition details  
13 Nov – Intro dressage at Priory

04 Dec – Novice Dressage at Sands Farm

### **Sound Equine Gastric Ulcers evening on 19<sup>th</sup> October**

See our Facebook page for full details but in addition to the talk they are offering pizza and wine tasting with Greyfriars Vineyard. Spaces are limited and booking is required [surgary@soundequine.co.uk](mailto:surgary@soundequine.co.uk) (if you are not registered with sound equine please state you are from Chobham Riding Club)

### **CDRC Committee**

Chair – Sara Green  
Secretary – Amelia James  
Treasurer – Nick Valvona  
Membership – Claire Valvona  
Teams & Training – Liz Hillier-Sinclair  
Area Liaison – Caroline Shrubbs  
Website & Communications - Paul Broadest-Dixon  
Committee Member - Malcolm Hunt

### **Jade Hyatt**

Unfortunately, as I am sure many of you know, Jade has been unwell and not been able to run any training for us recently. We would like to wish her a safe and speedy recovery.

### **RDA help**

If you can spare a few hours to help the on the 31st Oct at the RDA fun ride please let me know.

We would like to be able to support the RDA as much as they support our events.

Please email me if you can help for an hour or two.

### **Christmas**

We are busy planning a Christmas get together, we are thinking about running a fun Zumba class. If you have any other suggestions, please let us know.

*Contact us:*

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*[WWW.Chobhamridingclub.co.uk](http://WWW.Chobhamridingclub.co.uk)*