

# Cambridge and District Riding Club

Newsletter Editor: Evelyn Little 07901 915 303

## Special Interest Articles:

- Dalham Hall Stud visit 30<sup>th</sup> May– see below.
- Area 7 Hunter Trial Report.
- Area 7 Show-jumping Reports.
- Meet the Club Training and Bridleways Officer.

## Club Highlights:

- Ceiledh 5<sup>th</sup> April
- New club Merchandise
- May Show

## Ramblings from the Chair

I am delighted (to a degree...see later) to report that the novice show jumpers have started the year well by qualifying 2 teams to go to the championships at Hartpury in April. Well done all.

As I write, I too am preparing to head to a different Hartpury finals, and I am very excited! Long ago in the summer Cambridge qualified a team and an individual for the Fun Freestyle Challenge, a team of 3 dressage to music contest sponsored by the "Dressage Divas" people. I am joined in my mission by Rebecca Jackson and Cindy Wells. I have previously qualified for 3 other championships (which makes me sound remarkably competent!) but for various reasons

have not been to any. This time I am determined to go, however 'circumstances' seem to have other ideas. Having established that being driven that far is prohibitively expensive I have tried to hire a 3 horse box. Suffice to say that if anyone is looking for a business opportunity there is a window for this service in the east of England. So back to beg, borrow, steal, philosophy...Then I tried to book over night stabling. I am assured that Hartpury is not only state of the art but also vast, it would appear not vast enough to accommodate 3 horses from the Fen for 1 night...I will let you know if we actually make it there, such minor problems will not deter us. There is

also the small matter of 'long ago when we qualified', when the horse was regularly schooled and competed, as opposed to now when she is hacked out a bit...but I'm sure we can be a credit to the club nonetheless..??!

The reason for my hesitation in congratulating the jumping teams is that their championship falls on the same day as our Ceiledh. A good dance together on April 5<sup>th</sup> should wish them well. Tickets are now available, see form, and I hope to see you all there.

The next big thing is the May show. All volunteers of help gratefully received. The schedule is included at the back of the newsletter. Good Riding. Karen.

## Dalham Hall Stud visit

A visit to the widely esteemed Dalham Hall Stud in Newmarket has been arranged for Friday 30<sup>th</sup> May. The thoroughbred breeding HQ of HH Sheikh Mohammed bin Rashid Al

Maktoum is the home to stallions Diktat, Reset and Singspiel, it is a large working stud with an impressive record. Should you be interested you can contact Rebecca Jarvis on 01353 741 110 (No phone

calls after 9pm please). I have been asked to stress that numbers must be confirmed by the 23<sup>rd</sup> May and entry will only be given in one group. No stragglers please!



The winning Kings club team.

## Area 7 Hunter Trial Report

The Area 7 Hunter Trial Qualifier for the Festival of the Hunter Championships 2008 took place on Sunday 7<sup>th</sup> October 2007 at Alconbury.

The club sent six teams to the event, four junior teams and two senior teams. In the Junior Novice competition, nine teams took part, with Cambridge Kings being the overall winners. The team consisted of Charlotte Horne on Pinky, Georgie Morris on Ripple Onyx, Rachel Dyke on Mirror Man II and Toby Chapman on Sportsfield

Sea Fever. Well done to Alice Ellison on Hyde Rosebud who qualified as an individual.

In the Senior Novice, ten teams took part, with Cambridge again being the overall winners. The team consisted of Sarah Simmons on Twentyfourve, Nikki Shaw on Earl Grey, Kirsty Miller on Waltzing Matilda and Annabel Norris on Olmetta.

The Cambridge Senior Open team of Kerry Simpson, Diana Hall, Kirsty Human and Polly Taylor all rode extremely

well but were unfortunately piped to the post by Huntingdon, finishing with a credible second.

A big thank you to all the riders who represented the club, especially our new members, who were taking part in their first Area Qualifier.

The club wishes Charlotte, Georgie, Rachel, Toby, Alice, Sarah, Nikki, Kirsty and Annabel the very best of luck at the National Championships in May at Aston-Le-Walls.

Sharron Dyke.

## John Adams Show-jumping Fun by Mike Dixon

*"The horse, Gully, was also smiling...Me I looked like a constipated gorilla"*

I'm never going to make fun of the faces people pull when jumping again...I thought I'd smile, or at least look fairly cool the whole way round, knowing that my daughter Katherine was there with the camera, but no, the camera never lies...Looking through the pictures, still widely elated, two hours after my first John Adams clinic, I find that John was smiling (indulgently I suspect) and that the horse, Gully, was also smiling. Me, I looked like a constipated gorilla!

But a happy gorilla, a gorilla having, in fact, a complete blast in the

beginners section of the show-jumping clinic at Ely Eventing Centre. I was nervous to start with, not having jumped anything for a long, long time, and with only a few hours on this new horse. But John is a superb instructor, inspiring confidence from the very beginning, assessing my ability pretty jolly accurately from the first tiny cross pole, and then raising the game little by little each round, giving loud, concise instructions that concentrated perfectly on fixing one thing at a time as I approached each fence.

The cross-pole became a

real pole, turned into a line of three, and then, just when I didn't really want to go any higher, we changed to "skinnies", suddenly concentrating on steering straight out of a turn, which felt as much of an achievement. It was a fantastic hour, the most fun I have had with my clothes on, and culminating in a miniature, but for me quiet taxing, course of about seven jumps, a feat of memory and navigation as well as horsemanship.

I ended on a complete high, and can't wait to do it all again.

## Area 7 Novice Indoor Show-jumping Qualifier, Keysoe 27<sup>th</sup> January 08

### SENIORS

Teams: **St. Johns**; Sarah Simmons on Pacific Blue, Rosey Groombridge on Woodbine Belle, Kerry Simpson on Hokey Pokey and Charlotte Lee on Onyx Nugget.

**Trinity Team**; Debbie Roberts on Tinker, Judi Shaw on Oki Doki, Sonia Hansen on Prime Act and Nicola Shaw on Earl Grey.

It was another early start for some of us, those doing dressage and the volunteers going along to

support the juniors.

Our teams consisted of a mixture of young horses and the 'old faithfuls'.

The St. Johns team finished the first round on a total of 8 faults, Trinity on a total of 4 faults. The course was up to height and proved to be quite technical causing faults all round. In the second round Cambridge held it together with both teams finishing on their first round scores.

We all thought Trinity could be in the ribbons but to our surprise we had won, and also qualified for the finals at Hartpury College on the 5<sup>th</sup> April 2008. Our St. Johns team had also done really well and finished in a well deserved 6<sup>th</sup> place.

Thank you to all riders and supporters, I for one had a great day, I hope you did too!

Judi Shaw.

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*"We all thought Trinity could be in the ribbons but to our surprise we had won."*

### JUNIORS

Cambridge Riding Club recently sent 3 junior teams to the Area 7 Novice Indoor SJ Qualifier at Keysoe.

There were a total of 14 teams taking part in the competition, which consisted of two rounds, with a third jump off for any team ending on no faults after the second round.

All three of the teams finished round two on no faults and qualified for the jump off, they were 3 of only 6 teams to enter the jump off.

Sadly due to my own error, in not realizing that Rachel's new horse had received its third injection two days too early in 2003, the organizers eliminated the horse from the jump

off, therefore the team had to use the 4 faults gained by one of the other horses in the team. Unfortunately this meant they were not eligible for the jump off.

After some arguments with the organizers over vaccinations and passports, the other two Cambridge teams went forward to the jump off, and put in a fantastic effort, with one team finishing 2<sup>nd</sup> and the other finishing in 5<sup>th</sup> place.

As 14 teams took place in the competition the second placed team has qualified for the National Championships at Hartpury.

The qualifying team consists of: Megan Hart on Yealand Juliette, Rhea McLeod on Whabby Chique Van't Hieke,

Rachel Dyke on Mirror Man II and Sam Stringer on Holly.

The team spirit was excellent throughout the competition, and the CDRC supporters were by far the loudest. Thank you to the other two teams the editor could not squeeze the names of in here.

The riders were a credit to the club, and a special mention goes to Sophie Howse, being the youngest representative of the club and taking part in her first Area Qualifier. She jumped a double clear and got all the way to the last fence in the jump off before an unlucky 4 faults. Well done Sophie and Banner.

Good luck for the Championships.

Sharron Dyke

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*"After some arguments with the organizers over vaccinations and passports, the other two teams went forward to the jump off."*

## Area 7 Qualifiers at Earls Barton – 22<sup>nd</sup> June

### SENIOR SHOW JUMPING

Would those of you wishing to compete in these qualifiers please let me know by 29<sup>th</sup> May 2008.

**NOVICE** – nil BSJA winnings.  
80cms 1<sup>st</sup> round. 85cms 2<sup>nd</sup> round.

**INTERMEDIATE** - £175 BSJA  
95cms 1<sup>st</sup> round. 1m 2<sup>nd</sup> round.

**OPEN** - £600 BSJA  
1.10m 1<sup>st</sup> round. 1.15m 2<sup>nd</sup> round

**STYLE JUMPING** (formerly equitation jumping) £175 BSJA or 10 BE points

The course will consist of seven obstacles, including a stile or narrow fence, plenty of dog legs and one double. Max Height 85cms.

**SPURS THAT HAVE A SMOOTH ROTATING OR PLASTIC BALL ON THE SHANK ARE NOW PERMITTED.**

Please call Judi on 07702 891 119 eves

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*“Lets continue our winning trend, any one interested in being a team member just give Judi or Sharron a ring”.*

## RIHS Hickstead – 27<sup>th</sup> July

Those of you wishing to compete at this prestigious event please call me BEFORE JUNE 4<sup>th</sup>.

Teams of three to compete, with one round against the clock. Winnings are for horse/pony and rider combination.

**NOVICE** 85cms £100 BSJA

**INTERMEDIATE** 95cms £175 BSJA

**OPEN** £300 BSJA

### OPEN TO JUNIORS AND SENIORS

NB “New for 2008” as from the 1<sup>st</sup> of June It will no longer incur elimination for showing a horse/pony a fence.

**SPURS:** Juniors WILL be allowed to wear spurs in line with senior competitors.

Please ring Judi on 07702 891 119 eves

## Attention Junior Members

The following Area Qualifiers are being held this year, any members interested in taking part and representing the Cambridge Riding Club should contact Sharron Dyke on 07902 517 405. If you have already expressed an interest, you do not need to re-contact me.

8<sup>th</sup> JUNE 2008 – Area Horse Trials – Milton Keynes

22<sup>nd</sup> JUNE 2008 – Area Show Jumping and Equitation Jumping – Earls Barton

20<sup>th</sup> JULY 2008 – Area Dressage – Cottenham Racecourse (CDRC organizing this)

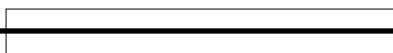
The height of the fences at the Area Horse Trials is approximately 2ft 9

Novice show jumping is 80cm in first round, Open classes are 90cm in the first round.

Any other queries, just ask.



Competitors at the Area 7 Hunter Trial.



## Meet the Training and Bridleways Officer....

**NAME:** Doris Margot Gertrud Inge BRENKE (you did say full!)

**AGE:** "The secret of staying young is to find an age you really like and stick with it" So some where in my mid thirties.

**OCCUPATION:** Mathematician by degree, Technical Translator by accident and B&B Host by choice – but mainly occupied with looking after the dogs and horses.

**FAVOURITE FILM/MUSIC/MEAL:** Braveheart, Lord of the Rings; Irish Folk music, anything that cheers me up – I have to admit to being a TOG (Radio 2 listener); I enjoy Thai food, good Italian and fresh seafood.

**PETS OWNED:** Black Watch Tartan & Berwick Tweed, the two terrible terriers! Hoping to get some white call ducks, although I'm not sure if that is compatible with the terriers – Tweed had Henry the Hamster for Christmas Dinner....

**HORSES OWNED:** European Zodiac alias Zally + her son Glücksritter aka Filou. Sold his full brother Gigolo('s Glück) 2 years ago. The first horse that I owned was a 16.2hh bay Warmblood mare called Lombra, who I had from 1977 to 1998.

**FAMILY:** Partner of 17 years John MacCoss. Our daughter Moira Tara, who would have been 9 this year. Zally, Filou, Tweed & Tartan. Any relatives in Germany that are still alive. "Friends who are the family that we can choose ourselves".

**FAVOURITE HORSEY DISCIPLINE:** Eventing, especially XC. Riding holidays - from Ringstead to Namibia.

**MOST HATED HORSEY ACTIVITY:** Plaiting the mane before dressage!

**YOU'RE HORSE/RIDER IDOL:** Mark Todd.

**FAVOURITE BIT OF HORSEY EQUIPMENT:** Pessoa, Sprenger KK Ultra bits.

**GREATEST HORSEY MOMENT:** To see Filou and Gigolo being born and spend the first few hours of their lives with them.

**SCARIEST HORSEY MOMENT:** When Lombra had to be put down and I was unable to be with her.

**WORDS OF WISDOM FOR OTHERS:** "God grant me the serenity to accept the things I cannot change, the courage to change the things I can and the wisdom to know the difference".

"Life is what happens to you while you are busy making other plans" (John Lennon).

**ANYTHING ELSE YOU WANT TO ADD:**

I have been a member of the CDRC now for about 10 years and have thoroughly enjoyed the various holidays, training sessions, competitions and social events. A large number of our friends were made through the club. Some became close friends and have been very supportive through difficult times. I'd like to take this opportunity to say Thank You to all the people that have made all this possible by giving their time and energy to organise the various activities and for being there for us when we needed them.



Doris in Action

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*"Tweed had Henry the Hamster for Christmas Dinner....."*

## Ringstead Nr Huntstanton Summer Holidays 2008

### 12<sup>th</sup>-17<sup>th</sup> July 2008 and 13<sup>th</sup>-16<sup>th</sup> September 2008

This year we will again be holding two seaside holidays at Courtyard Farm, Ringstead, which is about three miles from Holme beach by the shortest route. The farm has numerous tracks and nearly all the field margins can be ridden on which gives tremendous scope for really good hacking, without road work, and also joins up with the Peddars Way. It is also easy to go across country cutting out most of the roads to get to the beach. It is ideal for young horses as they can be hacked around the farm without going on the roads at all. Most of the verges are wide and the drivers seem to be much better at slowing down for horses than in Cambridgeshire.

There are eight stables and three fields available to us and a bunk barn with two dormitories that holds twelve people, as well as having a kitchen communal room, showers and loos. This year Ringstead have changed the charges and the price will be a maximum of £90 for five nights for one person with one horse and one dog. The three night holiday will be a maximum of £54. Individuals will be £10 if sleeping in the bunk barn. Straw is included in the cost, but it is necessary to bring hay and hard feed. It may be slightly cheaper if staying in a tent or lorry, I am awaiting confirmation.

Dogs are welcome on the farm, but have to be kept on a lead/under control because of the game. They are allowed to run freely in the camping field but are not allowed in the barn. There are two kennels with runs for hire near the barn or they can sleep in your tents, lorries etc.

It will also be possible to organise cross country training with Emily Lochore over Burnham Market cross country course if people are interested. Last year it cost £15 for schooling session or £20 for cross country hire with instruction (4 people per session)

If you would like to come please send a deposit of £45.00 for the July holiday (closing date June 1<sup>st</sup>) or £27.00 for the September holiday (closing date 1<sup>st</sup> August) along with the booking form to Mary Owen.

BOOKING FORM: Don't forget your details; Name, address etc.....

I enclose my deposit for £27.00 for 13 <sup>th</sup> -16 <sup>th</sup> September 2008
I require a stable for my horse
I require a field for my horse
I would like to sleep in the barn
I will be sleeping in my horse box
I will be sleeping in a tent
I would like to go to Burnham Market cross country schooling.
I will have non-riding friends attending
I enclose my deposit for £45.00 for 12 <sup>th</sup> -17 <sup>th</sup> July 2008
I require a stable for my horse
I require a field for my horse
I would like to sleep in the barn
I will be sleeping in my horse box
I will be sleeping in a tent
I would like to go to Burnham Market cross country schooling.
I will have non-riding friends attending

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## British Eventing Coaching Development Workshops & Pilates

I recently attended a Coaching Development workshop at Shuttleworth College with Nick Turner and Caroline Moore which covered the new BE rule changes and provided lots of information about horse fitness (interval training) measuring courses & the use of stop watches at Novice and general health & care of the event horse. Half the day was in the classroom and half in the arena walking courses and practising Indoor XC techniques angled fences riding a line arrowheads etc. I would recommend these days to anyone new to eventing & those who are keen to learn more training the event horse. See [WWW.EQUESTRIANCOACHES.COM](http://WWW.EQUESTRIANCOACHES.COM) or [WWW.COACHINGDT.COM](http://WWW.COACHINGDT.COM)

On the workshop we looked at some rider fitness exercises & use of the Pilates Ball and wobble boards etc which is recommended by the British eventing team fitness trainer. This increases rider stamina and core body strength which helps stability in the saddle helping to sharpen our reflexes and our responses particularly when horses stumble, leave a leg or fall etc. I have been going to Fitness Pilates & Aerobics since Xmas and sitting on the Pilates ball at home. I now feel I'm sitting up straighter in the saddle, have more strength in my legs to ride my horse to the bridle and sitting trot is much easier. I seem to be more in balance over a fence & on landing and think I'm less out of puff when doing my horses canter/galloping fitness work (getting ready for the start of the event season). I have also lost over a stone in weight without really trying, which is always a bonus, especially for my horse.

SO if anyone would like to join me

Bobby's Fitness Pilates at Warboys WI Hall Mondays 6-7pm & Aerobics 7-8pm or e.mail Bobby for details of other classes in Papworth & around [workingoutworks@hotmail.co.uk](mailto:workingoutworks@hotmail.co.uk) or ring 07764 379969

Kerry Simpson

## New CDRC Merchandise – with New Logo!

NEW CDRC CLOTHING AVAILABLE: Please circle size wanted and send to Kerry below.

1. Navy Blue Sweatshirts with pale blue logo embroidered on left front sizes **S M L XL** £15.50 Qty \_\_\_\_\_ Size \_\_\_\_\_
2. Navy Blue Sweatshirt as above with additional logo on back **S M L XL** £21.50 Qty \_\_\_\_\_ Size \_\_\_\_\_
3. Polo shirt logo left breast **S M L £13 Ladies or Men's fit. Navy or Sky Blue (please ring)** Qty \_\_\_\_\_ Size \_\_\_\_\_
4. Polo shirt logo left breast and logo on back **S M L £19 Ladies /Men's fit Navy or Sky Blue (please ring)** Qty \_\_\_\_\_ Size \_\_\_\_\_
5. Navy full zip up fleece with pale blue logo on left breast and back **XS S M L XL** £23.50 Qty \_\_\_\_\_ Size \_\_\_\_\_
6. Navy half zip fleece sky blue stripes sides/sleeves & white piping. Logo on left breast & on back **S M L** £21.50 Qty \_\_\_\_\_ Size \_\_\_\_\_
7. Navy Baseball cap front logo one size £9.50 Qty \_\_\_\_\_
8. Navy Blue Shires body warmer pale blue logo on front left & back **S M L** £26 Qty \_\_\_\_\_ Size \_\_\_\_\_

**Individual names can be added on right at £2.00 extra. Logo on back £6.00 extra** Add £4.00 postage per item for polos/sweats/fleeces/caps £2 or collect via Kerry.

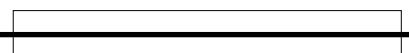
Please enclose cheques payable to Design-A-Stitch

Name: .....Phone No: .....

Address: .....

Send to Kerry Simson 21 Mill Green Warboys Huntingdon Cambs PE28 2SA Tel: 07833 690812

**Pictures of club Merchandise on the Website Soon**



**Cambridge Riding Club Presents**

**Ceiledh**

Dancing to

**Cambridge Crofters**

**Saturday 5<sup>th</sup> April**

**The Arkenstall Centre,  
Station Road Haddenham**

**8pm till 11.30pm**

**£10.00 per ticket**

**Supper Included Licensed Bar**

Please cut here.....

Name.....

Address.....

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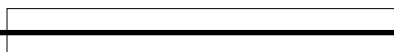
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**No Tickets Required.....      Amount enclosed.....**

Please make cheques payable to **C.D.R.C** and send to:

Mrs K Froud  
1 Meadowbrook  
Aldreth  
Ely  
Cambs  
CB6 3UZ



## Ending with the Editor

This is my first Newsletter for the club so any comments and feedback is welcome. Should you have any articles or dates of interest you can contact me by phone 07901 915 303 or by email: [evelyn.little@mitech.org.uk](mailto:evelyn.little@mitech.org.uk).

Some of you will know that my family are the new owners of Knights End Farm Equestrian Centre. We are currently "doing it up" but hope to be able to offer training and clinics in our indoor/outdoor school in the future. It's a very exciting time for me and I will keep you posted on all that goes on at KEF!

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We're on the Web!  
[www.canddrc.org.uk](http://www.canddrc.org.uk)

## The Quiet American... A lesson with Virginia Brinton

The club is fortunate to have several new trainers this year, offering us a wealth of knowledge and some different perspectives. One such trainer is the renowned Virginia Brinton, who has been teaching members of the O&DRC for a while but is new to CDRC.

Sessions are held at Milton Agricultural College and are catered for all who want to improve their flatwork, not just the dressage purists!

Although I was there purely as a spectator I enjoyed the sessions immensely and took several things home with me to try on my own horses.

The horses I watched were of varying ability but each was treated as an individual, ironing out specific issues with group work and one on one

attention.

Virginia first enquired about the horse and rider combination, asking what they wanted from the session and what their goals were for the future.

Eagle eyed Virginia then adjusted any tack and started to get the horses warmed up, working them in a relaxed way.

After highlighting that all the horses could be suppler laterally they began working on some leg yielding from the  $\frac{3}{4}$  line in walk and trot. For those finding it more difficult leg yielding along the wall was introduced, addressing any falling in or out of the shoulders, stressing the importance of "the neck remaining straight during lateral work, flexion comes from the pole not the neck".

Leg yielding on a circle and then down the  $\frac{3}{4}$  line

in canter was finally introduced, a much easier exercise for those who were a little more in front of the leg in a faster pace.

The riders and horses all worked hard, with all showing better strides and improved work by the end of the session. Response from the riders was that each felt they had improved and they had all enjoyed themselves. Virginia was impressed by the club members' willingness to try what she asked of them and their good ability to listen.

I left impressed with the way in which Virginia quietly asked the horses and riders for more and at the same time without 'over-facing' the young or the green pupils in her class. I for one will be booked on the next session.

Evelyn Little

## Achieving Harmony with your Horse – With Celia Withcher

The unmounted rally with Celia Withcher was held at Rampton Village Hall on February 22<sup>nd</sup>. There was a good turn out from riding club members, and judging from some of the faces (and actions!) through the evening all found the rally informative and had fun.

Celia used her vast knowledge and experience, gained as a successful three day eventer and paralympic squad trainer, to guide each of us through how our bodies' position and balance affects our horses.

She stressed the idea of Brain-Body-Horse and that everything should start with our mind. She also put across that each horse is different and with each horse you

will get a different reaction from a different body position.

Whilst sitting on our chairs we were encouraged to "find our seat bones" , something that had eluded many of us until that point, and also recognise what makes us tense and how we naturally release this tension "find your key". A lot of what Celia said was explained in different ways in order for each of us to find a phrase or way of thinking that would initiate the correct response when we were on our horses. What method works for one combination may not work for another.

The next part of the evening had us all in pairs facing each other, with one partner being the horse and the other the rider. We were to get response

from the 'horse' as to what they were feeling when we used specific rein aids. This was particularly useful for steering "handlebars" aids and how we asked for a halt. The pairs alternated frequently identifying their partners strong and weak points and how best to deal with differing types of horses.

I took away some very useful "keys" to help me release tension "deep breathe dressage seat!" and how to get my rearer in front of my leg "pelvic tuck". I was also able to identify that I am stronger in my left rein since my fractured clavicle last year. An enjoyable evening was had by all. Evelyn Little