



The Committee

# Goring & District Riding Club



Jim Lee—Chairman



David Beer—  
Club Manager  
Treasurer



Jill Yates Membership  
Secretary  
Club Safety Officer



Robin Storkey



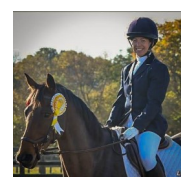
Julie Cundy



Cayley Parsons—  
Working Equitation  
Representative



Lynne Watson -  
Club Secretary  
Newsletter Editor



Lara Squires—  
Dressage Teams  
and Fund Raising

a small friendly club based in the area around Worthing/Goring, affiliated to British Riding Clubs and part of Area 13.

Spring 2018

## Welcome to the Spring edition of the GDRC Newsletter

The Club hit the ground running at the beginning of 2018 with the AGM, at the Clapham Village Hall in January, celebrating the successes and highlights of 2017. The meeting was not as well attended as previous years but there was a lively debate with the attending members about their ideas for ways forward for the club in 2018.

The local fundraising representative of the Kent and Sussex Air Ambulance gave an informative and entertaining presentation of the work and scope of the Air Ambulance, and we hope to be able to organise a longer presentation in the near future.

This was followed by the presentation of the trophies.

**Polly Flinders Senior Attendance Shield- Nicky Butcher**  
**Hac and Tac Junior Attendance Shield- Courtney Williams**  
**Douglas Fox Memorial Trophy-Most improved Senior- Graeme Burton**

**The Horses Head-Most Enthusiastic Member- Pat Parris**  
**The GDRC Supporters Trophy-Helper of the Year - Danielle Lee**  
**Most Improved Dressage Senior- Caroline Hannam**  
**The GDRC Senior Club Member of the year - Terri Yates**  
**The GDRC Junior Club Member of the year- Xaria Overy**  
**The GDRC Non Members Helper Shield- Heather Rawlinson-Jones**  
**GDRC Show-Jumper of the Year- Amelia Jarrett**  
**Most Improved Dressage Junior -Xaria Overy**



Graeme Burton—Most  
Improved Senior.



Pat Parris—Most enthu-  
siastic member.



Danielle Lee— Helper of  
the year.



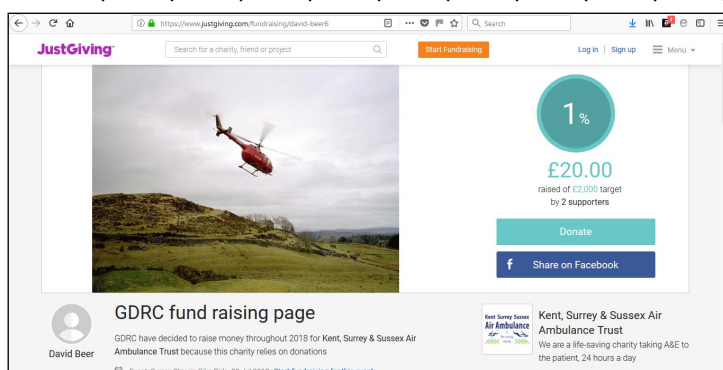
Caroline Hannam—Most  
Improved Dressage Senior.



Terri Yates—Senior Club  
Member of the Year



Xaria Overy—Most Improved  
Dressage Junior and Junior  
Club Member of the Year



Most of you will know by now that the Kent and Sussex Air Ambulance is the club's adopted charity this year. We have raised some money by selling cakes at a couple of the Dressage competitions and have had voluntary donations. But did you know that we also have a "Just Giving" page? You can find it here -

<https://www.justgiving.com/fundraising/david-beer6>

Do visit and support this life saving charity. Don't forget to Gift Aid it too— more money for the charity at no extra cost to you!

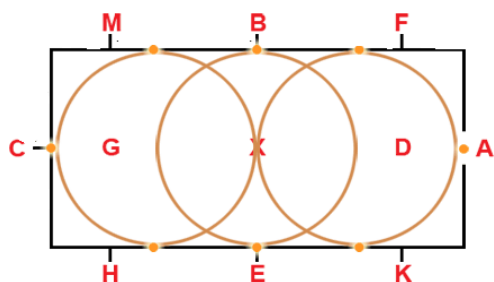


We were unable to send any teams to the first Area Show Jumping Qualifiers of the year. There were just not enough people to form a team. The club have been looking into ways of reaching all the members who are potential team competitors and held a poll to find members who we interested in Jumping for the club and what heights they preferred to jump. There was an excellent response to the poll and we now have a data base of show jumping members all ready for the next area qualifiers. The club really needs a **Show Jumping Manager**—someone with a passion for jumping and who would like to get involved with helping our members fulfil their jumping aspirations. **Could you be that person?** If you think you could, contact David Beer for an informal chat.



### From the Dressage Judge's Box

I've enjoyed writing for the Judge during this winter's series. (I don't do winter dressage—I hate being cold!) It's fun to get to know the judges and to find that they are only human after all! They actually want us to do well when competing and I've learnt many tips from them which I now pass on to you the club members. In the previous issue we looked at what to wear to maximise marks. This time we are going to look at one of the aspects of riding accurately and how to use what we already know about the size of the area to help with that. As a beginner doing the Introductory A or B, (Walkand Trot) the accuracy of the circle is likely to be one of your first challenges. Intro A, for example, asks for 20 metre circles



at B, E and at C. So, if you remember that the arena for this test is 20 metres from one side to the other, it's easy to see that your circle has to touch the track on both sides of the arena if your circle begins at E or B and has to touch the track in three places if it starts at A or C.

Remember—there are no straight lines in a circle—so you only need to “touch” the track.

It's easy to see where you need to touch the track at E and B for a centre circle and at A or C and X for a circle at either end. It's more difficult to know where your circle should touch the track when riding at C or A, or where the edge should be when riding it from B or E. A top tip is, when practising at home, tie a piece of bailer twine, or stick a piece of duck tape to the fence 10 metres either side of B and E then you've got a visual clue where the edge of your circle should be whether riding it from either end or in the middle of the school.

Another issue that came up lots of times over the winter series was the “Halt, Immobility, Salute”. Sitting in the Judges box I've seen lots of “variations” of this manouever!

The point of the action is to show that your horse can halt, halt square, and stand still without fidgeting. The correctly executed salute is actually much simpler than many riders make it. Make sure your reins are in one hand, make sure your whip, if you're carrying one, is in the same hand as the reins, drop your free arm down straight down to your side, and nod just your head forward. If you move any other part of your body forward in a bow, you risk unbalancing your horse and causing a fidget. There is no rule at this level about which arm you drop in the salute.

### Dates for your Diary

12th May	Dressage Clinic with Yvonne Huber	Bridge House
13th May	In Hand Horse Show	Castle Goring
19th May	GDRC Working Equitation training	Wanley
26th May	Biomechanics session with Amelia Wilbourn	Hartfield
26th May	xc clinic with Rachel Cargill	Fairoaks
27th May	Summer Dressage Series	Brinsbury
27th May	Clear Round Jumping	Brinsbury
2nd/3rd Jun	Area Horsetrials	Coombelands
TBA Jun	Working Equitation Training	Wanley
9th Jun	Rachael Cargill SJ Clinic	Brinsbury
17th Jun	Area SJ/Style jumping Summer Qualifier	Castle Goring
24th June	Summer Dressage Series	Brinsbury
24th June	Clear Round Jumping	Brinsbury
TBA July	Working Equitation Training	Wanley
1st July	SJXC	Castle Goring
7th July	Area Summer Dressage & RT	East Byshee
15th July	Open Showing Show	Castle Goring
21st July	xc clinic with Rachel Cargill	Fairoaks
29th July	Summer Dressage Series	Brinsbury
29th July	Clear Round Jumping	Brinsbury
TBA Aug	Working Equitation Training	Wanley
3rd/5th Aug	BRC Horse Trials	Swallcliffe Park
12th Aug	Rodd Brickwork SJXC	Castle Goring
25th Aug	Rachael Cargill SJ Clinic	Brinsbury



## THE INCREDIBLES

If you have enjoyed entering a GDRC Event this year, these are the people you really need to thank. They have given up their time so that you can have a good one.

So give it up for -

Danielle Lee	Molly Tupper
Terri Yates	Stephanie price
Lisa Hilder	Chrissi Wynne
Abi Jeffery	Ami Griffiths
Amelia Jeffery	Daisy Griffiths
Mary Parsons	Heather Hopkins
Xaria Overy	Terri Germaine
Caryll Overy	Liz Stern
Kate Sigournay	Amanda Gait
Julia Watts	Crescent Moore
Carol Rose	Maggie Williams
Lara Squires	Paula Newman

### Winter Dressage Champions

#### Class 1. BD Intro B. Juniors.

1st. Lauren Davis – Golden Girl

#### Class 1. BD Intro B. Seniors.

1st. Carol Smith – Snow Falcon

#### Class 1A. Intro to Canter.(2017). Juniors.

1st. Lucy Parks – Rose Liosin.

#### Class 1A. Intro to Canter.(2017). Seniors.

1st. Caryll Overy – Templeddruid Getz

#### Class 2A. Prelim.1.

1st. Nicola Mayling – Murthwaite Ted's Lass

#### Class 2B. Prelim. 2. (open section).

1st. Holly Mayling – Clochanard Dusty

#### Class 3. Novice 24.

1st. Elizabeth Forbes – Rosie.

#### Class 4. Elementary 42.

1st. Corolyne Allen – Harristown Bear

#### Class 5. Medium 71.

1st. Molly Tupper – Christopher Robin.



Despite absolutely awful weather, Area 13 clubs turned out teams for the Winter Intermediate Dressage Qualifiers on 19th March and the intrepid GDRC Team came 6th. We are lucky to have a new member on the committee, Lara Squires, who is passionate about club dressage and has been very busy organising clinics with Yvonne Huber, a list 5 Dressage Judge, and mechanical horse sessions for team members with aspirations to ride for the club in team events. For more information about Yvonne check out [this article](#) about her on the Out and About Dressage site.

The mechanical horse sessions are held in Hartfield, East Sussex at a purpose built workshop housing two mechanical horses. Both simulators allow the rider to practice and develop their position and riding skills for dressage, flat work and jumping. One horse has three

speeds of trot and this allows the rider to practice both sitting and rising trot. The second simulator is a canter-gallop simulator with five speeds. Both models allow the rider to develop their position for both flatwork, jumping and fast work. Amelia Wilbourn is an Accredited Senior “Ride With Your Mind (RWYM™)” Biomechanics Coach and, as such, is able to help you organise your body to enable your horse perform at his best. To read more about Amelia and her little herd of mechanical horses, check out her web page at [www.ameliawilbourn.co.uk](http://www.ameliawilbourn.co.uk)

