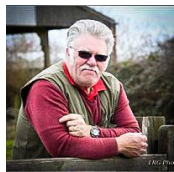




The Committee



Jim Lee—Chairman



David Beer—
Club Manager
Treasurer



Jill Yates Membership
Secretary
Club Safety Officer



Robin Storkey



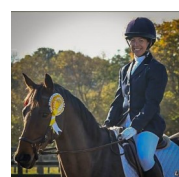
Julie Cundy



Cayley Parsons—
Working Equitation
Representative



Lynne Watson -
Club Secretary
Newsletter Editor



Lara Squires—
Dressage Teams
and Fund Raising

Goring & District Riding Club



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

Summer 2018

Welcome to the Summer edition of the GDRC Newsletter

Phew—what a scorcher!

As horse owners we seem to be more than averagely dependent on the weather. I have never been so obsessed with hourly checking of weather apps since owning a horse and like the rest of the British population we are never satisfied with the weather we've got! It's too wet and we are up to our knees in mud, our horses are getting mud fever, their hooves are getting too soft and they lose their shoes. It's too dry and the ground is too hard, the flies are too annoying, their hooves get too brittle and they lose their shoes!

Sadly a couple of the events the club had planned for this year have had to be cancelled due to the hard ground and, though we hate to disappoint our members, the safety of horses and riders is our most important consideration and members have been super understanding. That being said, we have continued to hold our very successful dressage competitions at Brinsbury, and sent three teams of four riders to the **Area Dressage Qualifier** at East Byshee in July. Special thanks need to go to Lara Squires for her tireless enthusiasm for putting together dressage teams, organising training and generally being an awesome member of the club.

We have been less successful with putting together any teams for Area jumping competitions and haven't been able to send any teams this year. We are still looking for an enthusiastic 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.



Working Equitation

GDRC was one of the first, if not the first, riding clubs to introduce Working Equitation to grass roots riding club level and we are lucky enough to have the British Headquarters right here in Sussex at Wanley House. But what is Working Equitation?

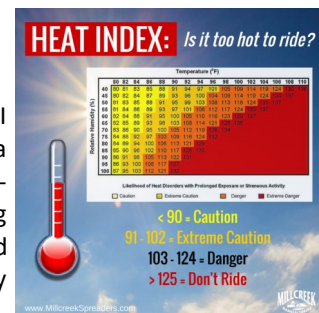
This is what the Association of British Working Equitation has to say about this fun equestrian sport - "The sport of Working Equitation is the ultimate outcome of the development of the horse as a working animal. Horses were originally domesticated and trained for farming and herding purposes, work which required them to respond to their rider whatever terrain and difficulties they may face.

The sport is a highly refined and sophisticated demonstration of these activities, but with the added required quality of elegance and speed of execution.

It comprises 3 phases. Dressage, Ease of handling, Speed and, at International level, cattle penning.

The dressage phase is much like that of a normal dressage test although some of the movements are performed slightly differently. At the highest level it involves some Grand Prix movements being performed with the use of just one hand.

The ease of handling test consists of a course of obstacles, replicating those that may be found when working in the countryside. For example, a gate, a bridge and a jump. There are also other more technical obstacles such as the parallel slalom, straight slalom and barrels all of which at Advanced level require the horse and rider to perform flying changes in specific places in order to perform the obstacle correctly. Riders are given a mark out of ten for precision, submission and ease of movement for each obstacle. The speed test involves some or all of the same obstacles tackled in the ease of handling test but is purely marked on the time it takes for the horse and rider to complete the course. Time faults and bonuses can occur ac-



ording to specific obstacles

Working Equitation is a real test of the horses temperament and training, the riders skill and ability and of course the relationship between horse and rider."

Find out more on their website—

<http://www.workingequitation-gb.com/>

At riding club level the competition is enormous fun. Training for the obstacle phase helps your horse gain confidence and helps him learn to negotiate some of the issues he may encounter out on the trail.

The club holds friendly monthly training sessions, at Wanley House in Fontwell, with experienced trainers, Cayley Parsons and Tracey Simon, who are both past and present members of the GB squad. Look out for dates on the GDRC Facebook group or in the events section of our website.

Most of the obstacles can be easily recreated at home, if you have access to a sand school so you can practise between training sessions.

There are lots of videos on YouTube if you want to see what it looks like, but don't let it put you off! These riders are all at the top of their game. Working Equitation starts at Walk and Trot level!

On the [Horse and Rider](http://horseandrider.com), website there is a brilliant blog with gives an introductory exercise to try.

<https://horseandrider.com/blog/take-a-stab-at-working-equitation>

