

Newsletter November 2015

Bourne Valley Riding Club

incorporating Woodhay District Riding Club
(Affiliated to the British Horse Society)



Website: www.bvrc.co.uk

Chairman: Lindsay Hills
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We are off again. With no time to catch our breath, we are well into autumn events and have already participated in the first BRC Area 17 qualifier for 2016. It's all go! LKH.

BVRC Subscriptions 2015-2016

BVRC club year starts on 1st November, so it is time for annual subscriptions renewal.

Rates have increased slightly from last year's level and are £32, for Riding Members, but remain at £12 for Non Riding Members.

We are offering a discount of £7 to reduce the cost to £25 for riding members, if the subs are paid before 31st December 2015.

We hope that the concession will entice you to renew your subscriptions promptly.

The reduced rate of £25 will apply for second and subsequent members of the same household.

No discount is applicable for non-riding members, as their rate has not increased for many years.

You will need to renew your subscription if you wish to take advantage of the reduced cap when hunting with the RA Hunt.

Please fill and return the membership renewal form, sent out earlier or on BVRC website www.bvrc.co.uk, to **Debs Scothern** (address on form).

Subscriptions may be paid by cash or cheque (made payable to Bourne Valley Riding Club) **or using PayPal via the website www.bvrc.co.uk**.

Payment by PayPal will incur a small surcharge to cover administration costs.

Changes to Hat Standards (BS EN 1384 / EN 1384) from 1st January 2016, which will apply at all BVRC ridden events.

Due to a change by the European Commission regarding EN1384 and BSEN1384 no longer being an accepted standard, all hats which only meet the standard EN1384 or BSEN1384, and do not comply with another standard from the list below, **WILL NOT** be accepted and therefore will not be permitted for any BRC events. Hats which bear EN1384 or BSEN1384 along with another standard from the list below, will be permissible. For example, BSEN1384 & PAS015 (1998 or 2011) along with the Kitemark, would be acceptable, but not BSEN1384 on its own.

IMPORTANT CHANGE FOR THE CROSS COUNTRY PHASE: Only a "Jockey Skull" complying to the above standards may be worn for any XC phase. This must not have a peak, any peak type extensions or noticeable protuberances above the eyes or to the front and should have an even round or elliptical shape with a smooth or slightly abrasive surface. A removable hat cover with a light flexible peak may be used if required.

The use of **HEAD CAMS are strictly prohibited** at any BRC affiliated competition. This includes use on the head, chest, bridle or any other part of the horse or rider.

Permissible hats standards are:

British	PAS 015:1998 or 2011	} Must have
European	VG1 01.040 (2014-12)	} BSI Kitemarked
American	ASTM F1163:(2004a or 04a)	Must have SEI mark
	SNELL E2001	Must have Official SNELL label and number
Australian & New Zealand	AS/NZS 3838 (2006 onwards)	Must have SAI Global mark



BVRC AGM on Tuesday 10th November, 2015, The Lion, Clanville, Nr Weyhill, 7pm for 8pm.

This is an opportunity to review the year's events, discuss the future, voice any other news or views and have a chat.

The meeting will start at 8pm so there is time to get some food and a drink beforehand (**SEE BELOW Pre-AGM Supper**)

After many years of sterling work, Lindsay Devine is standing down from the committee. We shall miss her.

It is also time for Helen Mulingani, as Secretary and David Matthews, Treasurer to stand down, as each is elected for a two year period. I am relieved to say both are willing to stand again.

Elections will be made at the AGM, for the posts of Secretary, Treasurer and two committee vacancies.

If you have any nominations for the vacancies or you wish to fill any of the positions yourself, then each nominee will need to be proposed and seconded. Any nominations should be received by the 9th November and given Lindsay Hills, 01264 772388 email: nag@bvrc.co.uk

There are several tasks which could be undertaken by non-committee members.

If you don't wish to join the committee, but feel able to help out with anything, please contact Lindsay or Helen.

Having dusted off the BVRC Constitution in order to put it on the website, it became apparent that it needed updating.

A copy of the Constitution is available on BVRC website www.bvrc.co.uk or upon request to the Secretary.

The following are proposed changes which will need to be ratified at the AGM.

Point 6b After the words, 'two ordinary members of the Committee shall retire' Insert the wording 'If there are no voluntary resignations,'

Point 10c The word 'auditor' to be replaced by 'external qualified accountant'.

Point 12 The word 'audited' to be replaced by 'independently verified'.

Point 16 Everyone mounted at BVRC events, shall wear correct riding clothes, which must include 'Protective Headwear', with a harness properly adjusted and fastened. 'Protective Headwear' constitutes a hat meeting the standard specified by the current British Riding Clubs Official Rules.

Be Fair and Caballine Trophy presentations will be made in due course once we have had the opportunity to finalise results following the Hunter Trials.

Pre-AGM Supper on Tuesday 10th November, 2015 at the The Lion at 7pm

We hope that you will come and join us for supper prior to the AGM. It will give us the chance to meet you, chat & relax before the business end of the evening.

Tea & coffee will be provided at the end of the meeting.

For supper there is a choice of:

The Lion Burger *with bacon & cheese & homemade relish with crispy fries*

Chicken Caesar Salad – *Garlic croutons, shaved parmesan, anchovies, crispy pancetta with Caesar dressing*

Pride Battered Cod *served with hand cuts chips, mushy peas and a homemade tartare sauce*

Pumpkin Risotto, *with pumpkin puree, roasted pumpkin and parsnip crisps*

Other menu choices are available directly from the The Lion, 01264 771007 www.thelionatclanville.co.uk (Please order in advance if possible).

These items will need to be ordered & paid for separately.

Drinks will be available from the bar. We will be subsidising the supper, ordered in advance, but ask you to contribute £8 per head (payable on the evening).

Please call Fiona Webb 07783 421181 (leave a message) / email fiona.webb@bowen-technique.co.uk to let her know your choice of food by **Saturday 7th November 2015.**

PLEASE NOTE: The bar will be open for pre talk drinks.



BVRC Mind-Body-Body-Mind. Rider Psychology Talk by Liz Morrison – Wed 25th Nov 7.30 for 8pm at The Lion, Clanville.

Liz Morrison is a Sports Coach specialising in supporting riders through advanced coaching techniques and sports psychology. She BHS-SM, BHSII, ICF-PCC is a NLP Master Practitioner and Advanced Modeller who applies the powerful techniques of NLP in her work with riders and teams. Liz is passionate about horses, the connection to nature that they offer, and what they can teach us about ourselves. She loves to work with people who want to experience their relationship with horses more successfully.

Riders are increasingly realising that riding is as much about their mental and emotional awareness as it is about physical ability and techniques. We all know a horse can become nervous under a nervous rider. Horses do literally read our minds, through our physical and energetic bodies. In Mind-Body-Body-Mind Liz will help you understand how your thoughts transmit from you to your horse and what you can do differently to change how you think about things, if your horse's response isn't what you want.

For those who want to build their confidence and riding performance further, Liz will be running dismounted Rider Workshops at Kingsettle Stud, Cholderton in the New Year. These cover specific techniques which you can use back home, in your riding and management of your horse (and yourself!).

If you wish to eat at The Lion please contact them directly and pre-order your meal as they are increasingly busy in the week. Ideally, please let Fiona know that you plan to attend (so we can get an idea of numbers) but do feel free to turn up on the night as well.

Costs: Members - £5, non-members - £6.

Contact: fiona.webb@bowen-technique.co.uk



BVRC New Forest Social Ride Sunday 29th November 2015

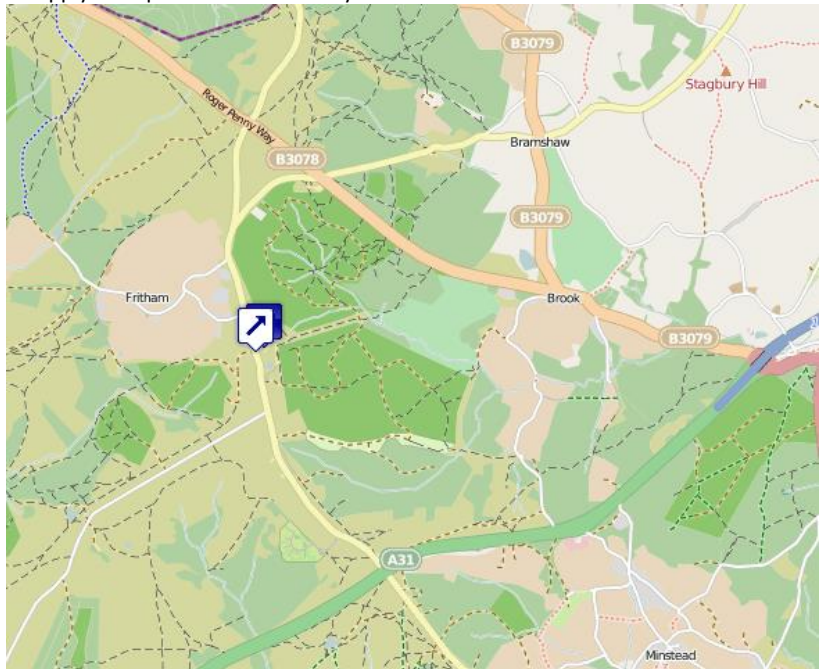
Janet Burnett will lead an Autumn Ride through the scenic New Forest starting and finishing at Janesmoor Pond, which is about half way between Stony Cross and the turn-off for Fritham, OS reference 247135. Orange BVRC signs will mark the car park entrance. This will be a medium paced ride with plenty of trotting, some cantering and some relaxing walks. There will be Forest ponies and cattle wandering about and there may be PIGS if they are not yet brought in for the winter! There will be water crossings and a short section on a country road.

Arrive please at Janesmoor Pond by 10am ready to ride at 10.30. There will be a stop for soup and a roll part way round with the ride taking in all about 3 hours.

Spaces are limited to 12 as there is just one ride; there may be more in the future if demand dictates.

The ride is FREE to members, but we are not able to accommodate non-members or juniors under 17 years on this occasion.

To apply for a place contact Lindsay Devine 01722 712464





BVRC Centaur Biomechanics with Russell Guire – Sat 12th Dec at Castle Farm, Over Wallop

Does your horse go better on one rein than the other? Do you struggle with straightness? Would you like to be more symmetrical?

We have been very lucky to secure on a Saturday, the time of the Russell Guire, director of Centaur Biomechanics and the British Equestrian Federation's Performance Analyst. Russell is a UK CC Coach who has competed in both show jumping and dressage. He holds a degree in Equine & Human Sports Science and currently has a role as a PhD student at the Royal Veterinary College's Structure & Motion Lab. He has carried out extensive research in rider positioning and saddle fit and, in addition, he works with the British Equestrian Federations World Class and excel Talent Programme.

Centaur Biomechanics, founded by Russell Guire in 2006, is a leading biomechanics company whose sole aim is to help riders and horses achieve their goals. An important benefit of working with Russell is that he is a rider, trainer and regular competitor, so he understands the difficulties of riding and as a result has a sympathetic approach to achieving a better position and ability to ride. He carries out leading research looking at such issues as the effect that tack, studs, surfaces, travelling and rider's position can have on horses' movement. He brings forward a wealth of passion and information which is all supported by research, as well as utilising the best technology available to help you improve your riding and position.

Rider Analysis sessions are designed to help improve the rider's position and horse's way of going. They are done on a 1:1 basis, last for 45mins and are open to riders of ALL levels. Don't be put off by the work Russell has done with riders of international standing - Russell's passion and easy going character will put you at ease and ensure you get the best possible results out of the session. The way the rider sits on the horse will have a dramatic effect on its soundness, performance and development. With the use of high speed video cameras (capturing 20 x faster than the human eye), Visualise training jackets and Quintic software, the rider's position and horse's way of going can be constructively analysed.

Benefits

- Instant visual feedback whilst mounted
- Step by step process in evaluating position and horse's way of going
- Bite size exercises given to help improve position and understanding
- Riders can see immediate differences with the before and after footage, which can be displayed side by side on the screen
- Professional and experienced interpretation of the rider's position and horse's way of going
- Detailed feedback forms given after the session with the option of purchasing a DVD of the video.
- Can help improve your dressage marks
- Motivates the rider
- Provides clarity on the rider's position weaknesses

Session. Riders are asked to wear a Visualise training jacket and carry out a series of movements, such as centre lines from both the left and right rein. Russell will then analyse the high speed video files - riders can see their efforts immediately whilst mounted - using sophisticated software the rider's position and horse's way of going can be analysed. From here Russell will select key areas on which to work. The session combines the use of training as well as video analysis, and the latter is one of the key aspects of as it allows riders to see instantly any improvements.

Cost: Members - £60, non-members - £65 (includes cost of indoor school).
Cheques payable to BVRC to be sent to Susie Pool with the Reply Slip below to secure your place.
Contact: Susie Pool, 01980 671523. susie_pool@btinternet.com



BVRC Residential Camp at Stockland Lovell, Somerset 25th April –28th April 2016

Our dates for Camp next year have been confirmed and we have booked from Monday 25th April to Thursday 28th April.

Put these dates in your diary and book the time off work now.
Look out for further details and camp booking forms in the New Year.



Hunting with RA Hunt

The club has taken out subscription to the RA Hunt again this year. This will enable club members to drag hunt up to 4 times during the season (from November to April) for a reduced cap of £20. The hunting season started with the Opening Meet on 31st October.

Secretary: Ali Wilson 01264 773191 or alisonchesworth@yahoo.co.uk. Ring Ali for details of meets, times, parking, dress etc.

Don't forget to take your membership card to claim the reduced cap.

REPORT ON BVRC NOVICE SHOW - SUNDAY 13TH SEPTEMBER 2015, AMPORT

A dry, still day contributed to a very calm, relaxed atmosphere at the autumn Novice Show at Amport. Young or inexperienced horses all performed well in the mown dressage arena and the arena party had little to do as nearly everyone cleared the show jumps.

Vicarshill Jako decided to get creative in the Intro B test by adding his own symmetrical movements:

“Turn right at C - Jump out of arena over M and back in again..... Repeat at H” !!! :o))

The judge, Samantha Elliott from Wellington EC in her BVRC debut, gave helpful comments on the test sheets and appreciated the friendly and helpful attitude of everyone there. Many thanks to everyone who helped - it is much appreciated.

Fiona Webb

DRESSAGE

Class 1 BD Introductory B - Novice Rider

			BV	%
1 st	Toni Moore	George	n	62.6%

Class 2 BD Introductory B - Novice Horse

1 st *	Sandra Wheeler	Rocket III	y	70.7%
2 nd	Frances Hall	Mallards Wood Corunna	y	69.6%
3 rd	Frances Hall	Dunkery Bullfinch	y	65.7%
4 th	Dee Hodson	Reggie	y	61.7%
5 th	Meredith Baker	Vicarshill Jako	y	61.3%
HC	Frances Hall	Bellingdene Magnum	y	71.3%

Class 3 BD Introductory B - Novice Combination

1 st	Toni Moore	George	n	61.3%
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Class 4 BD Prelim 1 - Novice Rider

1 st	Ellen Ayres	Goldilocks	n	58.7%
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Class 5 BD Prelim 1 - Novice Horse

1 st *	Caroline Thompson	Millersford Dillon	y	68.7%
2 nd	Dee Hodson	Reggie	y	61.3%

Class 6 BD Prelim 1 - Novice Combination

1 st *	Annie Rae	Mrs Pickle	y	79.2%
2 nd	Meredith Baker	Miz	y	71.1%
3 rd	Maddie Shubrook	Flight of Icarus	n	67.6%
4 th	Chloe Ramsden	Shadow	y	67.4%
w/d	Elizabeth Paton	Bluebell Bee	y	w/d

* denotes best BV member

SHOW JUMPING

Class 7 2'3" - 2'6" jumping - Novice Rider

			BV
1 st	Hollie Folkard-Tapp	Flynn	n
2 nd	Maddie Shubrook	Flight of Icarus	n

Class 8 2' - 2'3" jumping - Novice Horse

1 st	Ellen Ayres	Goldilocks	n
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Class 9 2'3" - 2'6" jumping - Novice Combination

1 st	Chloe Ramsden	Shadow	y
HC	Frances Hall	Bellingdene Magnum	y
w/d	Elizabeth Paton	Bluebell Bee	y

Class 10 2'3" - 2'6" jumping - Novice Rider

1 st	Maddie Shubrook	Flight of Icarus	n
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Class 11 2'3" - 2'6" jumping - Novice Horse

1 st	Ellen Ayres	Goldilocks	n
2 nd *	Caroline Thompson	Millersford Dillon	y
3 rd	Hollie Folkard-Tapp	Flynn	n

Class 12 2'3" - 2'6" jumping - Novice Combination

1 st *	Annie Rae	Mrs Pickle	y
2 nd	Chloe Ramsden	Shadow	y
HC	Frances Hall	Bellingdene Magnum	y

2016 BRC Area 17 Winter Novice Dressage Qualifier, Sunday 11 October 2015

We had a great response for team places for the first qualifier for 2016 Winter Novice Dressage. In total we had 15 riders and 16 horses in four teams of four as this was a team only competition. Hampshire Rural Riding Club ran an efficient and well organised competition on Sunday 11 October 2015 at Sparsholt College.

The day itself was a bit overcast and rather cold, with the sun shining through in the middle of the afternoon – definitely an autumnal chill in the air! Everything ran smoothly with our relay of helping duties successfully split between the competitors with hour slots – we were allocated warm up arena steward and score sheet running both for the morning. Thank you to all of your efforts – much appreciated.

The competition itself was close fought. We had some great scores, and inevitably at Sparsholt those spooky arena dragons reared their heads for a few!

Emma Mills riding Creve Lad and Fen Hargreaves riding Brit Pop both pulled out all the stops in the Novice tests (BRC test D10) with 71.25% and 70% respectively. Overall the novice competitors Emma was the highest placed finishing 2nd, and Fen 3rd. Great results!

In the prelim level competition (BRC test D2) there were a number of great scores with Alison Coleman and Norton Pride producing a lovely test for 68.6% and 5th in her arena, closely followed by Sandra and Timmy and Jane Winson on Widlake Magic Whirl both finishing 6th equal with 67%! Fiona Scott wasn't far behind with 66.8 for 7th in her arena. Lots of happy faces.

Chilworth Riding Club have had a great year finishing strongly in most of the qualifying competitions and this was no exception with them winning the team competition with a total of 9 points. We were eagerly awaiting the final scores at the end of the day to see if BVRC had managed to slot in to the second qualifying spot and amazingly we had two of our four teams finishing with the same total of 15 points. The final placings then were based on the highest fourth placed rider so Bourne Valley Blue (made up of Norton Livery riders) finished 2nd, and Bourne Valley Gold finishing 3rd! Excellent results everyone well done ☺ Lots of smiles all round.

Roll on the Winter Novice Championships at Kesoe College on 9/10 April!!

LM

Team			Score %	Arena Placing	Best 3 places total
Blue	Alison Coleman	Norton Pride	68.60	5	15 and 2 nd place (fourth rider place 15th)
	Ruth Allen	Tanzanite Firenze	65.40	9	
	Lynn Mead	Tiptoe Eldorado Sunset	64.58	15	
	Fenella Hargreaves	Brit Pop	70.00	1	
White	Lizzy Butler	Capriole Tejo	60.80	13	27 and 9 th place
	Sandra Groves	Timmy	67.00	6=	
	Marion Watt	Old Speckled Hen II	65.00	12	
	Sarah Simmons	Jazz	65.83	9	
Yellow	Frances Hall	Bellindene Magnum	63.20	20	42 and 19 th place
	Sarah Simmons	Leaguer Mos Royal	61.00	12	
	Elizabeth Peerless	Josefine	63.75	16	
	Susie Pool	Folds Acacia	63.96	14	
Gold	Fiona Scott	Davinas Diamond	66.80	7	15 and 3 rd place (fourth rider place 19th)
	Jane Winson	Widlake Magic Whirl	67.00	6=	
	Ros Kershaw	Catnap	62.08	19	
	Emma Mills	Creve Lad	71.25	2	

Diary Dates 2015

NOVEMBER

10th BVRC Annual General Meeting, The Lion, Clanville, Nr Weyhill, 7pm for 8pm.
25^h BVRC Mind-Body-Body-Mind. Rider Psychology Talk by Liz Morrison, The Lion, Clanville 7.30 for 8pm.
29th BVRC New Forest Ride, Janesmoor Pond with Janet Burnett, 10am.

Lindsay Hills 01264 772388
Fiona Webb fiona.webb@bowen-technique.co.uk
Lindsay Devine 01722 712464

DECEMBER

12th BVRC Centaur Biomechanics with Russell Guire, Castle Farm, Over Wallop
TBC BVRC Xmas Ride

Susie Pool 01980 671523.
susie_pool@btinternet.com

JANUARY

TBC BVRC Annual Quiz, The Lion, Clanville, Nr Weyhill,
TBC BVRC Xmas Meal,

Lindsay Hills 01264 772388

FEBRUARY

TBC BVRC Unaffiliated Dressage, Castle Farm, Over Wallop
21st BRC Area 17 Novice & Intermediate Show Jumping Qualifier at Crofton Manor EC, Nr Fareham

Organiser: Meon RC

MARCH

5th BRC Area 17 Winter Intermediate Dressage at Sparsholt EC
25th BVRC Hot Cross Bun Ride on Salisbury Plain 10.15am

Organiser: NFPE RC
Lindsay Hills 01264 772388

APRIL

9-10 BRC Novice Indoor Show Jumping & Winter Dressage Championships at Keysoe EC, Bedford
17th BRC Area 17 Novice & Open FOTH Qualifier at Rockbourne

BRC
Organiser: Chilworth RC

Reply Slips

BVRC Centaur Biomechanics Rider Analysis. Castle Farm. Saturday 12th December 2015

Return to Susie Pool, Pegasus House, Everleigh Road, Haxton, Salisbury, Wilts, SP4 9PT Tel: 01980 671523

I would like to apply for a Centaur Biomechanics Rider Analysis Session with Russell Guire and enclose a cheque payable to BVRC for £60 (members) or £65 (non-members).

My availability on Saturday 12th December is (delete as appropriate):

Anytime / Morning / Afternoon / Not Before / Not After

Rider Name: Email

Experience, Known Issues, Ambitions:

Horse Name: Age:

Known Issues, Experience

Please enclose a cheque payable to BVRC for £60 (members) or £65 (non-members).
