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What can one say about Covid-19 and lockdown that hasn't already been voiced? The last competition in the middle of March seems an age ago. As we sheltered against the rain at Tidworth EC, we discussed the prospect of the impending lockdown. No-one could have foreseen the full ramifications once it came into effect or comprehend the impact.

With all normal activities on hold, Susie has embraced modern technology and devised various activities to keep you entertained during the lull. We are endeavouring to resume service as soon as it becomes viable.

This Newsletter brings you up to date events so far this year.

Reflections during Lockdown

After the initial lockdown shock and cancellation of all outstanding events and bookings, I settled into life of self-isolation with Pete. It came as a shock to him, too because, suddenly, I was there, under his feet – all day, every day.

I live within a mile of the A303 and in the flight path of Thruxton Airfield. In lockdown I have become aware of just how quiet it is. No longer is there a constant drone of traffic or the endless buzz overhead as aircraft circle – just the sound from the daily passage of the Hampshire & IOW Air Ambulance.

It wasn't quite the same on Good Friday, eating my Hot Cross Bun in the garden with Pete, with Diva the only horse in view. I was dreaming of being in the middle of the Plain with you all.

On Sunday 17th May we should have been running the annual BVRC and Area 17 Horse Trials at Larkhill. What a glorious day it was, although with the recent absence of rain, I am sure there would have been complaints about hard ground!

If I am asked about cancellation of events at Larkhill, my stock reply is that we only cancel if there is an outbreak of war or a blizzard preventing access. In 2001 I had to add an outbreak of Foot & Mouth to the list of eventualities and now a fourth item – Covid-19 has been added.

In lockdown, my very minimal beauty regime has gone out of the window.

Suffice it to say, without daily attention my eyelashes have disappeared.

My hair is long & bushy with waves large enough to make the even the hardiest seafarer seasick and unseen since I was 18 months old. The colour isn't much different from that time either.

O for a reason to cram it all into a hairnet or attack it with a pair of horse clippers!

My legs – I think the expression 'hairs on my legs like a Shetland Pony' is apt – hair not quite long enough to plait, yet. I will spare you a picture.



I realised that, apart from during the outbreak of Foot & Mouth in 2001, there hasn't been any significant break in activities since I became Chairman in 1992. I have appreciated the rest and taken the opportunity to trawl through old BVRC paperwork with the aim of compiling an archive of club history. Ancient material has been stashed under my desk for many years. Only now do I have the time to undertake the task. More details will be divulged shortly.

LKH.

Reminder

Equine Microchip Law

New laws surrounding equine identification came into force in England from 1st October 2018,

Defra's new equine identification regulations legally require every horse, pony and donkey to be microchipped and possess a valid UK passport, with details stored in the Central Equine Database (CED).

All horses born after 30 June 2009 are already required to be microchipped.

Owners of horses born before this date will have two years to get their equines microchipped.

From 1st October 2020, it will be an enforceable law.

After this date all horses attending a BRC qualifier or championship must be microchipped.

Reports

BVRC Talk: Rider Psychology - Thu 6 Feb. Dr Hannah Whitney

It was a shame that several BVRC members who had hoped to, didn't make this evening as they missed a great talk with plenty of interaction and take home messages. My biggest problem was not taking a notebook and pen, being more concerned with a screen and making sure the laptop and projector talked to each other! So, I write this relying on my appalling memory! Although many of the examples were based on Hannah's own experiences eventing, the principles can be used for improving your hacking out experiences, starting to compete or work-based scenarios. Point 1. Have a notebook. Write down how things were, what worked and what didn't. If you have lessons, note what you were told, ask your instructor for homework and continue the process at home.

Point 2. Set your goals, which may need to bend and stretch as life is ever-changing. Make your goal Specific, Measurable, Achievable, Realistic, Timely (SMART). Have goals for:

Long-Term,
Season/Year,
Specific Competition/Event/Activity
Training

Point 3. Use Anchors. Focus on what you can feel. Where is there strength? Where is there Relaxation? Where is working hard? Where is there pressure? Take your attention to these areas and create anchors. Use these anchors to get "in the zone" in the future. Visualise what you are going to do.

There was plenty more, and far too much to be able to repeat here but, by the comments and looks on attendees faces, everyone found it a very interesting and worthwhile evening. If this has whetted your appetite and you'd be interested in more, or missed out on this occasion, do let me know or if you'd be interested in a follow-up session with Hannah for yourself – when we are allowed to socialise again.

Susie Pool

BVRC & Winchester RC Talk: Healthy Gut, Healthy Horse – Fri 21 Feb. Marion Watt

This talk was run in conjunction with Winchester Riding Club (who took the lead) and it was great to see so many BVRC Members attend. Marion kindly gave up her time for the love of horses, and proceeds were donated to Wilton RDA. It was great that WRC were able to send a cheque for £300 to the RDA Centre – well done all and thank you. Susie received the email below from a Club member, a month after they attended this talk:

Just thought I would send in an update from the gut health talk last month.

When the speaker listed the symptoms of poor hind gut health I seriously thought she had seen my mare, ie always grumpy, girthy, bucks when I put my leg on, loose droppings, fine on ground but dislikes being ridden, always swishing tail!

It was getting to the stage that I was not enjoying riding her and she was obviously not enjoying being ridden. She had her back and saddle checked and my vet even referred me to a Vet Hospital where my mare spent 3 days having full bone body scan, scope for ulcers, tests for tying up and numerous other tests and procedures. Basically they gave her a full MOT and could find nothing wrong so said it was just a traumatic injury to the lumbar sacral region and to give her Danilon for 10 days, which I did with (now unsurprisingly) no improvement whatsoever.

At the talk I had that 'light bulb moment' when I thought, OMG that's the issue with Jazzy. I had originally told my vet that all her issues started after I wormed her about a year ago but she said it was just coincidence as wormers don't cause those side effects and it was probably hormonal.

Anyway, after Marion mentioned Thunderbrooks at the talk, I went on their website and ordered my mare some meadow nuts and healthy herbal chaff. I also bought some Oat bran, sauerkraut and seaweed. She had been on Pasture Mix and Alfalfa.

She has been having this new diet every day for a few weeks now, and I, nor anyone else can believe the transformation. She no longer pulls a 'grumpy face' all the time, has stopped 'bunny hopping' down the road when I put my leg on, has stopped constantly swishing her tail, and has stopped biting my backside when I do up her girth. Nobody can believe the transformation. My vet has continued to tell me it was just behavioural and she was a 'quirky' mare. Of course it was behavioural as she had a belly ache all the time!!! She is now a pleasure to ride and I can't believe my vet nor the Vet Hospital could diagnose the problem. If I had not come to the talk, I would have been none the wiser.

Can you please pass on my sincere thanks to Marion? Kind regards, Michelle Haley

BVRC Winter Show Jumping at Tidworth EC on Sunday 8th March 2020

In a pre-lockdown world that now seems like a different era, we held our annual winter show jumping at Tidworth on Sunday 8 March. Starting with a clear round, the day offered classes from 70cm to 1m. The two alternating courses were well thought out and presented a variety of fillers and questions, but did not cause any major problems. The weather threw everything at us, from a sunny start to a brief spell of actual hail, but none of it dampened the spirits of competitors and our fantastic team of helpers (without whom these events would not run). Special mention for 7-year-old Iris Ellis, our new arena party star, who has volunteered herself and her mum for future shows! Ian's Outside Catering kept us all well fed and watered throughout the day, and 54 entries made for a busy and competitive day. With classes running on time and no mishaps or injuries, this was another successful day at what has become a favourite venue. We can't wait to have our events up and running again when it is safe and allowed to do so. In the meantime, stay safe, stay active, stay positive!

Juanita Coulson

Cla	ass 1: (70cms/2'3")		BV
1	Sophie Veal	Harley Maxx	N
2	Fiona Webb	World Horse Welfare Teddy	Υ
3	Brad Hine-Roberts	Pete	N
4	Sophie Adesina	Faerie Wishes	N
5	Keileigh Goode	Roxy	Υ
6	Chloe Hitchmough	George	N
7	Sharon Brown	Wispawally	Υ
8	Jenny Allan	Corporal	Υ
9	Tommie Gross	Grace	Υ

Cla	ss 3: (85cms/2'9")		
1	Georgie Hine-Roberts	Dave	N
2	Jack Marriott	Ballin Solli	N
3	Katey Cuthbertson	Prosecco	N
4	Albert Wilde	Freddie	N
5	Kate Northey	Little Monster	N
6	Janet Burnett	Banjo	Υ
7	Amy Lucas	Ruby Rocket	N
8	Grace Pomphrey	Peaches	N
9	Katey Cuthbertson	Duke	N
10	Katie Timberlake	Joey	N

Class 5: (1m/3'3")			
1	Rosie Hiscock	Tubby	N
2	Katie Cuthbertson	Prosecco	N

Cla	ss 2: (75cms/2'6")		BV
1	Nellie Pike	Dilly	N
2	Melinda Veal	Harley Maxx	Υ
3	Kate Northey	Little Monster	N
4	Katie Timberlake	Joey	N
5	Antoinette McKeowen	Mickey	Υ
6	Amy Lucas	Ruby Rocket	N
7	Janet Burnett	Banjo	Υ
8	Montina Munday	Nil Bleu	Υ
9	Sharon Brown	Wispawally	Υ
10	Katey Cuthbertson	Duke	N

Cla	ass 4: (90cms/3')		
1	Stephen Coulson	Jimmy	Y
2	Jean Briden	Humbug	N
3	Albert Wilde	Freddie	N
4	Jack Marriott	Ballin Solli	N
5	Georgie Hine-Roberts	Dave	N
6	Katey Cuthbertson	Prosecco	N
7	Rosie Hiscock	Tubby	N
8	Grace Pomphrey	Peaches	N

Equine Leg Dissection - Thu 12 Mar. Hani Milstein

I was lucky to be able to take part in an equine leg dissection evening at Endell Equine thanks to Hani Milstein and the team, organised by BVRC.

Although I have seen dissection videos and similar before I have never had the chance to see first-hand, never mind get hands on. It was absolutely fascinating being able to see the structures and tendons of the leg. How the exterior and deep digital tendons sit together. Quite how the sesamoid bones act as a fulcrum to the surrounding ligaments, and what a smooth joint should look like. I also now understand why it is as easy as it is for a blackthorn to pierce a joint. There is such minimal protection in places.

Because I'm me, I had to take my camera with me but I was a little too absorbed so didn't take that many photos [these are on Katie's Facebook page and we've only included a couple of bland ones here].







BVRC Winter Dressage Sunday 15th March 2020 at Tedworth EC

Despite the changes going on in the world we put our best foot forward and ran a very successful dressage competition on the 15th March at Tidworth Equestrian.

For many this was one of the first competitions of the seasons and it was great to see members and non-members coming out and completing some lovely dressage tests.

Practice before hand had been limited for most due to the exceptional and ever changing British weather and having said that the rain managed to stay away so that at least the morning competitors had dry, and in some parts sunny spells for their round!

A huge thank you to everyone who made the day possible - we have some fabulous committee members, club members and non-members who always offer to assist to make these things possible. Victoria Smith

Class 1 - Intro B		Judge: Lisa Smith	BV	%
1	Tommie Gross	Splash	*	68.90
2	Kim Male	Billy	*	65.00
3	Meredith Baker	Vicarshill Jako	*	62.20
4	Gill Young	OP	*	59.80
5	Louise Makepeace	Xanadu	*	58.50
6	Lisa Brice	Franks Magic		49.10

Clas	ss 3 - Prelim 14	Judge: Sally Green		
1	Vanessa Martin	Helsington Its for Free	*	73.80
2	Katie Prowse	Cavan		69.60
3	Petra Ingram	Oxnead Odette	*	68.70
4	Sally Shepherd	Pablo	*	67.90
5	Julia Croombs	Millie	*	67.30
6	Grace Wilkinson	Jasper	*	66.70
7	Siobhan Booth	Bakeburn Skylark		66.00

Class 5 - PYO Ju		Judge: Sally Green		Test	
1	Gemma Leggatt	Grovine Class Act	*	N30	72.50
2	Sarah Pook	D'Oro Mio	*	N30	70.40
3	Danielle Storer	Pasodoble	*	N30	68.80
4	Vanessa Martin	Helsington Its for Free	*	N30	68.50
5	Philippa Thatcher	Lyric	*	E42	66.70
6	Susie Pool	Dubai	*	E42	65.00
7	Helen Vernon	Tribal Myth	*	E42	63.80

Clas	s 2 - Prelim 2	Judge: Lisa Smith		
1	Julia Croombs	Millie	*	66.40
2	Tommie Gross	Splash	*	65.30
3	Lucie Wells	Geoffrey's Quest		62.20
4	Petra Ingram	Oxnead Odette	*	61.70
5	Meredith Baker	Vicarshill Jako	*	61.20
6	Juanita Coulson	Senadora	*	58.80
7	Katie Prowse	Cavan		58.40

Clas	s 4 - Novice 24	Judge: Sally Green		
1	Danielle Storer	Pasodoble	*	72.80
2	Gemma Leggatt	Grovine Class Act	*	72.20
3	Sarah Pook	D'Oro Mio	*	70.20
4	Gilles Serbource	Darcy Dancer		57.00
5	Philippa Watkins	Tysaphr de la Duys		61.50
6	Helen Vernon	Tribal Myth	*	53.90

BVRC Riding Your Pilates Ball. 19th April - 3rd May

When Club member Helen Nash-Steer, isolated at home, published a clip on Facebook of trying to stay on her new acquisition, it sparked an idea for running a BVRC Competition. If we can't compete our horses, I thought that those of us with Pilates Balls could compete on those. It would give people a focus, a bit of fun and some excellent core strengthening exercise. I think that my selection of Class 3 (Standing) was a bit ambitious but Hani Milstein rose to the challenge and posted an epic video with excellent safety measures in place. All videos can be found on the events page of the BVRC Facebook page. It is split between 2 events as we extended the deadline to accommodate new interested parties, who sadly didn't subsequently find the time.

Previous BVRC member, Physiotherapist, Pilates Instructor and Rider, Gina Hemmings, kindly judged the classes. It was very difficult to decide between some of the entries, but her comments provided excellent feedback for future competitions.

	CLASS 1 - All Fours	BV
1	Danielle Storer	Υ
2	Susie Pool	Υ
	Helen Nash-Steer	Υ
	Lynn Mead	Υ

	CLASS 2 - Kneeling	
1	Lynn Mead	Υ
2	Helen Nash-Steer	Υ
	Danielle Storer	Υ
	Susie Pool	Υ

	CLASS 3 - Standing	BV
1	Hani Milstein	Υ

- **Class 1.** 1st. Danielle. Including smart turnout, excellent commentary and great music. 2nd. Susie. A close run thing as she managed to look at her watch.
- Class 2. 1st. Lynn. Excellent upright position and on quite a small ball much more difficult.

 2nd. Helen. Most improved and showing some very good saves. Able to look at her watch and adjust her clothing.

 A potential winner had the ball been more inflated.

 Danielle was highly commended for the change of outfits, using a smaller ball and providing music.
- Class 3. 1st. Hani. Epic attempt!

BVRC Riding Your Pilates Ball Novice & Open. 4th – 17th May

I had hoped to build on the success of the first competition and encourage new riders. Unfortunately, either Facebook didn't help with the publicity or it got lost in the fog of so many posts so we had hardly any entries and no Newcomers. (3)

Gina Hemmings kindly gave up her time to judge the classes again.

CLASS 1 – Newcomers		CLASS 2 - 4-3-4-3	BV		CLASS 3 - Freestyle to Music	BV
no entries	1	Susie Pool	Υ	1	Danielle Storer	Υ
				2	Hani Milstein	Υ

Class 2. 1st. Susie. Showing good rhythm and tempo keeping time with the music, added as a bonus.

Class 3. 1st. Danielle. Despite being let down by the sound engineer who failed to pick up the music in the later stages, Danielle showed good imagination, correct dress and excellent stability when changing eye focus and reaching out with an off-balancing stick.

2nd. Hani. Highly commended for good fit to music and length of the display.

If you want to see the attempts, the video clips can be found on the BVRC Facebook page; go to Events, Past Events and click on the Discussion tab. Thank you Helen for your inspiration and starting us all off.

Susie Pool

BVRC Talk: Brooke, Action for Working Horses & Donkeys Presentation. Monday 27th April

A select bunch of about 13 members gathered via Zoom for a presentation by Brooke CEO and Club member Petra Ingram. Not only was it lovely to see the faces of friends who haven't been able to meet up for some weeks, and chat briefly, but to be inspired by the work and ethos of Brooke. The thing that inspires me about Brooke is that it is not a bunch of people from the West simply rescuing and taking over horses/donkeys/mules and dictating to 3rd World countries with a "thou shalt not ..." attitude. It is very much a case of understanding and working with communities, training people in-place to be experts and using local resources. Improving the lives of the hard working animals improves the lives of the hard working owners who are often struggling to feed or water their families. Brooke have been involved with a number of water projects, providing water for the working animals and thereby water for the community too, saving children walking miles to collect water. There is too much to say to put in this report but I commend you to have a look at their website www.thebrooke.org. Thank you to Petra for enabling and hosting our inaugural Zoom activity and providing such inspiration. The news has now been made public so may I take this opportunity to wish Petra the very best in her move to the Horse World Trust and to her and Mick's move to the Bristol area after Mick's retirement later this year.

Thank you to all those who donated, whether they were able to attend or not. We raised a massive £75 plus Gift Aid, of my £50 target. If you would still like to donate, the Just Giving page is still open at https://www.justgiving.com/fundraising/bournevalleyrc Susie Pool

BVRC (FIRST EVER!) VIRTUAL QUIZ - 22nd May 2020. - reprint from email sent on 26/5

On Friday the amazing BVRC committee truly embraced the online world to bring us some of the wonderful BVRC fun and camaraderie via Zoom. Members joined from their sofas, kitchens, home offices and in one case the horse lorry "office" (an office we'd all rather be in most of the time I suspect). After some minor rearrangements to get the right camera angles and backdrops the Zoom meeting worked brilliantly. As usual, expertly pitched questions were devised by Sandra, and Susie did a fantastic job of keeping score and keeping us all on course, even after drinks were recharged at half time and the Friday delirium set in. It was a great chance to see some familiar faces, meet some new ones, and have a catch up between questions.

In keeping with all BVRC events, scoring was prompt and fair. Results are below and winners were even presented with virtual certificates.

A really fun evening during what is a bit of a lousy time for many. Thank you to Susie and Sandra for making such an effort to keep the club spirit alive...when's the next one?

Ella Birch

1st. Ground Horse DayMichelle Bowe, Mark Shire, Ella Birch, Nicola Scivier, Katie Mortimore2nd. Fet-lock-downAli and Andy Welsh, Ali Wilson, Becky Miles, Helen Nash-Steer3rd. Mead-ium trotDee & Phil Hodson, Lynn & Roger Mead, Helen Vernon

BVRC Be Fair (Competition) & Caballine (Helpers)

The Be Fair Cup and Caballine Trophy are presented annually.

Be Fair points are awarded to the 6 highest placed BV members in every competition regardless of their overall places (they may be 10th in the class but 2nd best BV member). Riders are only eligible for points on one horse on any particular day.

Members who compete in teams on behalf of the BVRC will receive three points per day.

The Caballine Trophy points are awarded on a point for each hour or part hour worked at a show or setting up the day before a show. Committee members who organise the events only get points on this basis and not for other committee duties. Even so, the top places do seem to be filled by them. A rose bowl is awarded to the highest placed non-committee member.

In addition to the trophies, rosettes are presented to the top ten places in each competition.

Each Trophy winner is awarded free membership for the following year. \\

Celia Scott

Below are the points awarded up to and including 15th March.

Be Fair

Rebecca Miles

Danielle Storer	28	Sarah Pook	15	Sharon Brown	10	Lucie Wells	5	Montina Munday	3
Janet Burnett	25	Julia Croombs	13	Frances Hall	9	Sally Shepherd	5	Rebecca Miles	3
Susie Pool	23	Petra Ingram	13	Frances Ridley	8	Fiona Scott	3	Grace Wilkinson	2
Gemma Leggatt	20	Stephen Coulson	13	Antoinette		Gill Young	3	Jo Williamson	2
Tommie Gross	19	Fiona Webb	10	Mckeowen	7	Hani Milstein	3	Louise Makepeace	2
Helen Vernon	17	Jenny Allan	10	Jemma Manders	7	Jenny Tanner	3	Minette Batters	2
Briony Tarlton	16	Keileigh Goode	10	Kim Male	7	Louise Egginton	3	Juanita Coulson	1
Vanessa Martin	16	Melinda Veal	10	Meredith Baker	7	Megan Brown	3		
Caballine									
Sandra Groves	16	Hani Milstein	7	Alex Mann	5	Stephen Coulson	4	Petra Ingram	3
Juanita Coulson	12	Linda Clarke	7	Susie Pool	5	Alison Coleman	3	Katie Mortimore	2
Ella Birch	11	Liz Derbyshire	7	Charles Wilkinson	4	Charley Fulton	3	Gill Young	1
Val Goode	11	Lynn Mead	7	Grace Wilkinson	4	Claire Arnold	3	Helen Vernon	1
Rosalind Kershaw	9	Rosie Mathias	7	Joanna Murphy	4	Fiona Webb	3		
Victoria Smith	9	Sam Shepherd	7	Marion Watt	4	Helen Nash-Steer	3		
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Nicola Scivier

Mick Ingram

3

BVRC Team News 2020 Spring Qualifiers

Gosh this all seems such a long time ago now, in an era before Coronavirus; a period full of Storms instead! We managed to squeeze in 2 Qualifiers before the ban took effect.

Winter Novice Show Jumping Qualifiers

<u>Crofton Manor EC – Sunday 23rd-February</u> (EHV Outbreak) <u>Moreton EC – Sunday 15th-February</u> (Storm Dennis) Bovington EC – Sunday 23rd February

80 Individual

Rider	Horse	Penalties	Place
Frances Hall	Bellindene Magnum		W/D

70 Team

Rider	Horse	Penalties	Place
Frances Hall	Mallards Wood Corunna		W/D
Victoria Smith	Greenhall Polly		W/D
Keileigh Goode	Roxanne de las Geres		W/D
Jenny Allan	Redhill Corporal	0	5th

Well, nothing was going right for this Qualifier! Having entered one team and one individual, we ended up with only one representative of BVRC. Having re-arranged her diary from 23rd to 15th, Victoria was not able to change back to competing on 23rd again, leaving a team of 3 in the 70cm. Then, when Frances took a tumble the day before and didn't feel fit to compete, that put paid to the team and 80 individual slot! Kei then decided it wasn't worth the trip to compete individually so Jenny went on her own to fly the BVRC flag. What a great result after a year of various problems.

Susie Pool

Third time lucky for this qualifier and after a rocky morning, I ended up being the only one going to Bovington. However, Corporal behaved well and managed a double clear and overall 5th place in the 70cm. A brilliant result after some much needed help from Jo Roberts and a winter of working on our control and calmness. Long may it continue this year!

Jenny Allan

Winter Intermediate Show Jumping Qualifiers

<u>Crofton Manor EC - Sunday 23rd February</u> (EHV Outbreak)

Bovington EC - Sunday 23rd February (delayed to accommodate the urgent Win Nov SJ Q)

Moreton EC -Sunday 8th March

90 Team - 4th

Rider	Horse	1 st Round	2 nd Rd, JO	Place
Helen Vernon	Tribal Myth	0	4, E	
Gemma Leggatt	Grovine Class Act	0	0, 0	3 rd
Hani Milstein	Woodlands Unbelievable	0	4, 1	
Danielle Storer	Pasodoble	4	0, 0	

90 Individual

Rider	Horse	1 st Round	2 nd Rd, JO	Place
Susie Pool	Dubai	0	0, 4	6th

100 Individual

Rider	Horse	1 st Round	2 nd Rd, JO	Place
Hani Milstein	Woodlands Unbelievable	4	R	R

It was an early start to get to Moreton in time to declare the BVRC Team and Individuals for this long awaited Qualifier. It was 3rd time lucky to hold this event and sadly the most recent change to 8th March meant that we lost 2 of our riders, with 5 entries between them, to Tweseldown Horse Trials, which they'd already entered. However, when Tweseldown subsequently abandoned after a brave start on Thursday morning, Hani Milstein was able to fill the sudden hole in the 90 team and also ride as an individual in the 100.

Despite Dubai jumping well in recent lessons, I'd had a loss of nerve, feeling inadequately prepared to jump a 100 course in the 2nd round. As a result, I put myself as the individual. As I would be cheffing as well as competing, I left the yard at 6.30am, having got up just before 5am. I had already been woken at 4.15 by the thunderous wind and rain hammering on my window, thinking of my grey mare out in the field who would need to look presentable!

With certain cheffing tasks not going to plan, shortly after arriving I had wound myself up into a raging stress! However, once I started cantering and jumping Dubai, all that washed away. Despite being super sensitive, my stresses do not adversely affect her show jumping, thankfully. The canter felt great and she jumped really well and we were both consistent over the 2 rounds, possibly for the 1st time ever, and I finished with big grins and feeling super chuffed. My thanks go to Hani for recording both rounds and to Helen Vernon for helping me warm up.

We all came home with rosettes as the team came 4th. Gemma Leggatt was the Best of BVRC, not touching a pole all day and achieving individual 3rd, and I scraped 6th having stroked the planks in the Jump-Off phase. If we hadn't tapped the planks we still wouldn't have qualified for the Champs but we would have been 2nd ©. What was even better, the ever slothful Susie was only beaten for time in the jump-off phase by 2 people (of 29) and one of them had 12 jumping faults – Result!