



Northumberland & Tyneside Group of Endurance GB

Calling the canny long distance rider and horse to another of our successful Endurance Equitation Events

Price £35

SATURDAY 17th APRIL 2010

AIMS

Every horse has only a certain number of miles in its legs, the fitness training you do together is vital to get that quality of training without strain. The right terrain, the right approach and the right riding seat are all key components to a successful season.

WHERE YOU DO IT

East Fourstones Farm, Livery and Gallops, Fourstones, Hexham, Just 4 miles west of Hexham easily accessible off the A69. East Fourstones facilities are for hire, and boasts a grass gallops used by racehorses, point to point trainers and many others. The outdoor arena is spacious and well appointed. The views from the top of the gallops are wonderful.

THE TRAINING EVENT

You work in twos. First is a 50 minute shared lesson with a qualified instructor –

Karen Bell BHSINT.T/SM.

She describes herself – “Teaching for 20 years plus. Affiliated BHS Eventing (many years ago!)

BHS Affiliated Dressage (not so many years ago). 2 years with Grand Prix dressage trainer.

Ex chief instructor and team trainer for Percy Pony Club, Ex chief Instructor Shipley Lane. Main job now is training people to achieve BHS qualifications in Riding, Stable management and teaching NVQ students throughout Northumberland and the North east.

My interest in teaching riding is to help the rider and horse work together in balance, softness and acceptance.”

Then you move to the 8 furlong gallop where help and supervision will be provided. You decide how to enjoy your 3 passes on the gallops. Slow or fast it is up to you. Optional extra is a cool down on the 2 miles of bridledways and quiet lanes next to the gallops.

More time to admire the views!

HOW TO JOIN IN

Send the slip below to –

Paul Axcell
Kiln Cottage
Fourstones
Hexham
NE47 5DH



Telephone – 01434 674757 for further information

Closing date for entries 7th April 2010

WHAT YOU WILL RECEIVE - by e-mail preferably

- Directions to the venue and information on the basics of interval training.
- Your start times for lesson and gallops.

WHAT TO BRING

All the usual equipment - sashes, rugs, water, your own food. A heart rate monitor if you have one. A stethoscope will be with the helpers.

ENTRY FORM for Training Day Saturday 17th April 2010

Rider's Name..... Age (if under 15).....
Address EGB Membership No.
..... Tel. No.
..... Post Code..... e.mail.....
Horse's Name..... AgeSex Mare/Geld/Stallion
(Please circle)

DISCLAIMER: I understand that, save for death or personal injury caused by negligence, neither the organising committee of the ride, nor Endurance GB, accept any liability for any accident, damage, injury or illness to horses, owners, riders, ground spectators or any other person or property whatsoever. The event is being organised under Endurance GB rules, which I will observe. A copy of the rules will be on display at the ride or can be obtained from Central Office at a cost of £5 including postage.

Signature of Rider or Parent/Guardian (if rider is under 18)

Date.....Name of accompanying adult if rider is under 15

Note – closing date for entries 7th April 2010