



Offa's Dyke Group of Endurance GB Newsletter- March 2022

www.egboffasdyke.co.uk



Chairman's Comments

Dear all

Hope you have survived the storms to date relatively unscathed. We had an exciting tree down just by the house bringing down the power lines on the Sunday evening. Our horses were pretty jumpy but have calmed down. A big thank you must go to Chris and all his helpers who were involved in the organisation of our first National ride at Forest of Dean which sadly got cancelled due to the storm damage within the forestry.

We have already enjoyed 2 pleasure rides- many thanks to Charlie Fleming for Xmas Cracker and Nicola Davies for Maryland and thank you to all who helped at these rides too.

We have plenty going forward this year so I hope you all find the chance to enjoy some of them.

I hope we can have a more complete set of trophies awarded this year. There is one new one with a cup donated by her son in memory of Freda Waycott who was a founder member of Offa's Dyke group. The committee have decided it should be awarded for pleasure rides. The winner will be the person completing the highest PR mileage. Rides from any group to count. The winner must have helped at, at least one ride and again this can be for any group. I will also ask donors of trophies which are not regularly awarded to see if they are willing to widen the scope of these awards.

I intend to use the Clubhouse results to calculate the trophies but will need evidence of any group fun rides and Pleasure Rides completed and participation in other group activities for a number of the awards. Trophy cards have been available at our rides so far this year and also attached to the email along with the newsletter.

We have been joined by 3 new committee members Barbara Rees Amanda May and Donna Williams. Welcome to them.

Let's hope for a full and enjoyable season!

Mary Stubbs

Editor's Comments

Welcome to our new members who have joined the group.

Since our last newsletter we have had three group fun rides; Maryland in October and again at the beginning of February and the Christmas Cracker ride, two simulator sessions and the winter schooling sessions. Sadly our first National ride Forest of Dean March Hares got cancelled after the storm due to storm damage within the forestry. Typically it was a lovely dry weekend too!

The most recent Maryland was a great success with 69 riders successfully completing the ride and no one getting too lost- we had heavy rain on the Saturday evening which meant some of our arrows on the road got washed. Although I was ride organiser I got to ride too and took my new (well not really new now) to his first fun ride with me riding. A massive thanks must go to Belinda Stewart who was ride organiser on the day which allowed me to ride and also all the helpers which meant I had ample people to ensure a smooth running ride.

We have lots of rides and events planned for this season with 6 group fun rides planned including a brand new ride and the return of Wye Valley. We also have a training day (details can found in the newsletter) which will be a great opportunity to meet our new members, those interested in joining, those with a new/Novice horse and those who would like to learn more. The day will be led by a number of experienced riders and will be an informative but relaxed day for all.

Nicola Davies

WANTED

Training and Ride Reports

Our next newsletter is due out in June and I need content to include. Although you may think your ride reports aren't very interesting, other people would love to hear about them. You may even inspire them to enter the ride!

Remember it doesn't even necessarily have to be about an endurance ride it could simply be about a weekend away with your horse, training tips, equipment recommendations, bringing on a youngster/new horse, ANYTHING!

Please send them to n.davies91@yahoo.co.uk

Committee Contacts

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Offa's Dyke Awards Evening Results 2021



Pleasure Ride Rosettes

Lindsay Williams

Kerry Carson

Karen Jones

Kay Crawford

Ally Knight

Donna Williams

Heather Evans

Julie Dickens

Martha Willis

Rachael Lowen

Associate Members Trophy Winner Rachael Lowen- The Flying Flynn

Runner up Ally Knight- Shadowcroft Pagan Princess

Native Neddy Rosette

Julie Dickens- Archways Lovada Annie

Thoroughbred Rosette

Rachael Lowen- The Flying Flynn

Bonanza Trophy Winner Chris Wray- Peponi

Runner up Chris Wray- Takwenya

Warrens Hill Arabians Trophy Winner Chris Wray- Peponi
Runner up Chris Wray- Takwenya

Cindy Trophy Winner Louise Rich- Oakleaze farm Czamak
Runner up- Chris Wray Takwenya

Bilbo's Rainbow Rosette Debbie Williams- Clinwill Charmaine

Warrens Hill Arabians First 80 km Sue Rich- Oakleaze Farm Czelecta
Louise Rich- Oakleaze Farm Czelection
John Caldicott- Oliver
Vicky Brown- Dahaab Bin Krayaan
Vicky Brown- SD Stella
Oonagh Lonergan- Qader Bin Krayaan

Open Class Trophy Winner Sue Rich- Oakleaze Farm Czelecta
Runner up Louise Rich- Oakleaze Farm Czelection

Belstar Trophy Winner Sue Rich- Oakleaze Farm Czelecta
Runner up Chris Wray- Takwenya

Madoc Trophy Winner Belinda Stewart- Penny Clawd
Runner up Chris Wray- Peponi

Shimara Cup Winner Nicola Davies
Runner up Belinda Stewart

Offa's Dyke Hero Award Nicola Davies

Our National Award Winners

Distance Awards

400km- Oakleaze Czelection- Louise Rich
Oakleaze Czelecta- Sue Rich

3200km- Oakleazefarm Czamak- Louise Rich
Granby Sting- Maureen Langham

ARAB HORSE SOCIETY PREMIUM PERFORMANCE SCHEME ENDURANCE AWARDS

Top ten horses sired by AHS Premium Stallions

5th Oakleazefarm Czamak- Louise Rich

9th Warrens Hill Zhaheen, sired by Chatanz owned by Lesley Dunn

Ross Trophy

Awarded to the most successful horse / pony bred by its current owner who must be an Endurance GB member

3rd Oakleazefarm Czamak- Louise Rich

Veteran Championship – Silverling Flint Memorial Trophy

Awarded to the champion veteran horse / pony (18 years and over) gaining the most points in all types of rides.

2nd Oakleazefarm Czamak- Louise Rich

Team Trophy Nominations

It's time to enter a team for the Offa's Dyke Team Trophy which will be presented at the awards evening at the end of the year!

Team Trophy –

Highest Points for teams of 3 combinations (3 riders, one horse each) in all types of ride except CERs. No limit to numbers of rides or distances. To be eligible, team names, riders and horses must be provided to Trophy Secretary (Mary Stubbs mary@woodsideendurance.co.uk) by 8th April

You've got to be in it to win it!

Offa's Dyke Loyalty Scheme

You will remember in 2019 we introduced our Loyalty Scheme to reward those who help at Offa's Dyke rides. Once you have completed 6 days help you will receive a free group ride entry voucher or a shopping voucher for non-members.

Since the introduction of the scheme the following have received a voucher-

Belinda Stewart x3!!

Lesley Dunn

Frankie Turley

Charlie Turley

Karen Jones

Piers Geddes

Kim Davies

Donna Williams



Rules to note:

- ❖ Ride Organisers will not get a Helping Occasion under this scheme as they will still receive a free Group ride entry as previously.
- ❖ Each volunteer giving at least a full half day will be recorded as a helping occasion.
- ❖ For those that give a full half days volunteering prior to or after the ride (e.g. route marking or setup etc) will also receive a helping occasion (an additional one if they were also a volunteer on the day).
- ❖ The consideration of what is required to be “a full half day” will be at the ride or event Organiser’s discretion.

There is no expiry date on these volunteer occasions so they will continue with a Reward every 6th occasion until the scheme is terminated by the OD committee.

We hope this new initiative will benefit and incentivise volunteering, and demonstrate how much we appreciate you giving up your time for everyone’s pleasure.

A massive ‘Thank you’ to all those that have helped!!

We have had several new members join recently so I thought this article would be useful to include again (previously included in 2019)

TRAINING – SOME RANDOM THOUGHTS

Latest text from Nicola would you write something on “Training” - me “OK” - thinks what am I doing this for, on such a massive subject with so many opinions and ideas. Here are some random thoughts.

What do we mean by training? To me this means preparing your horse and yourself to be capable physically and mentally of achieving your endurance ambitions, large or small.

What are your goals long term and short term? It's no good thinking you are going to excel at Horseshoe 160 or race round Euston Park without the slow ground work before and this will probably take at least three seasons starting with a sound horse of the right type.

Assess what you've got, be honest is he/she a racing snake just waiting to go, a sure footed steady type who will excel on the hills and in all weathers or something in between. Do an equine SWOT analysis on your horse. What are the strengths, weaknesses, and what opportunities or difficulties may be shown up?

While you're at it do one on yourself! What time do you have available, what funds can you realistically put into training and preparing? What facilities and terrain are nearby? If you are aiming at the hills then can you train easily on them, or are you aiming for the flat faster rides in which case how close is the beach or adequate good tracks for canter work. Are you fit enough? - think of Yoga or Pilates classes or are you self disciplined enough to do some extra exercise at home, skip, run, swim.

Careful preparation and attention to detail win out every time. Question the professionals what does the farrier think of the feet, tell him what you are aiming to achieve, can anything be improved. Same with the vet, the equine dentist and saddler – hours in the saddle mean regular reassessment of fit to your horse's changing shape. Keep a diary – note work done, weather conditions, was the horse up for it or maybe not, if not, why not. How does he/she respond to schooling - if you can afford a professional trainer fantastic, if not get a friend to watch from the ground and tell you if you list to port or starboard and if your efforts at turns and circles are inaccurate. The more supple, balanced and responsive your horse the easier he/she will find the endurance tasks he/she is asked to perform. In your training diary make notes on feed changes and why, any setbacks and treatment given and ongoing reviews required e.g. physio/ vet/ farrier input.

Competitions - Think of them as progress assessments. Make a plan of what you want to achieve in each competition e.g. novice/ new horse - how did travelling go? Did he/she behave at the vettings? What happened during the ride, easy to manage, or pulling, behaviour with other horses? Eating, drinking? Attained planned speed? Weather conditions, too hot, too cold? What can be improved? Make notes and then you can compare at a similar ride later on in the fitness programme. Don't get carried away ride your own ride, someone else may be using the ride as a pre-race pipe opener and their plan may be far removed from your own. All this is part of a

training plan.

If your horse has problems mentally with rides is this down partly to you getting stressed with all the arrangements and the fact it is a “competition” and you quite naturally want to do your best. Your horse will pick up so quickly on your frame of mind. Would some cross training such as fun rides, riding club clinics or competitions be useful to get him/her used to different places and people.

If you have paid attention to detail and done the groundwork, over a period of time success will come. Don't expect too much too soon and be realistic about your horse and yourself. Above all enjoy many years of competing with your horse knowing you have given him/her the best possible training to achieve your goals, nobody else's!

Pam James, UKCC Coach

Helpers needed for Forest of Dean Speech House ride Sunday 10th April

If you are able to help, please contact Mary Stubbs on 01594 529100 or mary@yewtc.demon.co.uk – she will be completely delighted to hear from you! We promise to look after you well.

Remember: no volunteers – no rides!

THANK YOU!

TRAINING DAY

SUNDAY 3RD APRIL

@ Govilon Car Boot Field, Govilon, NP7 9PT
(Govilon Fun Ride venue)



Want to learn more about endurance?

Want to do your first pleasure ride?

Want to practise trot ups?

Want to do your first vetted ride?

Want to practise vettings?

Want to practise trot ups?

Want to increase your distance?

Want to take a Novice horse to a quiet outing?

- Talk by experienced endurance riders followed by a question and answer session
- Mock vettings (practise trot ups, taking the heart rate etc)
- Interval/pace training including crewing practise (Weather dependent)
- Guided ride- Approximately a 6-8 mile training ride with some moderate climbs. This will be a guided ride by experienced endurance riders and will be at a pace suitable to ALL in the group (Groups will be no more than 6 and will be split accordingly). This will not be a fast ride.

YOU DO NOT HAVE TO PARTICIPATE IN ALL PARTS OF THE DAY, IT IS OPTIONAL

Cost £10.00 for members and £15.00 for non-members mounted

FREE for unmounted - **You can attend mounted or unmounted**

Open to members and non-members

Unlimited parking available, access straight off main road

To book a place- <https://egb.myclubhouse.co.uk/Events/Calendar/View?id=786>

Speech House

Fun Ride

Sunday 10th April

Mainly forestry woodland and tracks. Route options of 15km and 22km. This ride uses different tracks to March Hares.

Venue: Speech House Fields, Speech House Hotel, Speech House Road, Coleford GL16 7EL

There will be loos and catering, but you will need to bring your own water.

Entry fee £18.00 for members and £23.00 for non-members. This includes a £3 Forestry Fee.

Entries are OPEN

Entries close 3rd April

To enter <https://egb.myclubhouse.co.uk/Events/Calendar/View?id=774>

A Baffling and Surprising Thing

We cannot organise and control everything : some of you may know that , but for me when my carefully laid plans were demolished by a 23 year old rather sickly Welsh Cob I was astounded.

I had taken collection of a new horse (whom we shall refer to as "Little' Un"), an Arab mare . I had thought carefully about where to put her and the configuration of stables and electric fencing . I had decided that she, after a few days settling in, could go in with the sickly cob (called the Boss because he isn't) who was very sweet and accommodating and my other mare, Princess Opinionata, alias Moon, could pull faces and be unpleasant on her own in a separate paddock. The Boss could also be put in the middle stable to act as a buffer between Little 'Un and Opinionata and also keep her company when I was out riding. Good job I had brains the size of a planet I thought, as I unloaded Little 'Un...

I could see the Boss and Moon : to my surprise Moon was standing calmly and the Boss was doing handstands, hurtling up and down the fence line like Usain Bolt . I brought them up to meet Little 'Un. Moon virtually ignored her but the Boss launched himself at her over the fencing with every intention, it seemed, of killing her. He carried on this in this vein for hours, with Little 'Un disintegrating from a calm friendly mare to a snorting wild eyed lunatic. I eventually shut the Boss in his stable, and spent the next 12 hours listening to him kicking the stable door and Little 'Un snorting. GRIM. Hoping things would calm down, the next day I let him out : it was worse, the Boss barging against the fencing still intent on killing her. After a while I led him, at risk to life and limb, to the adjoining paddock where he spent the next 10 hours patrolling the fence line . I feared colic or stress laminitis at this point since he had eaten and drank nothing since Little 'Un had arrived.

I decided relocation (either to another yard or the Stable in the Sky) was the only answer. Fortunately I found someone to take him. Next day I visited him to find him calm and content, his usual passive sweet self , in with several other horses munching hay and carrots.

What had I done wrong ? I asked around and no-one had anything to say , apart from " that's horses".. " he just didn't like her.."

Someone said "you should have given it longer " .. how long ? 1 week, 6 months , 3 years ??

I have now downgraded my brain assessment from planet size to something akin to space dust

Barbara Rees

SERENITY THE SIMULATOR

Would you like to improve your riding position, develop better balance, gain fitness and have a better understanding of how your riding can affect your horse?

Serenity, our mechanical simulator, can help you do just that (and more!). There are only a handful of these mechanical simulators in the UK! Serenity is completely rider powered and relies on the rider moving in sync with her movement.

Learn to better your position without the guess work. Serenity enables me to break down each movement to ensure the rider is balanced and in sync, allowing the horse to move freely underneath the rider.

Come and have a go and take the guess work out of riding!

Sunday 20th March

Newchurch area, Chepstow

£26 for Private 30 min session

3pm start



To book [Event: Serenity Simulator Session - Offa's Dyke - Local Group Event \(myclubhouse.co.uk\)](https://myclubhouse.co.uk)

Do you have a nice route near you?

Why not consider organising a group fun ride?

As a group we are always keen to get new rides on the calendar but people often feel overwhelmed by the thought- don't be, it's really not that bad and even addictive!

One of the first things to consider when thinking of a potential ride is the route. Something I often hear people say is "It's not long enough, you can only do 10 miles". A fun ride does not need to be a big distance and anything from 8-10 miles with a shorter option if possible is suitable. Obviously some rides have longer distances but this is often because it is the shortest distance possible using the best route. Rides with a 8-10 mile route could always give riders the option to go round twice if they started early but obviously this is totally up to the ride organiser and would definitely not be a deciding factor.

Questions I always ask myself when putting together a route is 'How would I feel if I was taken on this route at a ride?', what might feel safe to you hacking at home may not feel safe on a lively horse who is away from home or for a rider who doesn't know when this 'scary' or 'tedious' section may end. Another thing to consider is how would parts of your route fair after 50+ horses. If there is a particular section of your route which is a little bit wet or boggy, 'How would this ride after 50 horses?', 'How deep would the mud get?' and 'Will it spoil the track for locals?'. Make sure you have walked or rode a route as although tracks may be marked on a map they may no longer exist or be passable. Another thing to consider is the amount of roadwork on a ride and the type of roadwork. A simple thing to ask yourself is 'Would I mind doing this roadwork on a ride?' 'Is the road busy?' 'Do I feel safe?'. A lot of rides have in excess of 5-10% roadwork.

One of the final things to consider is with the route is 'Are you allowed to ride this?' Or 'Would you get permission to use it?' As our rides our official organised events you can often get permission to ride places which you wouldn't necessarily officially be allowed to ride. I've always found it is always worth asking as you are often pleasantly surprised by the answer.

Once you have run the ride once you can always look at developing the route for the future.

The next thing to consider is a venue. Ideally you want a venue that can accommodate 30+ trailers with a suitable access and an added bonus if there is some sort of hard track or standing for lorries if we are blessed with wet weather in the run up to the ride. It obviously depends where your ride is but there are lots of options of venues; farmers field, forestry tracks, forestry/visitor car parks. Your best bet is to go and knock on a farmers door and ask, they are far more likely to agree if they meet you face to face and can have a chat about your event.

If you think you could have a suitable route near you please contact one of the committee who will help you decide if it could be run as a group fun ride and support you to organise. You

could have a ride organiser buddy to support you from start to finish. My advice would be to go for it! It is such a rewarding job and to see lots of riders enjoying your ride on the day makes it well worth it!

The group has all the equipment necessitated to run a ride along with a number of contacts that may be required (First Aider, photographer, loos etc). Copies of previous paperwork and applications is also available (Forestry applications, risk assessments etc).

We would love to hear from you 😊

Nicola Davies

Other Group Fun Rides

<i>Date</i>	<i>Ride Name</i>	<i>Group</i>
Saturday 26 th March	Snowdrop Fun Ride (Rescheduled)	Wessex
Friday 15 th April	Easter Bunny Fun Ride	De Cymru
Monday 2 nd May	May Day Fun Ride	De Cymru
Saturday 14 th May	Trawscoed Escorted Ride	Mid & North Wales
Saturday 7 th May	Wentwood Fun Ride	De Cymru
Friday 3 rd June	Jubilee Fun Ride	De Cymru
Sunday 24 th July	Caio Fun Ride	South & West Wales
Sat/Sun 10 th /11th September	Pembrey Fun Ride	South & West Wales

NEW RIDE

Crucorney Fun Ride

Sunday 3rd July

@ Llanvihangel Crucorney, Abergavenny

Keep an eye on the website and Clubhouse where details will be announced!

Dates for your Diary

Sunday 20th March

Sunday 3rd April

Sunday 10th April

Sunday 10th April

Sunday 22nd May

Sunday 3rd July

Sunday 31st July

Sunday 14th August

Sunday 28th August

Sunday 30th October *(Provisional)*

Simulator Session

Training Day

FOD Speech House National

FOD Speech House Fun Ride

Courtfield Fun Ride

Crucorney Fun Ride

Govilon Fun Ride

Wye Valley Fun Ride

Michaelchurch National

Maryland Fun Ride

More info on the Offa's Dyke website under 'Rides and Events'

www.egboffasdyke.co.uk