



Offa's Dyke Group  
Of Endurance GB  
**Newsletter – April 2009**



**Chairman's Comment**

As the new Chairman I feel I am learning a lot about the finances and the efforts of the ride organisers already and I have only been doing this for 6 weeks. We are pleased to have two new committee members this year Amanda May who rides Pearl Island horses and Gabby Franklin who is organising the Urishy Social Ride

As always our group has a busy start to the year with 4 rides, plus two training days and schooling at Huntley. The events so far were successful due to the efforts of the organisers and helpers many thanks to all of you.

We have six more rides scheduled and these can only go ahead if we all help so far it seems to have fallen on many of the same people.

The group will have a website shortly the address will be [www.offasdykeegb.co.uk](http://www.offasdykeegb.co.uk) this is thanks to the efforts of Rob Edwards more details are in the newsletter.

We have reviewed the equipment the club is currently using, and some requires replacing new fluorescent ride bibs have been ordered (no they won't flap like the ones at the Dragon) and we are looking for a newer caravan.

For anyone who doesn't know me I currently have 2 advance horses and young horse I am hoping to start this year, so if I look a bit worried at a ride you will know why.

I hope the rest of the season goes well for everyone; I have met some of you at the training days and hopefully will meet many more through the year.

Gina Harris

**This newsletter is free to Offa's Dyke members of Endurance GB. Annual subscription for non-members is £5.00. If you would like to subscribe, please complete the form on the back page.**

## **Committee Contacts**

### **Chair**

**Gina Harris**

14 Oak Way, Huntley, Gloucestershire, GL19 3SD

Email: g.harris31@btinternet.com

### **Vice Chair**

**Debbie Williams**

The Tump Farm, Whitchurch, Ross-On-Wye, Herefordshire, HR9 6DQ

Tel: 01600 891029 Email: clinwilcharmaine@hotmail.com

### **Secretary**

**Rachel Williams**

The Tump Farm, Whitchurch, Ross-On-Wye, Herefordshire, HR9 6DQ

Tel: 01600 891029 Email: racheljw@hotmail.co.uk

### **Treasurer**

**Delwyn Hall**

Mitchmore Dell, Mitchmore Farm, Holme Lacey, Hereford, HR2 6LJ

Tel: 01432 870348

### **Junior Representative Abigail Tennant**

Email: abbi\_tennant@hotmail.com

### **Trophy Secretary**

**Chris Wray**

Pentrewheeler Farm, Cwmcavvan, Nr Monmouth, Gwent, NP25 4PL

Tel: 01600 860938 Email: c\_wray@tiscali.co.uk

### **Membership Secretary &**

### **Groups Liaison Officer Carolyn Edwards**

Duart House, Brookfield Road, Churchdown, Glos, GL3 2PF

Tel: 01452 857352 Email: carolyn@edwardsglos.fsnet.co.uk

### **Newsletter**

**Margaret McKiddie**

Kimsbury Cottage, Upton Hill, Upton St Leonards, Glos, GL4 8DF

Tel: 01452 813670 Email: margaret.mckiddie@btinternet.com

### **Others**

**Belinda Josephi, Janet Bitmead, Heather Evans,  
Gabrielle Franklin, Amanda May, Rachel Williams,  
Sharon Parr, Mark Holland**

## Editor's Comment

As the season gets underway this, our worst winter for many years is at last beating a retreat. April is here and it feels quite spring-like. It is amazing how quickly the deep mud has turned to concrete! Maryland was able to be held, even if a week late and getting the horses exercised now becomes practical. I seem to be doing more than my share of Ride Reports again, so think about it and let me know about your rides this year!

The early Ride Organisers have been having even more trouble than usual recruiting helpers. We have 96 members, if everyone offered to help at even one ride the problem would be solved, so think about it. Ride Organisers have a hard enough job without having to struggle to find helpers. At Ludlow this year we are hosting the Home International and so will have teams from Ireland and Scotland as well as England and Wales and there is a wider range of classes, including a 2day 160km ER. Non- team members are welcome to enter all classes. We will need lots of helpers and as usual anyone who helps even on one day gets free camping and corralling for the duration and a free meal on the Saturday night. Paul has identified 2 possible watering points which will require manning, but would solve the problem of restricted crewing. We plan to have entertainment on Sunday as well as Saturday evening and hope the Scots & Irish teams can show the rest of you the joys of ceilidh dancing.

Carolyn Edwards organised a successful training day on First of March. Lesley Dunn and Liz Taylor both produced an excellent hand out which we felt were well worth reproducing in this newsletter, Lesley is dealing with half-way vetting on CRs, Liz principally with Vet-gate in ERs. Rachel Williams has done an overview of the day, including her own experience as a guinea pig. Despite all her difficulties in getting enough helpers at March Hares Debbie sent me this thank you to those who did help

Margaret

# **A HUGE THANK YOU**

to all the helpers at the Forest of Dean March Hares Ride!!

Certain factors like the weather, new route, and the neighbor to the venue all made it quite a challenging day as far as organising it was concerned!!!! However on the positive side, the riders seemed to enjoy the new venue and route. I have had many 'thank you's' from very happy riders. Thanks again, Debbie Williams.

# Offa's Dyke New Web-site

*Yes we have finally entered the 21<sup>st</sup> century!*

Having been the only EGB group without a website, we've finally taken the plunge and got one – thanks to Robin Edwards, who bravely volunteered to do it never having done one before. He bought a book from Amazon, asked some advice from his brother and set to work!

Please be sympathetic – this is a simple web site!

**It isn't quite finished as we go to print, but should hopefully be running by the end of April. The address will be:**

**[offasdykeegb.co.uk](http://offasdykeegb.co.uk)**

- The website will our way of keeping you up to date with the latest news about the group. It will also be a useful archive of information e.g. Chris Wray has given us an excellent EXCEL spreadsheet to calculate the time to check points at various speeds. Handouts from training events and ride reports from newsletters will also go on.
- It will be very useful for members of other groups to find about our rides and events
- We will also have a 'getting started' section for new people interested in finding out about endurance

This website is a new venture for Offa's Dyke and so is a 'work in progress'

**If you have any ideas for the website or information or photos you'd like to share, please email me at:  
[carolyn@edwardsglos.fsnet.co.uk](mailto:carolyn@edwardsglos.fsnet.co.uk)**

## **Junior Report Abbi Tennant**

Hey All,

Hope things are going well for you so far this season! So on to news:

**Competition Time** For 2009 there will be a new hoodie brought out and we would like a funky slogan for them which represents us young riders. So get your thinking caps on! The winning person will win an Easter Egg! So to enter this competition email Kay Counter (young rider chairman) on **attitude834@aol.com** with your witty slogan and name for your chance to win!!

**Another Competition!** Also for 2009, crews for Young Riders will be able to have their own shirts making it easier for riders to spot their crews in a crowd at crewing points. So, still got your thinking caps on? Think of a funny slogan for the crews to have on the back of their hoodies. Email to Kay Counter (email as above) with your slogan and you could win an Easter Egg!!!

Right after that excitement of competitions back to news of Young Riders. There are to be camps run again this year but this time with a change of venue (to be confirmed). It is a good opportunity for any of you who are new to learn more about the sport as well as to meet others who are also like minded and in our age group. We come from all over and always have a laugh and come back each year after!! So if you feel like joining us then email Rosemary Attfield (young rider chef d'equip) and she'll be happy to fill you in [horsegranny.rudgwick@tesco.net](mailto:horsegranny.rudgwick@tesco.net). If you want to know what sort of activities we got up to in previous years and want to know more you can always give me an email.

This year is also the Young Rider World Championships in Hungary. After the success our team had last year at the European Championships in Spain we hope we can continue our success there. So for those of you who are qualifying or qualified I wish you the best of luck!!!

Well that is all from me. Want to know anything or want someone to chat to give me an email or msn and I'll be happy to help.

See you at a ride!!

Abbi

***Young Riders are offering a crewing service to raise fund  
see page 27 for details***

# Training

We have had a busy time over the last few months organizing training events for the group

These have included:

## **Very popular schooling lessons**

with Carole Broad at Huntley School of Equitation. We've had very good feedback on the improvement the riders have felt over the winter and so by popular request – we've been persuaded to arrange some more: Next sessions Sunday 26 April and Sunday 31 May- cost £15 per hour for joint lesson (contact Carolyn Edwards to book a place- see contact page).

## **Training day 1 March**

at Walford Village Hall. This was very well supported

And the feedback we had was that people got a lot out of the day & felt it was very good value at £5. Thanks to all our speakers on the day for giving their time and expertise. Report from Rachel Williams below.

The first photo shows the map reading session with Peter Friend, which was accompanied by slides – where we had to work from our map the direction of the view we were looking at. It seems that most of the views featured the house of Karen and John Jones – so we all now know where to drop in for a cup of tea!

The second photo shows Rachel being a guinea pig for Sally Tottle, sitting on the wooden horse being correctly balanced.

More photos from the day will appear on the web site

## **New Members' training day 5 April**

at Liz Taylor's yard near Newent. This is a free and informal afternoon which we run each year. We invited all our new members and were very pleased with the response of 8 people on the day. This is a great chance for new members to meet (some exchanged phone numbers to ride together at Bluebell ride). We run through the basics about entering a ride & show them all our kit, so they know what's essential and what they can ask for at Christmas! We show them the trot up and vet procedure & generally they get to ask anything they like. Thanks to Liz making us so welcome at her yard, and even making us a cake! (you're turning into a domestic goddess Liz!)

Report from Carolyn MacBrayne on page 17.

**If you have ideas for future training events, or can recommend speakers, please let us know.**

## Offa's Dyke Training Day – 1<sup>st</sup> March 2009 Rachel Williams

I have been involved in endurance all my life, but there is always more to learn, so I went to the Offa's Dyke group training day to sponge information from those in the know.



*The morning map reading session with Peter Friend (We found that Peter's slides showed Karen Jones' house!)*

The morning started with an informative map reading lesson given by Peter Friend, which tested even the best map readers. The learning was hands on, and I picked up many useful tips. This was followed by a 'Question Time' style session with a panel of highly experienced riders – Margaret McKiddie, Liz Taylor and Gill Talbot. The 2 hour session covered everything a rider or crew would ever need to know about vet gates, including the perfect technique in sloshing your horse to the use of pulse monitors. There was plenty to learn and everyone was ready for lunch by the end.

In the afternoon we were fortunate to be given a demonstration on the Alexander Technique by specialist Sally Tottle, who has taught the technique to some of the world's top riders. For those who aren't aware, the Alexander Technique helps restore the body's natural ability to remain balanced by understanding the relationship between the head, neck and back. To start, Sally showed us a model of the human skeleton and got us thinking about the position of our head to our body. Her first demonstration illustrated how to get up from a chair with minimal effort. This had us all rocking on our seat bones!



Now I will be perfectly honest, I have long known that my posture is not faultless and have been concerned about the effects this has on my pony, having spent half my life riding him. So when Sally asked for a volunteer I was happy to take part. I was asked to sit on a saddle in my normal riding position, so I proudly got on and sat upright as I had always done. Sally looked at me with puzzlement and asked if I always rode in that position? She felt along my back and hips and explaining that I had much more muscle on the right side of my body. The audience looked at me in astonishment as they studied my wonky muscle development. What effect had this had on my pony, or was his movement and development affecting

me? After some gentle pulling and pushing I suddenly felt light headed and my muscles free. My body for the first time was in alignment and my muscles could relax. She then got me sitting on my seat bones, not my nicely padded bottom. I tried to memorize this new position and the feeling of the awareness of my spine being reunited to its rightful balance. Sally then got everyone thinking about the way we walk. She asked everyone to walk around the room while she advised people on their posture.

It was a very interesting and useful day, which gave everyone plenty of think about. Many thanks to Carolyn Edwards and Gina Harris for organizing the day, and thanks to those who gave talks and were used as guinea pigs.

Rachel Williams

**Sally has specialised in teaching the Alexander Technique to riders for the last 20 years, and has published a number of articles on her work with riders and horses. She has developed her own methods of applying the Technique, which have proved very popular with riders of all levels. She also uses her Alexander hands on horses to enhance their performance. She has private teaching practices in Monmouth and Goodrich.**

**Bodysense courses have been featured in Horse and Hound, Horse and Rider, Your Horse and Dressage magazines. Courses have attracted clients from all over the world and Sally has even taken Bodysense to Kenya, Australia, Spain and Finland. A Bodysense DVD is also available.**

*Sally offered to arrange some Alexander Technique sessions for us in groups of 5-6. If anyone is interested in us organizing some group sessions with Sally please contact Gina Harris (see contact page) and she will look into cost and availability.*

## **Handouts from the training day**

As Rachel mentions above one of the morning sessions was on 'how to crew a vetgate'. This was a huge subject to cover & we probably got in a bit of a muddle trying to distinguish between how to crew a CR and the extra things you need to do in an ER. Luckily Lesley Dunn and Liz Taylor had kindly sent some information about what they do and these were given out as handouts on the day.

We must stress that everyone has their own way of doing things and there is no 'right' or 'wrong' way. Each horse is individual and experienced riders such as Lesley and Liz have experimented over the years with what works best for them. **We are very grateful for their contributions.**

## **Lesley Dunn's advice on how she crews a CR Vet gate i.e half-way halt**

### **Basic Equipment.**

I have a grooming tray/mounting block. I keep all the odds and ends in the tray and the mounting block is used for that purpose and is also useful as a seat and saddle stand.

Usual contents:

Hoof pick, rope, spare sponge, towel, clean human towel, MSM cream, Arnica gel, a little bottle of shampoo, small pot of electrolyte. If hot, electrolyte solution + dosing syringe, wound powder, baler twine, press on pulse monitor.

Green recycle bag with rugs/clean girth/numnah. Usually a cooler rug/ a warm rug/ a rain sheet.

Coat for the rider.

Also: A covered bucket of feed. Drinking water, sugar beet water, a little haylage if no grazing available, wash bucket and sponge.

Drink and snack for rider.

### **Before the Vet gate:**

Ease back on the pace over the last ½ mile before the Vet gate. Aim to have the horse in a steady relaxed trot, ideally on a long rein. Avoid riding competitively with another horse.

If you ride with a pulse monitor, the pulse should be dropping as the horse winds down.

You might choose to walk the last few yards to the time keeper, especially if there is a queue to collect the time card, although ideally your crew will do this for .

**There is no need to rush as in an ER,**

but the clock is still ticking all the time before you present to the vet, and this is still part of your ride time. If the horse has been ridden sensibly you should be able to present to the vet within 5 minutes. If it takes you longer than this, question why. Maybe you have ridden the horse faster than it is fit enough to compete at?. Maybe the horse is just too hot and needed clipping?. Maybe it is too cold?. Maybe something has really spooked the horse and it is refusing to settle down?

Always analyse how you can improve on your performance.

Unless you are able to park close to the Vet gate area, ask your crew to have your basic kit somewhere near to the Vet gate. Dismount & quickly walk to your crew point. If it is warm, ask your crew to slosh your horse while you are walking. If possible loosen the girth and remove the bit (unless you ride a stallion). Always offer your horse a drink, and always offer the choice of plain water alongside a bucket of sugarbeet and/or electrolyte drink. While the horse is drinking remove the saddle and check the pulse rate. It is always difficult to decide how much water to put on the horse and which rugs to use. It is very difficult to get it right and we all make mistakes. But in my opinion, too many people put too much water on the horse, in the conditions that we normally compete in, in an effort to bring the pulse down. This can have the opposite effect and you end up with a shivering horse and a raised pulse rate! Very often in our climate, little more is needed than to wipe down the neck and shoulders and to clean an itchy face. Try to remember to do a quick check of the hooves . It would be very frustrating to be vetted out lame due to a flint wedged in a hoof.

If the pulse is a steady 60 - 62 present to the Vet, especially if there is a queue for vetting. But remember that you can't "crew" once you have presented. You usually need some sort of rug on the horse, but it can be useful to carry an extra rug incase the Vet area is draughty and there is a wait before vetting.

**After a successful vetting,**

keep your horse's muscles warm (and yours) and offer him another drink. Then he can start on his feed ! I like Allen & Page's Calm & Condition mix with a little electrolyte as it has a high fibre and oil content and soaks up masses of water. Fussy horses may prefer someone else's feed or just some grass or hay. A few carrots and apples might also be enjoyed. However, don't let a greedy horse guths down too much hard feed in one go.

While your horse is enjoying his break, make sure that you, the rider also has something to eat and drink. Ideally you will have been drinking so much that you will need a trip to the loo.

Make sure that the horse's girth and saddle area, elbows and pasterns are really clean. Towel them dry if it is cold. Wash or replace the girth and fit a clean, dry numnah to the saddle. Occasionally take the horse for a wander to keep him loose. I find that it is very beneficial to rub MSM cream into the area between the girth and the horse's elbow and into the back of the pasterns. It really does help to prevent rubs and cracks.

### **Tack up in plenty of time,**

somehow it always takes longer than you expect and something essential - like the bit is hiding. Get back on a minute or 2 before the end of the hold time and start to gently warm up. Don't forget to take the time card to the time keeper. If it is hot, you can give the horse a quick slish before leaving. Most importantly don't forget to thank your long suffering crew and the time keeper as you leave.

### **Liz Taylor on how she crews an ER vetgate**

Can I just mention bit of advice that I think is REALLY important and hugely overlooked (and a major pet hate of mine); NEVER drag your horse. By dragging I mean walking in front of it, my crew have had this drummed into them for the last 13 years! As soon as you walk in front of a horse it will lower its head and drag its feet and generally look terrible, tired and bored. If a vet even catches this in the corner of his eye I believe you aren't doing yourself any favours. Always walk by its shoulder and make it walk properly – paying attention and striding out – especially on the way to the vet, there is nothing worse than a horse being dragged and tripping its way into the vetting area and is guaranteed to get you noticed by the vet.

Regarding kit I use the following list of 'essentials' – I have loads of stuff I take with me, none of it essentials, but I am terrified I will leave things behind! I take about 6 rugs with me as well as numerous other things including spares of everything!!!

#### Crewing before vet;

- 5 or 6 Sponges (I always bring too many as you can guarantee you will lose 1, get one very muddy/gritty and there is one nice clean one for the face and if its a hot day there are enough for a few of you to be working on the horse.)
- 4 jugs (to use to pour the water on)
- 2 sweat scrapers (so you can have one person on each side of the horse)
- (at least) 4 water buckets – Filled before you arrive(unless it is a hot day), ideally with the sponges already in them.
- 2 buckets for the horse to drink: one flavoured water (molasses/SB) and one plain.
- Heart rate monitor
- Warm cooling rug (ie Thermatex) & waterproof rug in case of rain.
- Hoof pick

Agree with Lesley's write up. But for the actual crewing of the horse before the vet I do the following;

Have the crewing area set up before you arrive, I suggest the following format; The two buckets with drinking water at the head end and two on either side of the horse (ready filled and with sponges/jugs and sweat scrapers already in/near the buckets to save running around like a headless chicken) Also at the front, but away from the water you need something to put the saddle on (a fence/saddle rack or even a water container/upturned bucket will suffice).

As you walk the horse to the crewing area you can slosh it, loosen the girth and if you have help then start taking the saddle off (whilst still walking) – you may wish to practice this at home.

In the crewing area first remove the boots and saddle as quickly as possible and check the feet, all too often you hear people shouting instructions and panicking out loud. I would rather, especially with a Novice horse, a quiet atmosphere that things were done slower in than a loud rushed excitable atmosphere – the horse needs to relax for its heartrate to come down, so by being a bit quieter/slower/more relaxed about it you might actually get to the vet quicker!

As soon as the saddle is off I put the HRM on. See what this is showing and note if it is a steady beat, if it is dropping or raising.

Be very aware of the weather and your horse, one of my horses feels the cold so unless it is a baking hot day she has a rug on and barely any crewing, another of my horses is so thick set she doesn't feel the cold at all.

If it's a cold day the horse may not need crewing at all, just wipe the sweat off, wipe its face and up between its back legs. Check it's feet and again see what the HR is doing.

On a hot day I use jugs to crew the horse as the water can be poured on slowly and I feel this works better than a sponge. I recommend the best places to crew a horse are down its neck, up between its back legs and over its backside – you need to get to the places the blood is closest to the skin (up between the back legs) and also the large muscle mass (the backside).

When crewing, don't just chuck litres and litres of water over the horse, the idea is that you gently pour water onto the horse letting it trickle down the horse taking the heat with it. This cools the horse, but as the blood is moving around the body, within a couple of pumps of the heart the horse is warm to touch again. So, ideally gently pour water down the neck for example, then scrape off the hot water, then pour more cold water onto the area until the water comes off cool and the horse is cool to the touch.

When the pulse is steadily at 60 – 62 bpm, walk towards the vet. (If there is a queue you can go a bit sooner). Be aware that the pulse will rise approx 10bpm walking over, it may be worth if it's a hot day taking a slosh to dampen the horse just before you present.

Take a rug/extra rug to the vets, there may be a bit of a wait to vet, or a cold breeze that you hadn't noticed when crewing.

At home teach the horse to stand still for its pulse to be taken and make sure it trots up well, if its weaving about and tripping over, the vet will look a lot more closely than at one that bounces up the trot up.

## After crewing

- Feed – hard feed/hay/grass (raid the tack room of feeds this horse doesn't usually eat – as you can guarantee it won't eat its normal feed!) Mine enjoy Dengie Alfa A, Dengie Naked oats and some mix.
- Plenty of carrots & apples (may help to kick start a picky eater eating)
- HRM
- Thicker rug if the weather is cool
- Clean Numnah's / girths
- Lanolin (Sheeps wool fat)
- Electrolytes (Cherrylites from Equine America)
- Hoof pick
- Sponge/bucket to wash off
- Headcollar
- 

Once you have passed the vet take on board anything that he has said positive or negative about your horse – if he's told you to slow down do, or if he's told you to get it to eat/drink you must try your hardest. I always ask the vet what he thinks of the horse, even if I know it is going well as another opinion (and a professional one at that) is never a bad thing.

Take the horse back to your crewing area and clean off any mud, check it over for any lumps/bumps/scratches – put a rug on if the weather is cold/damp to keep the muscles warm ready for when you go back out. I think at this point I would rather the horse was a bit warm than too cold.

Let it eat and drink as much as it wishes (be sensible with the hard feed if you have a greedy horse) Give the shoes a thorough check, any slight looseness can be rectified by the farrier in your hold time.

I like to keep the HRM on over the hold time and keep a check on it – this recovery period tells you a lot about how the horse is coping with the ride/speed you are going at.

If it has been hot (and the horse has drunk well) I may syringe half a tube/a tube of electrolytes into the horse (Cherry lytes from Equine America are my favourite).

Walk it now and again, keeping it moving will help keep he muscles relaxed and ready for your next loop, and it will also get the horse away from the feed for a small time.

Tack up with clean girth/numnah and be on the horse two or 3 minutes before you leave. If it's a hot day slosh the horse before you leave.

Remember most importantly to ride your own ride, it is all too easy to get caught up with another rider who is going faster than you would have gone on your own, also if it's a race ride it's too easy to get caught up in the moment and go off like the clappers. I much prefer to 'win from the back' – I have been in last place into VG1 and gone on to win the race more than once. It is all about knowing your horse and riding it within its capabilities. Those that go flat out at the beginning are much less likely to even finish the race (with a few exceptions). I also think that for both the horse and riders mental state it is much nicer to be passing horses later in a race who

have gone too fast and overdone it' than to be passed. In an ER you will also be surprised just how many places you can move up in a vet gate with quick presentation times (under 5 mins) with a horse you have looked after, compared to those that have gone too fast and taken 20mins to present.

if you have a fussy drinker;

- buy cheap supermarket cartons of pure apple juice and add this at a 50 / 50 mix to water.
- Add a couple of 'blobs' of liquid molasses to the water
- Use Sugarbeet water)

## **Maryland Ride Sunday 8<sup>th</sup> February By Margaret McKiddie**

Winter weather forced the postponement of this ride and only just relented in time for it to be held a week later, the snow clearing from the main track in the final 24 hours before the ride. Well done, Mark Holland, for holding your nerve!

The weather on the day was very pleasant and the tracks rode well. As one of the Pickerings' horses was out of action, Neil was happy to ride one of mine so that both Bonnie and Misty were able to go. It was Bonnie's first outing since her fall in June and weather conditions had hindered her exercise programme and I was not sure how much she would be able to cope with. Fortunately the route consisting of 3 interlocking loops meant we could do the first loop, then continue on to the second when she was going well. Just before the split for the third loop Neil felt she was beginning to tire, so we omitted the third loop. As soon as Bonnie realised she was heading back to the venue she was no longer tired! However we had enjoyed the two loops and best to finish on a good note



### **A handy tip :**

To prevent friction sores form your jodhpurs – wear a pair of normal ladies tights underneath. This really does work!

## **Hopwas Hop Saturday 28<sup>th</sup> February by Margaret McKiddie**

This early season CR is always popular. It is an easy journey from our patch, the venue being only a short distance from the M42 at Tamworth, and always popular. Neil was again happy to ride Bonnie so that both my horses could go. The weather was kind and most of the route free of mud. As often happens, marker-movers target this ride but we only had one short diversion and Steve Bates was out there on his bike putting things right. Both horses were going well, they do get rather competitive at times. Bonnie showed no sign of being tired but suddenly about a mile from home Neil said she was lame. A quick look and the reason was obvious, she had lost a shoe! Normally a spare set of shoes for each horse lives in my car all season, but I had used them during the winter and not replaced them (HAVE NOW!) Also I had not thought about my Shoof boot ( I would never start a LONG ride without one) Just

as I was cursing my lack of foresight I remembered that although I had not thought about it the Shoof boot was in my bum bag where it lives permanently. What I had not replaced was the vet wrap bandage that was all stuck together at Breamore, but luckily had a triangular bandage that worked instead. Having fitted the Shoof, Neil led her for a short distance, she seemed sound so he mounted and we continued back to the venue. I was not sure whether it is permitted to vet in a Shoof and it does not say in the rules but the vet agreed she could at our own risk, and fortunately she vetted sound.

**March Hares      Sunday 8<sup>th</sup> March      by Mary Stubbs**

We had a brilliant ride yesterday. When the map arrived, I was really intrigued to see some route changes. There were a couple of little bits which I had never even ridden, which as an explorer based in the FOD was a bit embarrassing.

Heavy rain late Sat and overnight left me miserable at the prospect of parking on the landfill site. We arrived to find that we were directed up onto the grassy camping site above. Space, grass, some mud and deep bits, I grant you, but it was such a treat in comparisons to the normal venue. Talking to other riders, the route changes went down very well with them as well. Marking was faultless, thank you Mark and team.

I can't thank Debbie Williams and her team of planners and helpers enough. I know the woman at the house next door gave some grief as she normally does, only much more so, but I do hope it didn't mar Debbie's day too much. The effort of putting a ride on as well as all the innovations was very much appreciated.

Mary and Flame

**Dyfant & Vyrnwy Horse Riders' and Carraige Drivers' Association**

have a very informative website giving information on riding trails in the Mid-Wales area (also known as the Rainbow Trails Project) The web site includes maps and information about the routes, B&B and stabling in the area.

**Visit [www.dyfnanthorses.org.uk](http://www.dyfnanthorses.org.uk)**

## New Members' Training Day - 5<sup>th</sup> April by Caroline MacBrayne

We new members spent an enjoyable and instructive afternoon in beautiful surroundings at Liz Taylor's yard in Oxenhall.

Though the proceedings felt leisurely, accompanied as they were by generous quantities of drinks and biscuits, we covered a lot of ground. Gina and Carolyn had prepared their presentation thoroughly in order to give us a detailed briefing.



This included a pack for each person with information on "Tips on what to do before the Ride", a very detailed summary on "Getting started in endurance" including advice on preparations at home, the different types of competitive and non-competitive rides, how to enter and a step-by-step guide of what to do at the ride and afterwards. Some understandable beginners' concerns were addressed in the list "What used to worry us when we started" together with hilarious tales of some "doh" moments.

The pack included a Vet Sheet and Entry Form, with hints on how to complete them and an excellent crewing list with handy tips on what to take and what to do on short and longer rides.

There was a practical element to the day as well. We had an opportunity to look at the equipment actually taken on rides. Some of us will no doubt now be splashing out on lidded water buckets (obvious when you think about it), combined bridle/head collar, heart-rate monitors and adjustable helmets.



Liz demonstrated how to trot up for the vet and let us use her stethoscope to test her horse's pulse rate.

We all learned loads, but one of the nicest things about the day was the opportunity to meet other new members and find out about them and their horses. One courageous lady had already done several rides and recognised that competitive riding was what she really wanted to do. Most of the rest of us have still to take the plunge, but, as a benefit of this training day, we can now look forward to taking part with less trepidation - and possibly with a new riding companion. All of us are grateful to Liz, Gina and Carolyn for organising this event.

Caroline MacBrayne

## Goodbye Madoc

I bought Madoc as a 7 year-old from Joan Davies of the Bourton-on- the Water Long Distance Riding centre, advertised as 'ready to go on and do longer distances' I had done 2 seasons with Pandora before she retired lame and became a brood mare (soon to provide me with Bonnie Anne) and I hoped Madoc and I would suit. Our first attempts at longer distances were marred by lameness but after switching to rolled toe shoes that problem was resolved. In 1991 he won his first trophy, the Golden Dragon, 50+25mile CTR The following year I felt brave enough to move on to ERs and he was 4<sup>th</sup> in the 60 mile Denbeigh slate at Cirencester , then 3<sup>rd</sup> in the Red Dragon 2 day 100mile ER The Red Dragon was to prove one of his most successful events as he won it the next year and was twice runner-up He also won the Great Dragon,2x60mile ER the only time it was held . Other successes included twice runner-up in the 100mile Summer Solstice, at Lindum & Wincanton, a first & 2 seconds at Spirit of Sherwood 4 day 150 mile ER , first in 60mile ER at Ludlow & 2 weeks later another 60 mile win at Dukeries.

*(Photo by Eric Jones)*



He won the EHPS Senior Championship in 1997 and was runner up in 1998

Part of the secret of his success was his very rapid heart rate recovery, which meant he usually got a Grade 1 in CTRs (clocking up over 2000 miles of Grade 1) and also could present very quickly in Vet Gates. If 2 or 3 of us came in to a vet gate together I could usually depend on being first to present but initially he would not get going properly until one of the others caught us up. That changed once Bonnie Anne began to out with him. She was his underling, having shared a field with him since a foal, and she was NOT allowed to pass him. This attitude then extended to other

horses and he became much more competitive! To me he was always a perfect gentleman and I rarely fell off him. On one occasion we were nearing the end of the 150 mile at Sherwood, Janice Cockley-Adams was just ahead as we raced up the winding final track. Madoc took too straight a line round the trees & I was knocked out of the saddle . He stood there dancing with impatience while I struggled to get back on, Janice meantime crossing the line and wondering where I was!

In his last few years of competition he developed an increasingly loud heart murmur and I was finally told I could only continue to compete if I had a vet's certificate that it was safe to do so. Following a cardiac ultra sound, the verdict was that he could drop dead any day and I was advised not ride him at all.

He spent the next four years happily keeping the girls in order and showed no desire to go out. Indeed he would run off if I went near him with a head-collar. This winter, aged 28, for the first time he began to look old and definitely slowed down, though usually still in the front of the queue at feed time! The morning he stood half way down the field and waited for me to take his feed down to him I knew it was time to say goodbye, and thank you, Madoc for all the good times we had together.

Margaret McKiddie

**A Novice combination's first endurance season, the problems that arose and the steps they took to overcome them.....Part 2**  
**By Lisa Giovine**

Mel said she would meet us in 3 weeks but in the meantime she wanted me to do a couple of things. Having questioned me about my horse's diet and lifestyle I told her she was kept at full livery, was fed cracked barley, sugarbeet, topline and molassed alphalpha as an early evening feed and a well known brand of endurance mix as a late night feed with a fair amount of hay.

She was actively worked once or twice midweek weather permitting and ridden regularly on weekends so was quite fit. She lived with about 15 other horses at full livery, was stabled at night and turned out in a big field with the herd by day. I was aiming to do at least one endurance ride a month and a bit of showjumping and cross-country now and again.

I also gave her a full explanation of the problems we had loading onto the trailer, the tucking up she had after an endurance ride and the erratic behaviour on our second CR.

Mel's advice for me initially was to cut out the molasses and hard feed in her diet. She felt that my horse was having problems assimilating the sugar especially after

a long ride which contributed to the tying up. Too much glycogen was being stored in her muscles and the excess energy was going to her head so when out on a ride she would have a huge desire to burn that energy off hence the bolshy behaviour. Mel recommended using Simple System feed products which, at that time, I had never heard of.

I telephoned the Simple System helpline and explained the situation. They were very helpful and understanding. They recommended Lucie Bix, Purabeet and Total Eclipse and the quantity to feed. I promptly went to my livery yard owner and requested the change of diet.

Luciebix needs a fair amount of water and it increases in size dramatically so it took a while to get the balance right as the first attempts resulted in huge meals which my horse immediately turned her nose up at (after all she was used to the sugar effect). Some mornings there was quite a lot left over but gradually she began to enjoy it and now she tucks in and finishes off every last bit. The beauty of SS is that you can't really overfeed it because it is forage food and made up of Lucerne. So it can be left in the manger overnight for the horse to graze on which is more akin to their digestive system.

Mel also asked if I would have her seen by an EMRT (equine muscle release therapy) practitioner. EMRT has its roots in Bowen Therapy and works by gentle, non-invasive manipulation of the nervous system sending messages to the brain and helping the patient to relax and soften the muscles. Nictatie De Marco was the practitioner that I chose and she and my horse embarked upon a series of 6 treatments. Nictatie found her to be out in the hips, tense along the topline and very tight in the thoracic sling amongst other things. All these were gently worked on and over time my horse became less fidgety, more relaxed and moved more freely. One of the first things Nictatie asked to see was the saddle we used. She immediately pointed out that one side of the underside was overstuffed compared to the opposite side (I had had it professionally fitted just over 6 months previously and restuffed only a couple of months earlier!!). She also said that it was not standing squarely on the pommel and suspected it to be twisted. Nictatie recommended that I contact Kay Humphries, whom she does a lot of work with, to come and have her professionally fitted again. Kay is based in Berkshire and has been fitting saddles, taking a holistic view, for over 30 years.

An appointment was made and Kay arrived one afternoon. I was surprised to see this petite lady emerge from the car. She immediately set to work professionally measuring my horse, drawing a template and all the while advising me on what she was looking for and how she would go about it. After examining my saddle she confirmed that it was stuffed badly. It was more prominently stuffed on one side and both sides were lumpy and very round and hard making it like sitting on two rolling pins on the back of my horse. Kay felt it was too narrow as well. She also confirmed that the tree was twisted and I said that I always felt a little lopsided in it and I was constantly adjusting my position. I had put this down to my 'confirmation' and riding – after all it couldn't be the saddle as a professional had told me it was perfect for my horse! At no time were saddles of varying sizes and shapes pulled from her car and plonked on my horse's back. Not until after Kay had finished did she find a saddle, a black GP H&S which she thought would suit. (Humphrey and Swann – her own make which she produces with the help of her saddler who is responsible for making them from start to finish to her specification). All Kay's

saddles are serge backed which she feels is best and more comfortable for the horse; they are much flatter on the underside thereby distributing the weight better. These are not cheap saddles, even for second hand, but I agreed to purchase subject to trying it after she had it altered to size.

The saddle arrived within a week and I was very keen to try it out. What a difference. I felt like I was riding a much wider horse. My seat and legs felt level and it was so comfortable. At first when I brought the saddle to my horse she took a good sniff but still backed away. After riding in this saddle several times she started to stand still when being tacked up and the worried expression disappeared. Another sign that things were on the mend.

It is important I think to point out that Kay wanted me to have the saddle to try out for a couple of weeks before paying for it. Her primary concern was that we were both absolutely happy with it and only then would she accept payment. If we weren't happy then she would have taken it back and sorted me another. Well this saddle was great and I was so pleased with it that I asked Kay to make a dressage saddle for her. The result was a lovely soft leather, serge backed saddle with a deeper seat. The straighter panels give my horse's shoulders more freedom. This is now the saddle I use for hacking out and endurance, as we can go for hours and hours in it.

Since then I have had the saddles checked and refitted twice with Kay and each time they have been widened a little. This showed that my horse, with all of the above treatment, had grown and expanded. When measured in August of last year we were surprised to see that she now stood at 15.2hh as apposed to 15.1hh which was her previous height. My horse is 15 years old this year.

Three weeks after my telephone call to Mel, she arrived at my livery yard at 11am on a Friday morning. After the initial introductions I hitched up my trailer and pulled it out onto the yard so that there was a clear space on the sides and at the rear.

Mel put a light rope halter on her with an extra long rope. She allowed my horse to take a good look at the trailer and to take everything at her own pace. (I will tell you now that from start to finish took 6 hours). My horse's reaction was typical of how she had been behaving with loading over recent months. With her eyes showing signs of wariness and nervousness she proceeded to do everything she could to avoid going near the trailer. Mel smiled at her all the time, softening her body language and talking quietly to her. Gradually my horse relaxed and allowed herself to be led right up to the ramp. Mel moved to the inside of the trailer and adopted a relaxed stance just hanging onto the rope lightly with one hand. My horse made tentative steps with her forefeet onto the ramp then leapt off positioning herself to the side of the trailer, out of Mel's sight. Mel stayed where she was and gently tweaked the rope. My horse came back and began to walk across the ramp from side to side with lots of sniffing, pulling back and then more sniffing and more crossing the ramp from side to side, disappearing out of view. Mel, all the while, remained calm and relaxed, smiling and chatting to horse and owner alike. This process repeated itself many times and gradually the time ticked by. Every now and then, when Mel felt my horse was setting a repetitive pattern, she would, in her words "up the anti" by slightly raising her hand holding the rope and subtly shifting her position. I was amazed at the reaction these tiny movements had on my horse.

Over what were a good couple of hours I was □marveling at the minute changes in my horse's demeanour and attitude. You could really see the cogs working in her head and the incredulous expressions on her face. It seemed to me that she really wanted to cooperate and walk into that trailer but just at the last second she would lose her bottle and back off.

Finally, tentative steps were taken and she was half in and half out and for a moment or two was thinking about it. Then, the moment we had been waiting for happened and she walked right into the trailer but, equally as quickly backed right out again. Mel was very pleased with that and totally allowed it to happen. After rewarding her she just took up the slack and waited. A few minutes later my horse walked on again and out she backed again. Mel allowed her to do what she wanted to do. This went on for a half dozen times before finally she just stayed in the trailer having made the decision herself that that was what she wanted to do. Well, that was the defining moment we had been waiting for. We put up the ramp and drove her up to Solihull Riding Club. Here we off-loaded her and walked her around, did a few in-hand exercises then walked her back on again without a problem. We took her off and walked her back on again then, took her home.

Naturally, over the days and weeks that followed I was anxious that, with Mel gone, I wouldn't be able to achieve getting her onboard and we would revert back to the old problem. I must admit that it wasn't all smooth sailing at first and we did have a few awkward moments but, with Mel on the other end of the phone giving advice and encouragement, we both conquered our fears and I am happy to report that from that day to this I haven't really had a problem with her loading anymore.

So, several long months of ever worsening problems had ended with the help of some wonderful, supportive and knowledgeable people. A holistic view had been taken. An undertaking to change saddle and feed and partake of the really wonderful therapy called EMRT, all contributed to returning to me my lovely sweet horse. Our first endurance ride thereafter was Cranham and I was so impressed with my horse's behaviour, attitude and performance it felt like I was riding a seasoned endurance horse and not a novice.

Since then it has been pretty smooth sailing for us and we ended 2008 on a good high with a few really good rides under our belt.

Not one to let the grass grow under my feet I have now acquired an ex-racehorse whose racing career was terminated in June last year. This is my current project and I am pleased to say that we are making good but slow progress. She has now stopped actually charging at me in the field and thinks that a good gnashing of teeth will suffice. Trying to take a chunk out of me when the mood arises has lessened somewhat and, she is more tolerant of me entering her stable to retrieve her feed bucket or top up her water (but, I am yet to actually approach her in such a confined space). I have started riding her and we are building up trust and confidence bit by bit. The latest is that she has decided that being groomed is horribly annoying and the perpetrator deserves a good bite but she is beautiful and I know that deep inside there is a wonderfully sweet horse just dying to get out.

The little changes I see day to day with her give me a lot of hope.....There is no doubt that she will a challenge but hey, that's another story.

Lisa and Minica  
March 2009

## **Pub Social Evening Saturday 5 April**

Belinda Stewart has kindly agreed to run the very successful Blaenavon Ride again this year (see below). The landlord of the Whistle Inn very generously allows us to use his field as a venue. Belinda organised a pub social evening there on Saturday 5 April. This was a nice chance to catch up without a sweaty horse on the end of a rope. Those who ate in the restaurant enjoyed their food and the rest of us had a drink and a gossip in the bar.

*Thanks for organising this Belinda.*

## **Offas' Dyke Social Rides 2009**

**Entry fees for all Group pleasure rides is £10 for EGB members & associate members, £15 for temporary day members**

We hope to have two brand new group pleasure rides at Woolhope and Urishy this year (provisional dates below). See future newsletters for more information.

**Blaenavon Ride, Whistle Inn, Wales Sunday 5 July.**

Plenty of cantering over open hills with fantastic views. An alteration has been made this year to the beginning of the route to avoid the 5 gates and initial short climb. Incorporates part of the National Cycle Network. (16km & 26km routes). Pub open all day. Non riding members can visit Big Pit National Coal Museum within walking distance of the venue.

Entries: Belinda Stewart, Ty Jarrett, Brunant Rd, Clydach, Abergavenny, Monmouthshire, NP7 0NG. Tel: 01873 832272 Email: Belinda@kolvox.net

**Woolhope, Sunday 2 August – details to follow**

**Urishy, Sunday 6 September – details to follow**

## **Group Social/Training Rides Other groups**

\*\*\*\*\* Associate members enter these rides at members rates\*\*\*\*\*

**Heart of England Group** [www.heartofenglandegb.co.uk](http://www.heartofenglandegb.co.uk)

**Mortimer Forest – Saturday 25 April**

Location : Mortimer Forest – Ludlow- Shropshire. Grid Ref. SO 491 732  
Distances: 40kms, 30kms, 20kms or 13kms (25miles,18miles,12miles & 8miles).

Entries: Entries will close 20 April. Please Book early. Limited Parking.

Facilities: No Water, No Toilet, Refreshments.

Ride Description: Forest Tracks, Common, Bridleways, a mixture of hard and soft going, some testing climbs with stunning views. This is a good training route or ride it purely for pleasure. No main A49 road to cross; start & finish is in the forest.

Entries to: Sue Evans, Greystones, Ryton Rd, Beckbury, Shifnal, Shropshire, TF11 9BX.  
Tel: 01952 750770 and email [rosyrider@dsl.pipex.com](mailto:rosyrider@dsl.pipex.com)  
Entry fee members & associate members £11, non members £16

**Cotswold Group** [www.enduranceegbcotswold.co.uk](http://www.enduranceegbcotswold.co.uk)

**Bibury 4 May**

Come and enjoy approx. 14 mile route over glorious Cotswold Countryside mainly made up of tracks and grass with some roadwork through quiet villages and country lanes ( 2 unavoidable road crossings but we hope to have crossing stewards present) Venue is on hardstanding at Ablington by kind permission of the Mason family – please bring along a £1.00 donation towards the cost of parking. Start any time between 9:30 and 11am

Entries on EGB entry form or Cotswold Group entry form to:  
Claire Blizzard, 23 Gibson Court, Cirencester, Gloucestershire, GL7 1PN  
Tel: 07811 514640  
Email: [claire.blizzard@live.co.uk](mailto:claire.blizzard@live.co.uk) Entry Fees: Members: £10.00 Non Members: £15.00

**Mid and North Wales Group**

**May 24<sup>th</sup> Llyn Brianne Reservoir Car Park** Twm Sion Cati Social Ride  
Part of the Twm Sion Cati 400<sup>th</sup> Anniversary Celebrations Special Rosette to all riders Phone Heather Davies 01974 821436

**May 30<sup>th</sup> Cwm nant** Western Weekend Social Ride Approx 16km evening BBQ proceeds to Welsh Home International Team phone Heather Davies as above

**June 28<sup>th</sup> Trawscoed Social Ride** phone Heather Davies

**August 16<sup>th</sup> Longwood Social Ride** at Chris & Roys Bettws Bledrws  
Phone Chris Jones 01570 493498

**September 20<sup>th</sup> Talsarn Social Ride** Llanllyr Date tbc Phone Heather Davies

**October 18<sup>th</sup> Ynyslas Beach Social Ride**, Borth Phone Pat Conn 01974 298584

**De Cymru Group** [www.egbdecymru.co.uk](http://www.egbdecymru.co.uk)

**31st May 2009 Wentwood Forest Training Ride**

Route is mostly forestry with minimal roadwork. A good training ride with some testing gradients and spectacular views over the Severn Estuary and into South Wales. email: [webmaster@egbdecymru.co.uk](mailto:webmaster@egbdecymru.co.uk)

Entry Fee: £10 Members and Associate members. £15 Non members.

**13th June 2009 Man V Horse** More information on this event can be found at [www.green-events.co.uk](http://www.green-events.co.uk)

The person to contact is Jacky Brown on 01591610300.

This Cotswold Group ride was new to the EGB calendar in 2008, thanks to ride organiser Jane Holdsworth. Last year's ride was held at a small venue with entries limited to 50 and the route was rather muddy due to very bad weather prior to the event. Jane had to use a fair amount of roadwork, but hoped that if all the riders behaved themselves, she would be able to build on the route and gain access to more interesting going. It takes some time to build relationships with local landowners to develop a suitable route for endurance.

I guess we must have behaved ourselves last year, as this year's route was absolutely lovely with lots of lovely old turf to canter on – particularly in the early part of the route through Badminton Park. The second half to the north had some slower going with more walking, but to be honest, it was no hardship to walk through such picture postcard scenery.

I particularly loved riding through Ozleworth Park, which I believe Margaret Clarke organised for us – thank you Margaret. This was a private estate with the most glorious Cotswold Stone House & magnificent gardens. It was fascinating ogling the house, stables, tennis court etc. Patches was pretty well behaved & got a grade 1 in the 65km class, so I was pleased with her.

The new venue was huge, with plenty of room for parking, vetting, catering etc. After a last minute appeal for helpers, Jane seemed to have plenty on the day, including quite a few Offa's Dyke members. Everyone I have spoken to enjoyed the ride and it was nice to see so many smiling riders and helpers. This was certainly helped by the glorious sunshine on the day. It will certainly be on my to-do list for next year if Jane organising it again. The Badminton ride, also organised by Jane on 30 August, will incorporate some of the route we enjoyed at Tresham.

**Adverts free for Offa's Dyke members and Associate members.**

**Non members £5 half page £10 full page**

### **Wanted crew**

***Now Advanced, I'm available to crew for:***

- Cirencester Saturday, Ludlow Saturday and either (but not both) days at Barbary Castle. (possibly others upon request).

***In exchange, I'm looking for someone to crew me on 80ERs at:***

- Berks Downs Sunday (17 May), Margam Park (7 June), Robin Hood (Southwell, Sat 5th Sept) and Red Dragon Saturday (3 Oct).

Please contact Chris Wray at [c\\_wray@tiscali.co.uk](mailto:c_wray@tiscali.co.uk), or on 01600 -860938

**For Sale** Reversing Mirror for hitching trailer Bought at Your Horse Live but never attached as planning new trailer New car has reversing camera(!) so not required Margaret McKiddie 01452 813670

**Wanted** Experienced rider looking for a horse to buy or on loan (own horse has developed some arthritic problems so can no longer compete)

- 15.1 – 15.3
- Could be a youngster to bring on, or one that is ready to go this year
- Kind, knowledgeable home near Malvern

Please phone Sandy on 01684 568596 or email sfs@malcol.org

**For Sale** Haldana, a 3yo chestnut filly, approx 15.1hh.

By Hamlet Frydenlund (Knabstrupper) Out of Hollywood Jasmine 50% Knabstrupper she is a registered part bred arab (12.5%) – she looks more Knabstrupper than arab.

Haldana is a lovely filly, she's handled daily (as she is living in at night in her current occupation as nanny to the yearling) she is easy to catch and 'do' – fine with rugs/farrier etc.

Guaranteed completely untried, but she's ready to go and start learning now. She has lovely bone and body and great conformation and paces. Only for sale as I have reached maximum capacity on the yard and am keeping our homebred yearling instead.

£1400 ono

Liz Taylor– 07737 871085

(can be seen near Newent)



# Rent'a'Crew

**The Young Riders from this year onwards will be offering a crewing service available to everyone!!!**

**What we offer:**

**Per person:**

**Full time crew, driver/helper: £5 an hour (*this includes all of the below at no extra cost*)**

**Other services:**

**Per trot up: £3**

**Per full equipment fill up: £2**

**Per vet gate help: £3**

**Anything else you would like to be done for you just ask and we'll give you a quote!**

**Our crews experiences range from PR's to FEI Championship level. All you have to do is contact Beth Langley at [minidiver@hotmail.com](mailto:minidiver@hotmail.com) or 07967394686 and leave a message. All money goes to YR's fund.**

**If your interested to be part of the Rent'a'Crew team can you please let me know your:**

- 1: Name**
- 2: Age (if your under 21)**
- 3: County you live in**
- 4: Your crewing level (experience in CR's or ER's)**
- 5: Helper or Driver**

**Email me at [minidiver@hotmail.co.uk](mailto:minidiver@hotmail.co.uk)**

**Once you've signed up every time we get someone interested I'll send an email out to see who is available for that ride, then the rider will have a list of the details above to choose their crew from.**



## NEWSLETTER SUBSCRIPTION FORM - 2009

NAME.....

ADDRESS.....

.....

POST CODE.....

TEL. NO.....EMAIL.....

Are you willing to have your name, address and phone number circulated to ALL members and newsletter subscribers?

Yes/No.....

Would you like receive the newsletter by Email? Yes/No.....

Would you like receive other news about the group by Email?

Yes/No.....

SUBSCRIPTION £5.00 per annum. **Please send cheque made payable to OFFA'S DYKE BRANCH OF ENDURANCE GB** with form to: Carolyn Edwards, Duart House, Brookfield Road, Churchdown, Gloucestershire, GL3 2PF. Tel: 01452 857352

**Please note that Membership of the Group is OPEN and FREE to members and associate members of EGB who have indicated a wish to be in Offa's Dyke Group. For non members of Offa's Dyke Group, we ask for £5.00 subscription per year for the newsletter.**