



Offa's Dyke Group of Endurance GB Newsletter- November 2020

www.egboffasdyke.co.uk



Chairman's Comments

Dear all,

It's the end of another year but lets hope there will never be another like it and 2021 will enable more rides to run.

Very many thanks to our ride organisers this year- and an equally big thank you to everyone who has helped at a ride. Our reward scheme for helpers was finally kick started in the summer and Abbi Tennant now keeps a spreadsheet of all helpers who have helped at rides from December 2018 onwards. So far free ride vouchers have been awarded to Belinda Stewart (2!!!) Donna Williams and Lesley Dunn.

Pleasure Ride rosettes can be claimed for 2020 by anyone who has completed at least 3 pleasure rides. At least 2 must be our Offa's Dyke rides but the third can be from a different group if you wish. The date span for rides is from 1st December 2019 to 30th November 2020.

As it has not been possible to get trophy cards signed this year, please just email me- mary@woodsideendurance.co.uk with a list of the rides you have done and a PR rosette will be posted out to all winners. Please claim your award by 30th November 2020.

Mary Stubbs

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Editor's Comments

I hope everyone is keeping safe and well in an exceptionally strange year. Hopefully you all managed to attend at least a couple of rides this year.

Since our last newsletter we have managed to get two group fun rides in when the COVID restrictions allowed. Michaelchurch fun ride ran at the end of August (just) as the week leading up to ride was very wet and gave poor Andrea added stress. But ride day was perfect and all riders had an absolutely fantastic day as you will see from the ride reports. Then a fortnight later we had Courtfield organised Abbi which was a lovely day and was enjoyed by lots of riders. Poor Abbi didn't have it easy either as she had a very swollen ankle and was hobbling around! Hopefully Abbi will run this again next year as it was great to ride within the estate. Big thanks to both Andrea Champ and Abbi Tennant for organising these rides in difficult times and also all the helpers who without, we wouldn't have the rides.

You will see in the newsletter there is an article on long reining by Tash Smith who is an Enlightened Equitation Trainer. Tash has been riding my youngster for the last year and has also been teaching a number of us endurance folk too with very pleasing results. I am hoping to plan sessions on her new Equi-Simulator February time and then some lessons with your horse in the Spring/Summer (COVID permitting).

I am hopeful I will be able to run Maryland in February but it is likely I will only be able to accept a maximum of 30 entries so please ensure you enter in plenty of time to avoid disappointment. Please note due to COVID you must enter via the Endurance Clubhouse website, no entries are allowed on the day.

Hopefully by our next newsletter we will have a number of our dates for 2021 rides.

Fingers crossed next year we are able to run more rides!

Nicola Davies

DON'T FORGET TO CLAIM YOUR PLEASURE RIDE ROSETTE

Pleasure Ride rosettes can be claimed for 2020 by anyone who has completed at least 3 fun/pleasure rides. At least 2 must be our Offa's Dyke rides but the third can be from a different group if you wish. The date span for rides is from 1st December 2019 to 30th November 2020.

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MICHAELCHURCH FUN RIDE

When asked if I'd like to write about our (mine and my daughter's) experience of the Michaelchurch ride, I jumped at the chance.

After enjoying the ride so much in 2019, I badgered Andrea Champ and fellow organisers for confirmation and a date for it running again, as we desperately didn't want to miss it, and I have to give 6 months notice to book time off work. We are only happy hackers on 2 tubby cob mares, not hardcore endurance.... however we did sign up as associate members this year (typical.... blooming covid!!)



Michaelchurch 2020
Photo courtesy of EquinePix

I was thrilled when it was confirmed and I secured the day off!

The venue is about 1 hour 20 from home..... after sat nav problems last year, this year, was so much easier .

We were expecting the ride to be called off as we had torrential weather all week, especially the day before (Big shout out to the organisers/markers, doing the route in horrendous conditions)

Parking was fine for us with a trailer, I collected our bibs, and was advised that even though we were given allocated times due to COVID regulations, all was going well, and running like clockwork, and we were on time.... The night before we were advised on the event page, that there had been a slight diversion on the route due to flooding and trees down, I was reminded of this when getting the bibs, and I also heard Andrea mention that they had to replace some signs early that morning due to people messing with the ones they put out they day before.

We had opted to do the 18k, same as last year. We set off, and as all the ride times were spaced, there was no sign of other riders..... we left the venue field out onto a quiet country Lane for a mile or so, then turned into a field. Marking was amazing yet again this year!

The weather conditions were fine, however the ground was absolutely saturated. The photographers captured some great shots of us as we came up the hill, and when we got to the top, and along the flat, that was where the diversion began and the markings were once again brilliantly obvious, easy to follow, and no map needed. I must say, the views from up there were out of this world! It was ever such a steep climb down on the concrete track, so that slowed us down slightly. At the bottom of the



Michaelchurch 2020

Photo courtesy of Gills Gallery/Gill Perkins

opened all ride) we had some brilliant cantering opportunities (that's why we love this ride so much, as we only have stony forest tracks at home). A real mix of terrain... something for everyone...even a few jumps for those brave enough.

As we started the descent, we went through some very wet fields, and it was so funny that the girls (Bunny and Ruby) tails look like the hay been dipped dyed orange because of the orange mud.

We then went through some country lanes until we entered a field with a quarry....we went through the field and came to a stream.

We crossed the stream and started the climb up the other side through the fields... it didn't seem as many fields as last year, as before we knew it, after asking a gate steward how far we were from base, we were nearly home.... though Bunny and Ruby weren't complaining. But we are seriously considering the longer route next year.



Our favourite ride in four years of having Bunny and Ruby was on 24 August. We rode from Michaelchurch near Hereford on a ride arranged by Offa's Dyke EGB. The weather was amazing, the views incredible and we walked over moorland with wild horses for the first time ever.
Melanie Derrick

track my husband appeared (he took his electric mountain bike and went off exploring) he has tracked our location down on his phone, and came and took more photos and videos.

We then took the steep climb up through the woods, into the forest, then further climb up through the forest until we came out on the beautiful open moorland.... again breathtaking views... we saw our first ever hare up on the moorland, no wild ponies this year though. As we

came down from the moorland into the fields (Thank you to the gate stewards.... only one gate needed to be



Both 2019 & 2020's rides are on YouTube look up "The Adventures of Bunny and Ruby" channel, the look for Michaelchurch.... I apologise in advance for my editing skills in part one and part 2 videos, but I'd like to think that the 2020 one is much better.

I have also enclosed our professional photos that we bought both last year (Gills Gallery/Gill Perkins)and this year(EquinePix Photography) and a snippet from "Your Horse Magazine" where they did an article asking you to tell them about your favourite rides.

I sincerely hope that Michaelchurch will become a permanent fixture on the "Offa's Dyke EGB" calendar as it truly is amazing...

Once again, massive Thank You to Andrea Champ and all the other organisers involved... to John Williams for permission to ride the estate, all the helpers/organisers for marking the route, and all the kind Gate stewards who gave up their time on the day to allow my daughter Becky and I (and our beautiful mares Bunny and Ruby) to make wonderful memories yet again.

Take care and stay safe everyone, and hope to see many of you, if not at Michaelchurch, at other rides next year.

Melanie Derrick

Agility

I am lucky enough to have two Fell ponies with completely different personalities who are suited to different disciplines. Maya my newest Fell pony mare went along to a Christmas ride a couple of years ago and wasn't really suited to Endurance. I had already been to a few Agility Competitions with my other Fell pony mare Pagan but she is very `buzzy` and whizzed around the obstacles. If the aim of the competition was to do as many obstacles in the fastest time then she would have won hands down every time!!

We do the in-hand Agility at Cheltenham race course either outdoors or indoors at the RDA centre.

Thankfully we have been able to carry on semi normal with 5 competitors and the Instructor with Covid guidelines in place. I actually prefer the `new normal` as it means more space and I like the shorter sessions. Saturday 31st October we were booked onto a morning slot. The day dawned and it was torrential rain and wind. I nearly didn't go but decided as it was indoors we would be out of the elements and would only get wet loading Maya up at home and walking her to the Indoor school at the RDA. Maya travelled the hour there like a pro considering she hasn't had as many opportunities to get out and party this year. We arrived in a howling wind and it was still pouring with rain so we swiftly unloaded and legged it to the indoor school.

After some housekeeping from the Instructor the first hour is spent practising each obstacle. Maya is well used to most of the obstacles now so just needed to familiarise herself with each one.

The theme was Halloween and the Instructor had pumpkins/ghosts/bats/spiders on route so a few new things to look at. Normally we would have a lunch break as the sessions are longer but since Covid we go straight from the practice session onto the competition. I was last to go which has pros and cons as if other people don't do an obstacle as per specified instructions sometimes I get confused as to how it should be done. Every obstacle has to be done specifically as instructed by the Instructor to gain the maximum amount of points. Each obstacle is marked out of 10 points; 5 for Effectiveness and 5 for Style.

The obstacles chosen for the competition are up to the Instructor. Which also includes a `Test of Obedience` to include; Trot, Slow walk, Halt, Fast walk.

The obstacles the Instructor chose were:

A ladder of poles at trot

Weaving in/out cones at trot

Halloween scary Corner at walk

Stand in a hoop and circle pony around you clockwise at walk

Jump at trot

Backing up through 2 poles on the ground (keeping handlers feet still)

Lead through a triangle of poles filled with plastic bottles on the ground at walk

Circle on a Tarpaulin at walk

Pony to stand still in a circle/handler to balance and walk on flowerpots

Pony to put 2 front feet onto a podium and stand still

The total amount of points to be gained is always out of 140 which includes the Test of Obedience Maya had a great score of 129/140 which gave us 2nd place.

I am beginning to understand how each obstacle should be done for maximum points and a ``smile`` in your lead line (a slack line) must be kept at all times. A tight line will drop you points which is what happened to us this time.

Agility is a great way to introduce a young or new horse to different obstacles in a safe and controlled environment. There is also an International Agility Club you can join where you can do their On-line Monthly Competitions.



Ally Knight

GROUP FUN/SOCIAL RIDE PRICE INCREASE

All Offa's Dyke group fun/social ride entry fees have increased to £15 for members and £20 for non-members.

The Return of the Pink Peril

2019 saw Sachiya (AKA Pink) pick up an injury at Kings Forest in April which kept her out for the rest of the season. We did a couple of OD pleasure rides- Xmas Cracker then Maryland and concentrated on schooling work to hopefully improve both body and mind. We had a place to do the 4 day Cairngorms ride and plans to do all sorts.

In February I hurt by back which led to a long bout of sciatica which meant withdrawing from Daffodil as I was unable to walk let alone ride. Then of course lock down arrived.

Fast forward to October- plans to go to Red Dragon scuppered. Then I noticed Concrete Cows in the schedule. Why not? It is a bit of a long way to do 40 km but to hell with that. Now I spoke to a couple of people who assured me that though it is URBAN it is also rideable and good fun....

When the map was put up I could not believe HOW urban. Instructions for one of the numerous crew points told you to crew by the dinosaur. What on earth was I doing?

We left at Very Silly O'clock and arrived in good time. Too early really. On arrival all you did was put your master card in the bib holder and take your bib. Much quicker than chatting to the secretary. No vet sheet to fill in (vet writer did it for you). Vetting fine, start a 5 mins walk from the venue into a park. Start time was the time you were given – no leaving early- so we hung about, had some breakfast and got a bit cold.

Finally we were off on the first proper ride for 18 months. Milton Keynes is an extraordinary place. It has electric scooters that you can just leave where you want and robots that deliver food etc to those that are in need. Fortunately we did not meet a robot- think that would have been too much for her. There are cycle walking and bridle ways everywhere. Through housing estates, across parks, by busy roads, along canals, you name it. Riding one of the spookiest ponies known to man was interesting- I think in the end she was so out of her depth she decided just to listen for once in her life and the schooling really helped. After about 15 minutes I decided to risk a canter and we were off. It was tremendous fun. Everyone we met walking or cycling was friendly and welcoming. It took me a while not to feel guilty for riding on the grass in a built up area but err they are bridle paths. A low rather dark canal bridge which had some rather bright graffiti to shy at tested how much better she listens to my legs. The blue dinosaur wasn't an issue. There were long stretches to canter along although you were always needing to be alert as who knows what spookable object would crop up next.

The Concrete Cows themselves caused a serious OMG from Pink. We both began to tire a bit towards the end as neither of us was really very fit but we were home again at a decent enough speed of 12.3 kph. We went in fairly quickly to vet as it was cold and windy at the venue and passed safe and well with a pulse of 46.

This was the strangest ride I have ever done but it was great fun and absolute joy to be out with my pony again.

Mary Stubbs and Sachiya

Maryland Fun Ride

Sunday 7th February

Venue: Trelleck, halfway between Chepstow and Monmouth off B4293, NP25 4PQ

The route consists of mainly forestry tracks connected by quiet country lanes. Some moderate hills with some fantastic views over the Wye Valley. There will be two loops of approximately 12km each and a 7km lead rein/novice loop within the South loop. Route options of 7km(4 miles), 13km(7 miles), 20km (12 miles) and 25km (15 miles)

Start Times: Will be issued in accordance with COVID guidelines but first horse likely to be 10:30.

Entry Fees: £15 for Associate or EGB members and £20 for non members.

PONIES/HORSES MUST MEET THE ENDURANCE GB FLU VACCINATION REQUIRMENTS

Enquiries: 07968 928870 or n.davies91@yahoo.co.uk

ENTRIES IN ADVANCE ONLY. You will need to enter via:

<https://egb.myclubhouse.co.uk/Events/Calendar/View?id=202>

In the event of SEVERE WEATHER the ride will be rescheduled to Sunday 21st February

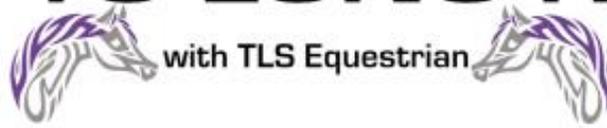
<https://www.egboffasdyke.co.uk/maryland-fun-ride>

**** HELPERS NEEDED ****

Please get in touch if you can spare a few hours.
Nicola- 07968 928870 or n.davies91@yahoo.co.uk

Remember without helpers, rides can't run!

GET IN TO LONG REINING



Long reining is a fantastic tool for horses of all ages, shapes, sizes and levels. It's a brilliant foundation for young horses prior to their ridden career. However, that doesn't mean that once they start riding that you should throw away the long reins!

SAFETY FIRST

Whilst long reining (or doing any groundwork for that matter) you should always wear a hat, gloves and sensible footwear. This makes sure you stay as safe as possible should your horse spook or do something unexpected. If your horse has never long reined before it is very important to introduce the second line gradually and sensibly to ensure your horse takes to it in a calm and relaxed manner.



What Do I Need?

2 lunge lines of the same length (different colours are helpful!)

A bridle/lunge cavesson

A roller, or your saddle

If using your saddle, your stirrups need to be secured together either with a spare stirrup leather under the girth, or some bailing twine attached to your girth. This is so the stirrups don't fly up when turning and stay close to the horses sides – a very important thing to remember to do!

Introducing the lines

It wouldn't feel right to start going through long reining exercises without first briefly explaining how I introduce the concept of long reining or "double lunging" to a horse who has never done it before!

To successfully introduce long reining to your horse it's very helpful if your horse lunges well. I always introduce the second line on the lunge in the first stages. I do this by keeping the inside line attached to the bit/cavesson/head collar (what ever you would usually lunge in) as you would do to lunge and attach the second outside line running it through the roller/stirrup and run it across your horses back at this stage. This means you can start to influence your horse through the outside line, without them getting worried about the line touching their back legs or feeling restricted. Having the inside line as a "normal" lunge line at this stage simply means that if your horse does spook for whatever reason, you're able to keep control without the lunge line acting as a winch to your horses head which could spook/stress them even more. It goes without saying to start in walk and develop to trot only when your horse is comfortable. The same goes for trot to canter and don't worry if these things don't happen all in one session. It's worth taking the time to make sure your horse is relaxed and comfortable throughout.

Once they're used to the second line over their back on the circle, you can start to move it back to behind the hind quarters. Again I keep the inside line as a normal lunge line at this stage and continue working on a circle, giving the horse a chance to get used to how the line feels around their hind quarters before I start to "use" it. Once the horse is settled you can start to use the outside line to influence your horses way of going, you can control the outside shoulder (useful for horses that drift) and you can control the bend of your horse.

You can now happily add the inside line through the roller/stirrup and start to properly long rein/ground drive, rather than being stuck to the circle. This is the reason I really like long reining as it gives you all the same freedom to school your horse in the same way as if you were riding. Lunging is great but we all know that sticking to endless circles is not good for a horses joints.

If your horse is a little reluctant to walk off on their own with you now behind them, a helper can go a long way to showing your horse exactly what you want. Be patient and stay calm, use the fence line to help encourage your horse to walk forwards in a straight line, they will pick it up quickly, but might be wobbly as they look for support from you. Remember to stay a safe distance away from your horse, far enough away that if they were to kick out they wouldn't reach you. Also keep your lines well organised and not knotted around your hands. If you struggle with this you can drop them out behind you but always be aware of where they are in relation to you and your horse.

Exercises

Now we're up and running the fun can start. Long reining is a great way to test your horses confidence, balance, straightness and much more. It takes a lot of coordination and things will go wrong to start whilst you both get used to it, but don't worry we're not striving for perfection yet!

Just start with simple straight lines, changes of rein across the long diagonal, making sure to really aim for your markers and get in your corners, being as accurate as possible. Centre lines, diagonals and $\frac{3}{4}$ lines will really show how well balanced and straight your horse is. It is normal for them to be a bit wobbly to start with, as they don't have as much support from you as when they are ridden. You can still help to support them and straighten them with the lines by positioning yourself slightly left or right. For example if they are putting their quarters to the left and going slightly crooked, you can position yourself slightly to the right of them, closing the left rein on their hind quarters to both support them and ask them to yield to the pressure of the line to bring their quarters back over. If they are over flexing and falling through the shoulder, then some gentle squeezes on the opposite rein to re straighten their head and neck will help with this (this can apply to ridden work too!) Shallow loops are also a great exercise for the long reins, testing their balance and your accuracy. Figure of eights, circles of varying sizes, and of course lots of transitions, are all great. It's a good way to see exactly what your horse is doing throughout these exercises; are they straight, are they bending correctly, can they balance themselves? Remember you are "steering" from a long distance behind the horse, so you need to be a bit forward thinking when communicating with them, but don't forget to be subtle!

In-fact any exercise you can do under saddle you can do in the long reins (people can and do train their horses all the way up to Grand Prix in the long reins!) There are a few different methods for long reining, the most popular are the English, Danish and Viennese methods. The English method is the method most commonly used here in the UK, of course, which is where the lines are threaded through either the stirrups on the saddle or a low ring on a roller, as described above. This is the best place to start, but if you have a more advanced horse that you want to experiment with lateral work in the long reins, you are likely better off with the Danish or Viennese method. The Danish is similar to the English method, aside from the fact the reins run through a high ring, similarly to driving horses. This encourages the horse to take a more "advanced frame" and enables you to position yourself and use the reins in a way that makes it easier to perform lateral work. The same can be said for the Viennese method, which doesn't require the use of the roller and which you position yourself much closer to the horse (to one side of the hind quarters, switching sides when necessary) The lack of roller and closer position again means you can positively influence the horses body using rein pressure, either on the shoulders, barrel of belly or hind quarters, using your own body and body language to ask for specific movements. You can of course still teach some lateral work in the English method, through teaching them to move away from pressure (as they would under saddle).

High level long reining is certainly an art and is a pleasure to watch. What's worth remembering is these long reining pros would have started at the beginning, perfecting the basics and the foundations.

Michaelchurch Fun Ride

The day before the ride I had volunteered to go and help mark the route with Donna, Andrea and Jayne. The days leading up to the ride had been quite wet so before we commenced marking we made a final decision as to whether the ride could safely run or not due to the parking field. After an inspection of the field we all decided it should be fine but people may want to choose to load on the road especially if they had 2 horses on board (Andrea had already secured parking on hard standing for those with lorries).

Marking went pretty uneventful apart from a small fallen tree which needed the brush trimmed back so riders could get round and some pesky marker movers. Within half hour of Andrea and Jayne marking a section in the forestry we returned to mark a section to meet it and the markers had been taken down. We then had to re-mark this section and hope they would still be there in the morning. The final section we marked was on the home stretch through the quarry field down to the stream- well the stream was roaring, brown and foamy. Will horses go through this!?

After the marker movers the previous day Donna and I volunteered to go out first armed with markers to re-mark any sections. We were the first trailer to arrive at the venue and managed to get across the field fine (pew!). Many trailers soon followed and all seemed to park fine. We soon set off but were soon caught up by Fiona and June. I warned them about the possible lack of markers and they carried on and didn't get lost!

To our relief the markers that were put up for the second time yesterday were mostly still in place. We did notice a few pieces of broken off tree with a marker attached or spray thrown under trees. The worst find though was at least 12 markers down a gully with a 6 foot drop- these were obviously the markers that had been taken down the previous day. I got off and removed the markers I could reach so riders wouldn't think they had to turn off and go down there but had to leave the ones further down the gully. At this point we also met a rather suspicious looking couple so I ensured I told them how dangerous moving markers was and that there would be children completing the ride the next day. Why oh, why do people feel the need to remove and/or move markers!!

On the road section on the long route I spotted a sheep on her back in the field. Of course the gate was back up the road so we turned round and rode back up the road. Any other time I would have hopped over the fence but I had brand new riding tights on so wasn't going to risk them. Donna held Pie and I went over and uprighted the ewe. She had been there a considerable amount of time and it wouldn't have been long before she wouldn't have made it. I had to hold her up and support for a good five minutes before she was able to stand and walk without falling over again. What annoyed me most was 4 riders were in front of us now and would have gone passed her (Apparently they didn't see her! They need to go to Specsavers then, I feel it was more a case of couldn't be bothered but that's another story). After the long road section we were met with the most beautiful track back up through the forestry. I never got to do this last year as a group of us completely missed this loop out as we missed the markers/signs. It really was a lovely track to have a trot and canter up before we met back up with the track we had gone out on.

Back over a rather soggy Cefn and then back through the fields where we were greeted with lots of smiling helpers who were manning the gates. Thank you all!

Finally we were on the road section heading towards the stream. I must confess I'd been thinking about the stream all day but much to my surprise we were met with a nice calm stream. Obviously no rain since the previous evening had been enough to reduce the velocity of the stream. We were soon back at the venue. What a splendid ride ☺

Big thanks to Andrea, her family, the helpers and landowners for another fantastic ride! It is such a lovely place to ride ☺

Nicola Davies

Other Group Fun Rides

<i>Date</i>	<i>Ride Name</i>	<i>Group</i>
Sun 6 th December	Mince Pie Fun Ride	Cotswold
Sat/Sun 13 th /14 th February	Brynffo Valentine's Fun Ride	South & West Wales

Challenging Dennis

In 1984 I was a medical student at Stoke Mandeville Hospital (in Jimmy Saville days) when the para-olympic games were just beginning. I couldn't forget seeing para-athletes fall out of their wheelchairs after collisions and need help to get back in the chair. I understood most of the female paraplegics on the wards had fallen off horses, usually jumping.

Since then, almost every time I have got on a horse I have had a little voice in my head that whispers 'is this the day you become paraplegic?' When my horse gets tense the voice says 'It might be now! This might be the day you lose your independence, stop riding, become a burden on Martyn, need a wheelchair, might be incontinent.' I get brain lock, my focus starts to narrow, I lean forward and want to hold the breastplate, my heels come up, I grip with my legs, get tense in my shoulders... all things that are unhelpful to my horse and my balance and increase the likelihood of me coming off.

I have been to amazing lengths to get body protectors to protect my spine, even using one for motorcyclists before they were available for horse riding. The owner of the livery yard I was at mocked me greatly and asked why on earth did I continue to ride if I was that worried? A fair question, but only an addicted rider knows the answer. Unsurprisingly I was an early adopter of the air bag body protectors which are the only ones to give neck protection during a fall.

Illogically, I do not worry about head, soft tissue or limb injury which are much more common. I do not worry about falling down the stairs, or off ladders. In fact, I am not generally much of a worrier.

I decided to try and quell this annoying voice, let's call him Dennis (as in the Menace) as I think he actually contributes to my falls. But how? I thought I would check out the statistics. It turns out Dennis has been misleading me and I need to challenge him! So, I thought I would share the real facts, in case anyone else has been worrying like me.

Road traffic accidents cause half of all spinal cord injuries (SCIs). Non-riding falls (eg off a ladder, down the stairs) are responsible for a third. Violence, including knife and gunshot wounds cause 13% and all sports together account for only 10%. Alcohol is involved in a quarter of cases.

Horse riding accounts for only 2% of sports related SCIs, so only 0.2% of all SCIs. Most are from diving, then gymnastics, trampolining, rugby, football, climbing, skiing, surfing in declining order.

There are about 15 cases of SCI from riding in the UK every year. There are about 3 million riders. So, the chance of having a SCI each year is about 1/200,000 riders. Most are from jumping and cross country. Only a third of cases wore body protectors. Half end up with no paralysis. So, if you are an endurance rider that wears a body protector at all times and doesn't jump, the chance of ending up paraplegic might be in the order of one in a few million every year. About like winning the lottery.

Will this be enough to shut Dennis up? I wonder if other riders have managed to rid themselves of illogical, unhelpful thoughts, and if so how did they do it?

PS: statistically, it is still logical to wear a body protector.

Charlie Fleming

Dates for your Diary

Sunday 7th February 2021

Maryland Fun Ride

Sunday 21st February 2021

Maryland Fun Ride

(Bad weather alternative date)

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

www.egboffasdyke.co.uk