

## DERBYSHIRE COMMITTEE

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Please feel free to contact the  
Committee on any topics relating  
to our rides, news articles,  
website, endurance help, meeting  
dates etc, as we are here to help.

We've been out once more since our outing in November, the icy conditions having curtailed all hunting until the thaw early in the New Year. Phineus was a little more silly on this trip, but then he knew what a good time to expect and the meet was very close to where we live, which confused him a bit. I have to admit that I am hooked now, and determined to carry on to the point where Phin takes it all in his stride. The people involved in running the hunt are friendly, helpful and welcoming - and many were interested to hear more about endurance riding. One thing I have had to do is pull together all the appropriate gear (it's almost all the opposite of what we use as endurance riders!).

I've borrowed a hunt coat, bought some second-hand long leather boots and invested in a new leather bridle and stock (see above). All well worthwhile for the amount of fun we are having and its making the winter pass much more quickly!

If anyone wants to learn more about the hunt the website address is [www.4shires.co.uk](http://www.4shires.co.uk). They meet each Sunday in the season (ground conditions allowing) and the meets occur across Derbyshire, North Staffordshire and South Yorkshire.

*Sarah Whiteley and Phineus*

## TOTAL TRAINING DAY

At the Derbyshire EGB Awards evening I was lucky enough to win a half day session with International Endurance rider and trainer Beccy Broughton!

We arranged to go over to Ravenshead (check this) on 6<sup>th</sup> June 2010. We had an interesting journey over as there had been a crash on the A38-M! Junction and traffic was backed up almost to the A610, so we headed across country on various B roads with the horsebox!

When we finally got there, we had a coffee and discussion about where I was training wise with Rose and where I wanted to go with our training and competitive rides in the future.

Beccy then got to meet and look Rose over before showing me how to set up a ride on HR monitor. I lunged Rose, or at least tried to, as Rose has never seen the point in only her doing all the work. It was a good job the HR monitor was on Rose rather than me as I am sure I did more work than she did! I did finally get her to trot for 5 minutes so that Beccy could use the HR monitor to show me how she was recovering. I also had the chance to ride briefly then Rose got a massage, which she really appreciated.

Beccy made a series of suggestions for exercises for me to do to improve my core body strength and some riding work with Rose using the HR monitor. I found the session very useful and did the HR training with Rose, finding that she is happiest at a speed of 14kph, giving a HR of 118bpm. Since this session we have completed our Novice season with EGB finishing with a flourish and a Grade 2 for the 40km ride at Carsington!

I am also having more training sessions with Beccy in the New Year before Rose and I start our first Open Season (all being well!).

*Clair and Rose*



## OLD HORSE...NEW TRICKS!

You know what it's like as the Autumn kicks in, the days grow colder, looking after horses becomes harder work and the diminishing daylight curtails riding time. The year's endurance season becomes a distant memory and the coming one seems forever away. All this can be very depressing. What to do? Well what I did (and I'm writing about it just to show what versatile animals endurance horses can be) is take up hunting.

I'm not a great one for blood sports but fortunately for Phineus and I, the Master of the Fourshires Bloodhounds, Maggie Pearlstine, lives in the next village and keeps up the pack's profile regularly in our parish magazine. Bloodhounds of course follow the scent of a human runner, so no wild animals are damaged in the course of a meet! I'd often thought that I would like to go out with them, but I was a bit nervous of the possibility of damaging the horse over the winter period and was also rather worried about how my horse, who is an infamous hothead, might behave. As he is now in his mid-twenties however, I thought we probably would have nothing to lose (but our dignity).



My first move was to phone Maggie for a chat. She was extremely helpful and encouraging, putting me in touch with someone else who hunted an Arab and directing me to the hunt's, rather brilliant, website for further details regarding dress, etiquette etc.

One of the good things about the Four Shires is that they run a second, none jumping field, which seemed perfect for someone needing an introduction to the sport. This was in November 2010, and my first outing was from Kelstedge, near Ashover on Nov 14<sup>th</sup>.



I had imagined that Phineus would turn himself inside out at the first sight and sound of the bloodhound pack at the meet. As it was all he did was look about with interest, whilst I downed a welcome glass of port and some cheese scones (one thing about hunting - there always seems to be loads of food and booze on the go!). We set off as a large group from the venue then headed down through some fields towards Ashover. From then on the c. 15 mile route we followed involved riding in lanes, fields and moorland edges. Even without jumping there were lots of gallops and the occasional tumbled down wall or ditch to negotiate - all very much the type of obstacle that an experienced endurance horse would take in its stride.

What I had not expected about riding with the bloodhounds was the number of stops involved. So you would ride, quite fast, over a series of fields, then there would be a 5 minute break whilst the hounds re-found the scent. There is also always a halfway 'port stop' (more booze, goody!), which lasts about 20 minutes. Even with an elderly horse, on the basis that endurance horses tend to retain a good basic level of fitness over the winter, this type of riding does not overexert them. Phineus in fact finished the day up at the front and still pulling my arms out after 4 hours.

## NATIONAL AGM PRIZES

Congratulations to all of our members who picked up prizes at the National AGM recently.

Successful Derbyshire members were:-  
**Senior Championship**  
6th place Ruth Chadwick and Viche

**KBIS pleasure ride trophy**  
2nd Jean Collins and Ansbacher

**Boston Bay Trophy (horse registered at Wetherbys)**  
3rd Ann Harrison and Ginger Spice

**Ross Trophy (homebred)**  
Winner Ruth Chadwick and Viche

**Pitchford Trophy (registered pure bred British Native)**  
3rd Molly Corcoran and Pilheath Royal Paddy

**Peter Ball Trophy (junior rider riding more than one horse)**  
2nd Brett Corcoran and Aristotle Bay,  
Favian Southy Star and Bashir Shamyir

**Snowflake trophy (junior rider gaining most points in graded rides under 45k)**  
Winner Charlie Chadwick and Sycamore Rob Roy, 3rd Molly Corcoran and April Fairy

**Pickreed Masterpiece (Veteran rider)**  
Winner Ann Harrison

**Jasper Trophy (Best 3 graded rides)**  
2nd Suzanne Chamberlain and Night Owl,  
3rd Brett Corcoran and Aristotle Bay

**Regent (unregistered horse/pony)**  
2nd Ruth Chadwick and Viche, 3rd  
Suzanne Chamberlain and Night Owl

**Phoenix Field Endurance Futurity Trophy**  
2nd Jess Strong and Kay Kay

**Zarpa Trophy (Reserve Junior Champion with most points in competitive rides)**  
Brett Corcoran and Aristotle Bay

**FEI Championship (most points in FEI rides run by EGB)**  
2nd Beccy Broughton-Booker and  
Tawmarsh Muharram

**Honouring the Teams:- Kentucky 2010**  
Beccy Broughton-Booker and Java  
Sunlight

**Successfully completing their first 160km in one day**  
Annette Masterson

Some brilliant results - well done again to you all. The full results can be found on the EGB site [www.endurancegb.co.uk](http://www.endurancegb.co.uk) under results.

## WEG – ENDURANCE EVENT DVD

The group has purchased a copy of the official DVD of the Endurance Ride at the WEG in Kentucky last September.

If anyone would like to borrow this, please let Flick know and we will arrange some system of passing it around interested members. The idea is to keep the DVD for a maximum of seven days and then pass it to the next person on the list – so buy an extra bottle of wine and invite a few (horse) friends round to watch it.

## FORTHCOMING RIDES

We will be having our Rides Meeting on 12th January 2011, to book dates for rides throughout 2011 and decide on what venues we will use.

Once these dates and venues have been arranged, we will publish them in our next Newsletter and on our website at:

[www.derbyshire-egb.org.uk](http://www.derbyshire-egb.org.uk)



*Picture of Chatsworth area*

Each year we try to arrange rides in good locations and venues so that we all enjoy the terrain and scenery... as well as the ride itself! If there is a ride you have not tried before, it is worth doing in 2011 as they all have so much to offer. Below are a couple of pictures from past rides for you to see for yourself...



*Picture of Carsington Reservoir*

## NOTES FROM THE AGM

The Derbyshire Group held its Annual Meeting in November, which was very well attended. There were a couple of minor changes to the Committee. Catherine Wheatcroft has volunteered to take on the role of Newsletter Editor for the year and Jade Shaw & Rachel Dowle have kindly offered to help take on the role of Membership Secretary. Sarah Whiteley has volunteered to receive training towards becoming a Technical Steward and will be shadowing our current steward at a ride next year.

Whilst there will be a Rides Meeting held on 12th January 2011 at the Queens Arms, Taddington, some rides were proposed as follows (all dates to be confirmed):

Peak District Ride 9th & 10th April 2011  
Carsington Water Ride on 8th October 2011

If anyone wished for a copy of the complete minutes of the meeting then please contact Flick or Rachel and they will be forwarded.

## FREE TRAINING FORUM – MARCH

We are having a Training Workshop in March instead of our usual committee meeting. There will be a panel made up of several of our members, each specialising in a different topic and we hope to cover Pleasure Riding, Competitive Riding, Race Riding, Goal setting and motivation, Training and Crewing.

We hope to keep this as informal as possible so each person will give a brief introductory speech and then the evening will be given over to questions from members and discussions.

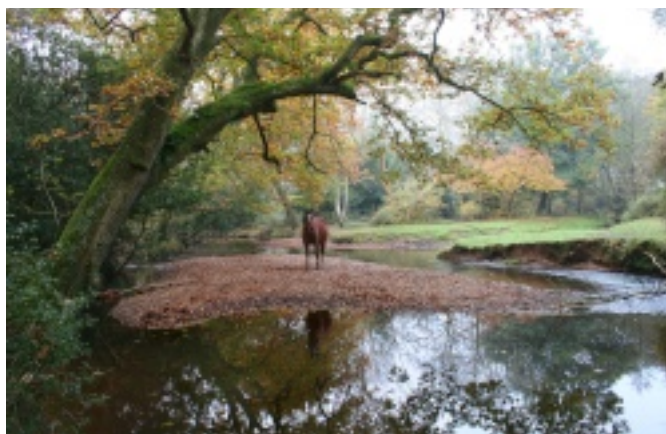
This is a great chance to discuss endurance riding, find out answers to all those niggling but important questions and also to learn about the new national coaching initiative – would it benefit you and what is involved. Beccy Broughton will also be giving a short presentation about her Kentucky experiences – so surely worth coming for that alone! Light refreshments will be included.

**Duke of York, Wednesday 2 March at 7.30.**  
*We would like some idea of numbers so please contact Flick if you are hoping to attend.*

## DON'T LOSE OUR FORESTS!

I think that we all need to be aware that there is a government proposal to sell off the forests nationwide to commercial enterprises.

We all need to take action quickly and can help by visiting the website shown below and adding your name to the petition. **'Save our forests – don't sell them off to the highest bidder'**



<http://www.38degrees.org.uk/page/s/save-our-forests>

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## HOW COACHING CAN HELP PERFORMANCE

We are often told 'practice makes perfect', when in fact the truth is .... PERFECT practice makes perfect.

This is where coaching comes in to play – all sports people at the top of their game employ a coach .... Why might this be, when they are already demonstrating mastery in their chosen field?

Coaches can work with the horse and rider on a number of areas, some are outlined below ....

- Lack of belief and confidence – if you think you can't, you probably won't
- Nerves – can have a detrimental effect on performance, so you can learn techniques to calm yourself and subsequently your horse.
- Technical expertise – coaches can help you to highlight subtle differences relating to your riding which can have a profound effect on performance.
- Setting achievable and motivational goals – if you don't know where you are headed, how will you ever get there?

- Resourcefulness – how are you going to keep your energy and focus, whilst remaining consistently effective?
- Maintaining focus and remaining flexible– as we also have our horse to think about within the performance equation and circumstances can change!
- Identifying strengths – and most importantly, utilising them! Incrementally the biggest increase relating to performance comes via this route.
- Measuring progress – essential to keep focus and motivation

Imagine – if you had a coach, how much you and your horse would benefit, and what you might be doing in the future as a result of this process.

*Janice Clare*

## FROM THE CHAIR

Now Christmas is over, we can all concentrate on getting back to what is really important – endurance riding.

The rewards for all your hard work last year can be gathered up at our Presentation Evening, which is going to be held at the Duke of York on Saturday 5th February. Don't forget to send off for your tickets, it promises to be a really good evening and we have managed to arrange a fabulous 2-course meal for £12 per head.

We hope that as many people as possible

will attend as these events just seem to get better and better.

Any reflections on last year, things which happened to you, either good or bad, would be welcomed as newsletter articles or even let us know about your hopes for 2011.

We have a really exciting programme of competitive and social rides this year, including a brand new ride at Freehay, in Staffordshire, courtesy of Ann and Gordon Harrison.

See you all soon!

## NEWSLETTER EDITOR'S REPORT

Welcome everyone to the Winter newsletter and hello from your new Editor! Thanks to everyone for the hundreds of articles which you sent in last year, it was quite overwhelming and keep them coming throughout 2011.

Thanks to Clare Calvert for her very interesting article about her training session with Beccy,

which just goes to show that you can learn new something whatever the weather. I hope everyone likes the new style of newsletter. The idea is to include more pictures and to make the whole thing more colourful!

*Catherine Wheatcroft*

## PRESENTATION EVENING

Our presentation evening this year will take place on Saturday 5th February and the venue is the Duke of York at Pomeroy, nr Buxton. This should be easy to get to as it is on the A515 and a ticket booking form is included with this newsletter.

We try to keep the price down as low as possible in order to encourage maximum attendance, and we keep it around the Buxton area as that is central for the whole of the group. We realise that it is a long

way to travel for some of you, but if you would like to change the format of the evening, or if anyone has any suggestions for different venues in future years, please let one of our committee members know and we will discuss it at the next committee meeting.

We look forward to seeing you all there, as it is a fun evening for everyone and the food promises to be great!

## ASSOCIATE ENROLEMENT 2011

To join as an Associate Member for 2011, please visit our website at [www.derbyshire-egb.org.uk](http://www.derbyshire-egb.org.uk) to download it and then send it with your payment to Rachel Dowle, 70 Nunsfield Road, Buxton, Derbys. SK17 7BW Tel: 01298 79920.

The membership fee is £19.00 or £23.00 for a family (resident at the same address). Please complete separate forms for each Associate Member.

**Cheques should be made payable to: *Endurance GB Derbyshire Group***

# Derbyshire Group of Endurance Great Britain

## NEWSLETTER WINTER 2010

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### PICTURE GALLERY



*ABOVE: Carol Curtis and Jean Collins at the Shirley Social Ride*



*BELOW James Dickenson, Paula Lynam, Jenny Doxey, Ann Harrison and Tracey Walthall at the Shirley Ride*



### FUTURE MEETINGS

**FEBRUARY – Saturday 5<sup>th</sup>**

**Presentation evening**

**Duke of York, Pomeroy, Nr. Buxton**

**7.30pm**

**MARCH – Wednesday 2<sup>nd</sup>**

**TRAINING WORKSHOP**

**Duke of York, 7.30pm**