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FORTHCOMING RIDES

Date	Name	Length	Group	Contact	Telephone
JUNE					
6	Buxton	SR	Derbyshire	Paula Lynam	01335 390250
12/13	Wharnccliffe Chase	100km CR	Yorkshire	Jeni Gilbert	01484 863506
20	Ravendale	72km CR	Lincolnshire	Cherry Powell	01472 827397
26	Glossop	SR	Derbyshire	Rachel Dennett	01457 861086
27	The Lions Tail	81km CR	Leicestershire	Val Cammock	01664 474677 (before 8pm)
JULY					
4	Shirley	SR	Derbyshire	Linda Reeves	01335 330208
11	Silk Willoughby	80km CR	Lincolnshire	Val Wattam	01526 343133
16/17/18	Ludlow	100km ER	Shropshire	Margaret McKiddie	01452 813670
18	Last of the Summer Wine	40km CR	Yorkshire	Julie Martin	01484 681423
21/22/23 /24/25	Lindum Spirit	170km ER	Lincolnshire	Jane Calvert	01205 480394
AUGUST					
7	Wirksworth	Ch	Amber Valley	Jean Collins	01629 822528
7	Longdendale	Ch 8/15m	BHS	*See below	
15	Provost Lodge	51km CR	Northamptonshire	Chris Platts	01509 674761
21/22	Auriols	82km CR	Lincolnshire	Sheila Ludlow	01507 338368
29	Macmillan Longford	SR	Derbyshire	Kate Chorlerton	01773 857063
SEPTEMBER					
4/5	Robin Hood Challenge	80km ER	Nottinghamshire	Kay Saunders	01623 405938 (before 9pm)
12	Ockbrook	SR			rotaryhorseride@aol.com
12	South Yorkshire	65km CR	Yorkshire	Jeni Gilbert	01484 863506
26	Cosford Grange	80km CR	Shropshire	Diane Watts	02476 467570
OCTOBER					
3	Bakewell	SR	Derbyshire	Jackie Rose	01246 450592
3	Congleton	SR	North Staffs	Jude Sockett	01270 820405
9	Carsington Water	80km CR	Derbyshire	Linda Reeves	01335 330208
16/17	Royalties	160km ER	Lincolnshire	Tracy Dutton	01205 480160

*Entry form available off the Derbyshire EGB website, or contact Mrs Jean Tennant, 112 Haven Lane, Moorside, Oldham OL4 2QQ. Trans-Pennine Trail 21st Anniversary Celebration Ride.

Joules	Roach	Unallocated at present
Jade	Shaw	Unallocated at present
Lorna	Skinner	Unallocated at present
Samantha	Wakes	Unallocated at present
Sarah	Whiteley	Unallocated at present
Nicola	Woodhead	Unallocated at present

If you would like to help at a ride other than the one you have been allocated, please contact Flick on 01335 390631, or the ride organiser.

RIDERS AT MANIFOLD VALLEY



Jan	Garner	Buxton
Jo-Anne	Friend	Buxton
Rachel	Dowle	Buxton
Jocelyn	Russell	Buxton
Lesley	Cantrill	Buxton
Emma	Churchill	Buxton
Kirstie	Akeroyd	Carsington
Diane	Sherwood	Carsington
Ann	Harrison	Carsington
Marian	Nicholson	Carsington
Tracey	Walthall	Carsington
Janet	Thornhill	Carsington
Rachel	Dennett	Glossop
Mike	Dennett	Glossop
Thomas	Dennett	Glossop
Maureen	Lees	Glossop
Mick	Lees	Glossop
Emma	Loveridge	Glossop
Louise	Handley	Glossop
Jessica	Strong	Glossop
Hilary	Yeoman	Glossop
Karen	Armstrong	Glossop
Carol	Curtis	Shipley
Bethan	Reeves	Shirley
Linda	Reeves	Shirley
Carol	Counter	Shirley
Kay	Counter	Shirley
Rachel	Walton	Shirley
Brett	Corcoran	Shirley
Brody	Corcoran	Shirley
Gerina	Corcoran	Shirley
Molly	Corcoran	Shirley
Melanie	Rhodes	Shirley
Sarah	Baldwin	Unallocated at present
David	Ball	Unallocated at present
Rachael	Ball	Unallocated at present
Liz	Benwell	Unallocated at present
Margaret	Blant	Unallocated at present
Becky	Broughton-Booker	Unallocated at present
Lynn	Bowler	Unallocated at present
Helena	Burgess	Unallocated at present
Sarah	Burnley	Unallocated at present
Tracy	Denneny	Unallocated at present
Sarah	Emery	Unallocated at present
Diane	Gillings	Unallocated at present
John	Glaze	Unallocated at present
Victoria	Glaze	Unallocated at present
Helen	Hill	Unallocated at present
Ros	Jones	Unallocated at present
Stella	Kirk	Unallocated at present
M J	McLoughlin	Unallocated at present
Mandy	Morris	Unallocated at present
Joanna	Newbold	Unallocated at present
Beverley	Parker	Unallocated at present
Craig	Reece-Crawford	Unallocated at present

These are the kind of thoughts which kept running round my head in the week before the ride. If I had only stuck with last year's route then I wouldn't have four more farmers to visit and another 15 gates to sort out. If I had kept it as a one-day ride then I could just put my feet up on Sunday and watch the Grand Prix.

However... I had loads of great feedback from everyone who did the ride and thought it was the best route we had ever had. Sunday was very much more relaxed and stress-free without all those vet-thingies. Some of the Sunday riders commented on how much they enjoyed it without any competitive riders and said that they would definitely do it again next year if I ran it in the same way... so maybe I will

Thanks to all my ace helpers, some of whom refused to go home at the end of their shift, but stayed on to help. Paul and Jenny from Blenheim Veterinary Services proved yet again why they are two of the most popular vets on the circuit (they are available to vet at other rides if anyone is interested) and the food this year was provided by Smash in Skins - a definite improvement.

Many thanks to the Buxton police who unwittingly helped in the cause of H&S by placing a speed trap on the A515 on Saturday and Sunday just below our worst main road crossing - great job fellas (and fellaresses).

Last but not least I have to thank the local farmers and Hoe Grange Holidays for allowing us access to some great canters and spectacular views - all have been suitably recompensed with bottles of intoxicating liquids. The landowner at the venue is so laid back that it was with great difficulty that I managed to tell him when we were coming - he just kept saying "oh, we'll sort it out nearer the time", but the time was getting nearer by the day.

I am glad that Debbie and Razz who made the trip all the way from Norfolk didn't actually freeze to death on Friday night but successfully completed the 50k on the Saturday - I know it was very cold on Saturday, but Sunday was nice and sunny and it didn't rain... much. We actually had a record number of Grade 1s on the Saturday and only 2 eliminations so most people should have gone home happy.

So, just for the record, next year will again be a 2-day ride, but the route will remain unchanged - at last I seem to have got it right!!

Flick

PROVISIONAL HELPERS LIST - JUNE 2010

I know that there are several changes to the list below, but an updated version will be on the Derbyshire Group website soon.

Jackie	Rose	Bakewell
Nicola	Humphreys	Bakewell
Sylvia	Plant	Bakewell
Alan	Sheward	Bakewell
Teresa	Sheward	Bakewell
Sue	MacPherson	Bakewell
Clair	Calvert	Buxton
Sarah	Hotchin	Buxton
Val	Lancashire	Buxton
Paula	Lynam	Buxton
Adam	Russell	Buxton
Janie	Firth	Buxton



I wanted to report back on the dressage lesson I had with Alice Beasley that I won in the Kentucky Raffle that was held at the talk on Endurance fitness.

I must admit that the words "dressage" and me are not put together very often. I found out that I had to take my own horse and I had to choose between Bilbo, who thinks that dressage is not worth the effort, and Cracker

who had just been backed and only just mastered walking in a straight line!

I ended up choosing Cracker as I thought it would be good to find out what I should be doing next. He is very good at the walk but difficult to keep in a trot. So... I warned Alice that I wouldn't be bringing a posh dressage horse and turned up at the beautifully maintained yard with my Mondeo and pony trailer and unloaded Cracker. I must admit that Cracker was really good. It was his first trip in a trailer on his own and a big ask to get him to work in a strange school. He started off in the walk and did really well and then Alice asked me to go in to trot so she could see what she was up against and he bounced off in to a lovely trot and then stopped dead within 50 yards, which is what he does. She asked me if I had asked him to stop and I said "Err - no!" and this then set the lesson. It was a challenge to get Cracker to move freely in trot. Her advice was that you need to get a young horse thinking forward, whatever it takes, before you start to think about the finer points. So, there we were with pony club style kicks and the odd help from a long lunge line and Cracker was whizzing round. I now know what I should be working on. It was so nice to have someone who (a) thought that Cracker was super (and wasn't it nice to see a fit Exmoor) and (b) was prepared to work with what was certainly not a dressage horse. I am so glad that Hilary won that prize and gave it to me!

NEWS FROM DUKERIES

Congratulations to Beccy on winning the 160km FEI on Saturday and then coming 9th in the 120km FEI on Sunday. Anyone need any fitness tips.... ?

PEAK DISTRICT RIDE

- Why did I decide to run it as a two-day ride?
- Why did I decide to change the route - yet again?
- Why did I offer to run it at all?

ED'S NOTE

Hello again. It's shaping up to be a very hot summer. Unfortunately, because of many weather/transportation complications, me and Rashiek haven't been able to do many rides. But hopefully we'll manage to do some now. Although we had to retire what we did of Moulton Marsh, it was a very enjoyable ride. Happy riding,

Bethan xxx

NEW MEMBERS

Please welcome new Associate Members, Sally Wood, Jill Ducker and Gillian Carter into the group.

TALK ON HORSE AND RIDER FITNESS

Beccy Broughton-Booker was kind enough to come and give us a talk in April in aid of the Kentucky Fund. The venue was Monyash Village Hall as it seemed quite central and most people found it easy to get to for the presentation evening. The Derbyshire Group paid for the hire of the hall and provided the refreshments, and both Beccy and Sue Broughton refused to charge expenses, preferring that any money raised went towards the Kentucky Fund. After the collection and the proceeds from the raffle, we found we had raised £200 which was very pleasing.

Beccy gave a very interesting and informative talk, concentrating on how to set up a training programme which will be useful and effective no matter what level you are competing at. She explained very clearly why a pyramid-type system is essential and then showed how the various levels of fitness can be achieved, including the use of hill work, lunging, fast work and heart monitors to assess progress.

There were plenty of questions and then Beccy briefly dealt with the importance of rider fitness, and how you can improve your fitness within a normal daily regime, without having to visit the gym four times a week.

Beccy had brought her new range of Horse Source feeds with her and we all had a chance to ask about these, as well as taking away a load of free samples.

Thanks to everyone who brought raffle prizes - with special thanks to Alice Beasley (see below) and Longcliffe Pet Shed who donated three bags of feed and a bottle of wine - please support them if you can. They are very helpful and reasonably priced feed merchants and are based on the A5056 between Grangemill and Ashbourne.

RAFFLE PRIZE - DRESSAGE LESSON!!

On the principle that "if you don't ask, you don't get", I called in on my riding instructor, Alice Beasley, (if I can call her that on the basis of one lesson a year), to see if she would donate a lesson as a raffle prize for our Fundraising Evening. I thought it would be a good prize because, although Alice is top flight dressage rider, she is also a brilliant instructor and is particularly kind to mere mortals like myself who really just want to improve their riding skills.

This turned out to be the prize that most people wanted to win and we received a report last week from the lucky winner, Sarah Burnley.

Derbyshire Group of Endurance Great Britain

NEWSLETTER JUNE 2010

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COMMITTEE MEETINGS ARE
USUALLY HELD ON THE FIRST
WEDNESDAY OF THE MONTH
AT THE QUEENS ARMS PUB AT
TADDINGTON.

NEXT MEETINGS WILL BE ON
9 JUNE & 7 JULY.

ALL MEMBERS WELCOME

FROM THE CHAIR

So much has happened already this year that it is difficult to know where to begin. Our two new rides were both a great success. Ruth, Craig and Charlie certainly know how to hold a party! Not only did they sort out a fabulous route for the ride, but the burgers and hot dogs which were available at the end were some of the best I have tasted - fresh off the barbecue. There was a tremendous downpour during the day, but I am happy to say that it mainly fell at the venue - shame for them I say but at least they managed to keep the food dry.

Jenny and Julie also put on a lovely ride around the Tansley/Matlock area. This ride took in several really ancient bridleways and also had some stunning views of Riber Castle. Unfortunately I couldn't take in all the scenery as I was riding a youngster on its first social outing, so I had to concentrate more on the horse than the views, especially when her bridle came off over one ear. Luckily I noticed in time to pull it back into its proper place before we both lost the plot completely.

There are separate reports on both our Evening Talk by Beccy, and the Peak District Ride later in this newsletter - suffice it to say that anyone who didn't attend either of these events really missed out.

We still have a full programme of rides to look forward to, so please do your best to support them - they are put on for your benefit and some of them, particularly Buxton and Glossop, are fantastic training rides.

Good luck for the rest of the season.

Flick

PS - PLEASE NOTE - WE STILL NEED VOLUNTEERS FOR THE NORTH WEST REGIONAL TEAM AT BARBARY CASTLE IN AUGUST. JUST RING OR E-MAIL ME IF YOU ARE INTERESTED