



WYE VALLEY RIDING CLUB

Established 1974. BHS Affiliated

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COMMITTEE FOR 2019/2020

Summer 2020

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Hi All. How are you all coping with the restrictions, at least they have been eased a little and you can get out on your horses more. I hope you have enjoyed the virtual shows we have put on and the Webinar with Russell Guire. The weather has been gorgeous but a bit too hot for me.

I have some reports for you and the results of various shows together with a couple of quizzes and some more anecdotes from my friend.

Here are the results of the Showing Competition, Congratulations to all.

WVRC Online Showing show July 2020

Competitors for this show submitted videos online to be judged by two judges outside the club, Carol Furlong (Senior Steward and commentator at the Royal Welsh Agricultural Show) and Marion Eaves (Organiser of the Mark Show in Somerset). Here they are in their judge's hats!



Results

Class 1a : Best Riding Club Horse/Pony (ridden)

1st Castlereagh Rose ridden by Amy Lauder.

2nd Garn Glas Atlantic Quest ridden by Hannah Matthews.

3rd Magic of Aragorn ridden by Margaret Osborne.

4th Luna ridden by Liz Pitcher.

5th King ridden by Clare White.

Class 1b: Best Riding Club Horse/Pony (in-hand)

1st Luna handled by Liz Pitcher.

Class 2a : ROR (ridden)

1st Northern Silver ridden by Sylvie Avery.

2nd King ridden by Clare White.

Class 3a: Veteran (ridden)

1st Magic of Aragorn ridden by Margaret Osbourne.

2nd Garn Glas Atlantic Quest ridden by Hannah Matthews.

Class 3b: Veteran (in-hand)

1st Liquorice handled by Janet Peters.

2nd Comet handled by Sylvie Avery.

Class 4a: Cob Type (ridden)

1st Garn Glas Atlantic Quest ridden by Hannah Matthews.

2nd King ridden by Clare White.

3rd Gerry ridden by Sarah Morris.

Class 5a: Coloured horse / pony (ridden)

1st Troy ridden by Kat Burton.

2nd Garn Glas Atlantic Quest ridden by Hannah Matthews.

Class 5b : Coloured (in-hand)

1st Grande Macchiato handled by Elinor Jenkins.

Class 6a: Native (ridden)

No entries

Class 6b: Native (in-hand)

1st Liquorice handled by Janet Peters.

2nd Ynysgerwyn Adam handled by Elinor Jenkins.

Class 7a: Best Turned out (ridden)

1st Luna ridden by Liz Pitcher.

Overall Champion (ridden) Troy ridden by Kat Burton

Overall Champion (in-hand) Liquorice handled by Janet Peters

WVRC Club meeting, 8th July 2020

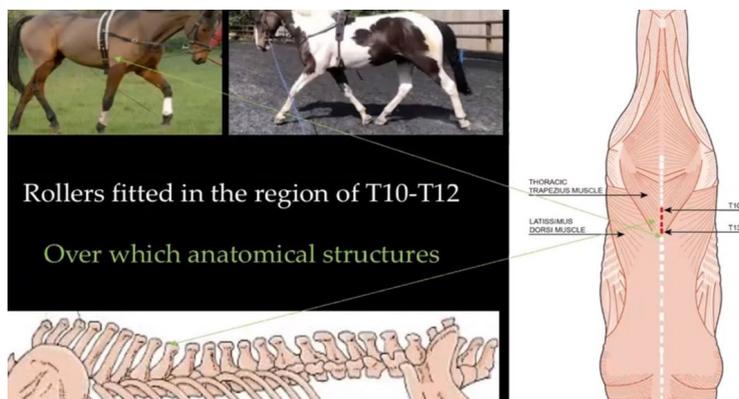
Training Aids: Use and Application

Speaker: Dr Russell MacKechnie-Guire, Centaur Biomechanics

This webinar was the first monthly meeting that Wye Valley Riding Club has organised on-line and over 30 members and 13 non-members watched this presentation live or later. Russell gave us an information-packed and thought-provoking presentation lasting more than 90 minutes, followed by the opportunity to ask questions. Many of us suffered from aching brains afterwards!

Most of the session concentrated on lunging and the training aids which can be used such as side reins and Pessoa's. Lunging is used for many reasons (warm-up, training, exercise, rehabilitation and fitness for example) and can be beneficial for the horse but there can be significant negative effects if done incorrectly. Russell recommended that training is required and instructors or equine therapists should be able to do this.

Russell gave us a summary of a survey of lunging practices involving 2,600 horse owners in the UK. Although there was a lot of variation, he found that the majority of respondents lunge once or twice a week, on a rubber/sand surface, in 15 to 20m circles for about 20 minutes. Most lunge in a roller and many also use training aids such as side reins or Pessoa's. He has therefore investigated the training aids and their uses and the effect on the horse's performance in similar conditions.

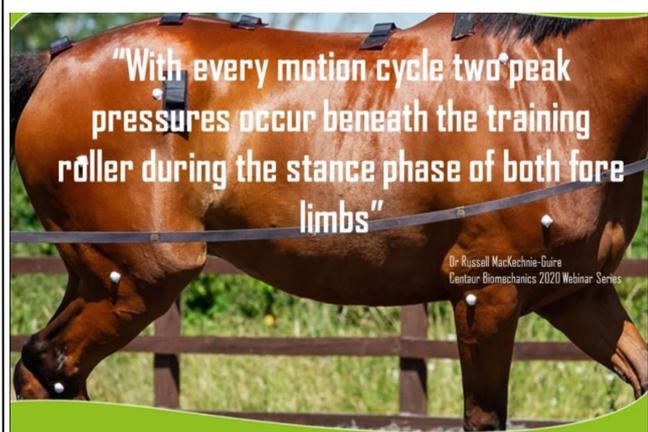


Rollers sit on the back between vertebrae T10 and T12 (see diagram from paper published in 2018), which is the area with

most muscular activity, and Russell's work with saddles has shown that any discomfort there will directly affect performance.

When lunged properly, the horse's back rises during movement and Russell's work has shown that use of a roller, even with a dressage square and a wool pad, can cause pressures on the midline high enough to cause discomfort.

Side reins tend to increase pressure at the front of the roller and the Pessoa at the back. The use of padding under the roller (he recommends medical grade closed cell foam) will ensure that a clear space is maintained over the spine. In many cases it may be better to lunge using a saddle. The girth used with a roller will also have an effect and girth buckles should be positioned high



enough to minimise pressure behind the elbows, as will the use of an anatomically shaped girth. Some respondents in the survey lunge with no roller or training aids and, provided the horse lunges with his neck low and head near the vertical, this can be effective. However it will be detrimental for a horse with its neck in extension, ie head up in the air. roller fitted incorrectly reduces the benefits of the training aids, since it applies pressure twice during every stride.

His work compared the movement of a horse with no roller and those using a Pessoa or side reins. His measurements showed there was often no difference between those with training aids and those without. He thinks this might be because a roller fitted incorrectly reduces the benefits of the training aids, since it applies pressure twice during every stride.

Although Russell has not yet done research on cavesson design, the findings from his work on bridles should apply. Pressure around the temporomandibular Joint (TMJ) and around the nose and ears should be avoided. He also has concerns about the metalwork on the cavesson noseband and it may be better to lunge using a bridle although the lunge rein should not be passed over the poll but run through the bit and clipped onto the outside ring, or a bit connector used.

Russell then talked about each of the aids and discussed their pros and cons.

The Pessoa training aid, when used correctly, increases lumbosacral flexion without increasing limb loading, so can be particularly useful for rehabilitation but he recommends that veterinary or physio guidance is needed.

Side reins with compliant (ie not too stiff) elastic seem to encourage contact by the horse. It is important that they are fitted correctly and not too tight or too loose.

Rope aids are available which go round the trunk, behind the elbows and between the legs to attach to the bit. Often, they have a central nodule sitting directly on the horse's midline. The latter may cause pressure points over time and this is not helpful in improving the horse's locomotion.

Resistance bands, used under expert advice from a vet or qualified therapist, can improve the postural performance of the horse. They may work by improving the stability and predictability of movement (for the horse). However they can be applied incorrectly and specially designed equine kit must be used for safety.

A horse's posture and musculo-skeletal development can also be improved without lunging. Polework, either in hand or ridden, is useful. It improves strength and flexion of joints without increasing loading on legs. Walking up and down banks can help to develop the horse's thoracic sling, which helps their movement.

Dynamic mobilisation exercises (carrot stretches to you and me!) can be very beneficial in improving the stability of the horse's spine, which improves their locomotion. However they have to be done correctly and frequently. Russell reported on a study which did 5 repetitions of stretching exercises, 5 days a week for 3 months, which showed a significant increase in muscle. Given that a horse's guts weigh 150 kg in a 500 kg horse, they need considerable muscular strength to manage their body weight, especially on turns, so exercises which improve this are useful.

Summary

With all training aids, there needs to be a rationale for their use, and the rider should obtain the skills to use them correctly from their coach, vet and/or equine physiotherapist. Horses are very good at developing strategies to cope with discomfort, which will dilute the benefit of any training aid.

Russell's summary is:

Benefits of using a training aid with roller pressures is counter productive

Localised roller pressures at T10 to T12 are likely to alter back function and locomotion

Rehabilitation and physio programmes may be compromised

Multiple training aids on market – all must be used with clear rationale and appropriate training

Lunging education is required

There are alternatives to lunging which can help to improve equine health and posture.

This was an interesting and enjoyable session. Thanks to Russell and also to Kath Trigg and Karen Chase who organised the webinar. Unfortunately we missed the usual home-made cakes brought by club members to these sessions!

Note that the BHS are running Challenge Awards, which include a section on Lunging. See <https://pathways.bhs.org.uk/challenge-awards/lunging-your-horse/>. WVRC are also planning on running an outside meeting with a lunging demonstration in the autumn.

Reporter: Liz Pitcher/Janet Peters/Kat Burton

WYE VALLEY RIDING CLUB PHOTO COMPETITION 2020 - RESULTS



Class 1 Best View between the ears



Winner: Claire Corney



2nd Georgina Wyllie



3rd Sara Morris

Class 2 Thrills & Spills



Winner: Shell Lambert
A photo shoot not going to plan



2nd Georgia
Wyllie



3rd Steve Gray

Jayphotos

Class 3 Proudest Moment



Winner: Laura Jones-Griffiths



2nd Vivien Bastick

The Little Roo at our first Bill Levett cross



3rd Elinor Jenkins

First rosette at our first show - clear round

Class 4 Best Veteran



Winner: Hannah Matthews
Ryan's Surprise at 19. He lived 'til 38!!!



Class 4: Veteran Cont:



2nd Liz Pitcher
Otis at 18 on WVRC team at Sapey



3rd Tessa Booker
Crunchie at 30 years

Class 5 Helping Hand



Winner: Liz Pitcher

Jacinta's homemade horse birthday cake for Otis's 18th party



2nd Sara Morris
Male bonding, getting the fella involved



3rd Kath Trigg
Karen Chase!

Class 6 Pets in Lockdown



Winner: Kath Trigg
Chickens taking over the house



2nd Hannah Matthews



3rd Lesley Dunn- Jasper

	1st	2nd	3rd
Best View Between the Ears	Claire Corney	Georgina Wyllie	Sara Morris
Thrills & Spills	Shell Lambert	Becky Read	Steve Gray
Proudest Moment	Laura Jones-Griffiths	Vivien Bastick	Elinor Jenkins
Best Veteran	Hannah Matthews	Liz Pitcher	Tessa Booker
Helping Hand	Liz Pitcher	Sara Morris	Kath Trigg
Pets in Lockdown	Kath Trigg	Hannah Matthews	Lesley Dunn

Dressage training event at Howick Farm on 19 August 2020

After all the restrictions imposed by Covid-19, endured during glorious sunshine, it was inevitable that rain would threaten to stop play once we were finally back in action again. However, the rain gods were kind and contented themselves with a light drizzle during the evening when we held our first face to face event since March.

Eight riders rode in four pairs, choosing a Walk and Trot, Preliminary or Novice level dressage test. They were warmed up for their tests, focussing on areas needing improvement with Gaye Nicholas, and then rode through the test in a separate arena, judged by Sandra Fisher. All the horses seemed to enjoy being out on Howick's lovely springy turf, and we only had one buck when cows were spotted on the other side of the hedge! Sandra provided detailed verbal feedback to all riders from her judge's perspective, much more than you would normally receive on a dressage sheet, which was very helpful. Riders were universally positive about the experience, which was in most cases their first outing to a group event for months.

Thanks are due to Gaye and Sandra, and to Pam Davidson, Ann Wilson, Kat Burton and Liz Pitcher for helping with organising and setting up the venue. We have another date booked on Sunday 20th September at Howick, and will shortly be asking for your suggestions for what you would like to do.

A couple of photos of Gaye coaching the warm-up, and Sandra giving feedback after the tests.



Reporter: Janet Peters

Ask the Experts Clinics

Due to the success of our virtual sports resumption clinics, BRC have organised a timetable of our new ask the expert clinics.

These clinics will run from 12th August until 21st October each Wednesday at 7pm and focus on specific topics such as general Q&A, Marketing, BRC Rules, Health & Safety and Safeguarding.

These clinics will offer members and clubs the chance to speak with BRC officials and specialists in these subject areas. You may have some specific questions about how to market your club, new rules you're unsure of or need further clarification, health and safety guidance for getting your events back up and running with the new covid-19 compliance or a safeguarding query. These will be hour-long sessions which will offer you the chance to raise these queries.

In order to attend these clinics you will need to book onto a session at a time that suits you and have access to a computer and the internet. We have a maximum capacity of 15 attendees per clinic and this will be determined on a first-come-first-served basis. To book, please email Lydia.joyce@bhs.org.uk with your name, riding club, official role and the email address you want the invitation to be sent to. You will receive an email response to confirm if your booking is successful. Please see below the dates and times for our clinics

12th August – General Q & A

19th August- Marketing

26th August – Safeguarding

2nd September - Health & Safety

9th September - Rules

16th September – General Q & A

23rd September – Marketing

30th September – Health & Safety

7th October – Safeguarding

21st October – Rules

September monthly meeting - outdoor lunging demonstration Wednesday 9 September, 7pm (note the new date)

Following on from the webinar by Russell Guire on Training Aids, in which he emphasised the importance of correct technique when lunging, we have booked Sarah Spencer-Williams to demonstrate how to start lunging with a relatively novice horse, followed by an experienced one so that we can see what it should look like. We shall need to know numbers in advance, so will be asking nearer the time who will be coming. It will take place at her yard,
Rocklea Farm, Broadstone, Trelleck, NP25 4QF.

Dem Bones, Dem Bones

Thirty bony names. How many can you find?

C	S	I	X	A	E	A	R	B	E	T	R	E	V
O	I	N	C	U	S	T	K	I	X	I	H	U	O
C	Y	T	G	N	O	L	A	R	J	B	O	N	E
C	R	D	A	M	P	A	N	K	R	I	T	L	Z
Y	D	I	O	M	A	S	E	S	N	A	S	A	L
G	N	O	T	Z	O	N	P	A	T	E	L	L	A
E	A	Y	H	Y	L	G	D	P	E	L	V	I	S
A	V	H	O	X	U	M	Y	I	F	E	M	U	R
L	I	U	R	N	M	U	R	Z	B	C	U	P	A
U	C	M	A	A	B	R	A	K	I	L	S	H	T
P	U	E	C	L	A	C	D	P	N	L	E	J	A
A	L	R	I	A	R	A	I	Y	A	X	I	S	T
C	A	U	C	H	Z	S	U	I	D	A	R	U	E
S	R	S	E	P	A	T	S	T	E	R	N	U	M

Answers can be found on our website on Thursday 27th August, hope you
Enjoy the quiz.

Why 4 Feet 8.5 Inches is Very Important.

Railroad Tracks

The U.S. Standard railroad gauge (distance between the rails) is 4 feet, 8.5 inches.

That's an exceedingly odd number.

Why was that gauge used?

Because that's the way they built them in England, and English expatriates designed the U.S. Railroads.

Why did the English build them like that?

Because the first rail lines were built by the same people who built the pre-railroad tramways, and that's the gauge they used.

Why did 'they' use that gauge then?

Because the people who built the tramways used the same jigs and tools that they had used

for building wagons, which used that wheel spacing.

Why did the wagons have that particular Odd wheel spacing?

Well, if they tried to use any other spacing, the wagon wheels would break on some of the old, long distance roads in England, because that's the spacing of the wheel ruts.

So, who built those old rutted roads?

Imperial Rome built the first long distance roads in Europe (including England) for their legions. Those roads have been used ever since.

And the ruts in the roads?

Roman war chariots formed the initial ruts, which everyone else had to match for fear of destroying their wagon wheels

Since the chariots were made for Imperial Rome, they were all alike in the matter of wheel spacing.

Therefore, the United States standard railroad gauge of 4 feet, 8.5 inches is derived from the original specifications for an Imperial Roman war chariot.

In other words, bureaucracies live forever.

So the next time you are handed a specification, procedure, or process, and wonder,

'What horse's ass came up with this?', you may be exactly right.

Imperial Roman army chariots were made just wide enough to accommodate the rear ends of two war horses.

Now, the twist to the story:

When you see a Space Shuttle sitting on its launch pad, you will notice that there are two big booster rockets attached to the sides of the main fuel tank. These are solid rocket boosters, or SRBs.

The SRBs are made by Thiokol at their factory in Utah. The engineers who designed the SRBs would have preferred to make them a bit larger,

but the SRBs had to be shipped by train from the factory to the launch site.

The railroad line from the factory happens to run through a tunnel in the mountains

and the SRBs had to fit through that tunnel.

The tunnel is slightly wider than the railroad track, and the railroad track, as you now know, is about as wide as two horses' behinds. So, a major Space Shuttle design feature of what is arguably the world's most advanced transportation system was determined over two thousand years ago by the width of a horse's behinds. And you thought being a horse's behind wasn't important!

Now you know, Horses' Behinds control almost everything.

Just another thing from a friend

Club event at Howick - what do you want? Sunday 20th September, 10am- 4pm

The Committee has have booked Howick for club event later in September. **We would like to know what members want us to organise!** Options might include a Club Rally day with instruction on flatwork and jumping. a dressage and/or show jumping competition or a mixture of instruction and competition.

Please email us at wyevalleyriding@gmail.com with your preferences or ideas for other activities or speak to any committee member. We will also send out a questionnaire using SurveyMonkey in the next few days.

