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Welcome to the MDRC e-newsletter

As you can see we are trialling a new format for the newsletter so please do let us know what you think and what you would like to see included!



Cerys Richardson wins at the Area dressage.

"It was an eventful trip to Blue Barn in the snow and ice and unfortunately the weather did not improve, but I couldn't have been more proud of my superstar pony!

We competed in our first Junior Area Dressage Qualifier for the Riding Club as an individual and amazingly won Prelim 12 with a fantastic score of 70.92%. I am really excited to be heading off to the Championships in April. We were also part of a team in the friendly dressage riding Intro B and came 2nd helping our team to win the friendly dressage competition too. However, unfortunately we got eliminated in the show jumping as I missed out a jump, but Sparky jumped a lovely round for our first competitive course and I


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Feedback from recent clinics:

"Emma and Mark Butler dressage clinic 10/02/18. A bright and frosty morning as I hacked to the venue, which is a lovely facility especially now with the new roof. Really enjoyed my training and hope these prove popular so more can be organised. Thank you." Janet Skinner.

"I did really enjoy the lesson and I thought Emma was great." Jane Elwell

"I had a fab time, Thomas was a little naughty in places but we came good in the

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great time and are looking forward to hopefully being part of some junior teams over the summer."

Congratulations Cerys and good luck at the Championships!

and I would love to do more of these clinics." Jan Barlow

"Thank you for organising! A lovely day and great fun." Tina East

Access to public rights of way

As most of you will know, we are allowed to ride on Bridleways, Restricted Byways and Byways open to all Traffic. You are also allowed to ride on private tracks and public footpaths if you have the permission of the land-owner.

Look on the Ordnance Survey Explorer map (sheet 148) if you don't know the paths in your area. If you find a path which you and other riders use, and have used for a long time, but it is not marked on the map, and you have never felt the need to ask for permission, PLEASE contact me as it may be possible to add that path as a bridleway, but it needs to be done in the next few years.

We are at present building a claim for a path in East Farleigh. If you have ridden in that area in the last 20 years, or know anyone who has, particularly in the earlier years (1997 onwards, or even earlier) please contact me.

Also please contact me if there are "missing links" where you ride – places that you can't get to because there is a gap in the bridleways or a very busy road. Sometimes we can get a landowner to provide a "behind the hedge path" for us.

Anne Rillie (01622 710582 or arillie@waitrose.com)

Recent team results:

Senior teams took 2nd and 4th places at the recent Area 10 'Friendly' SJ after a competitive jump off by Lauren Davis. Congratulations to everyone who represented the club and jumped so well.

The same day was also the 'friendly' dressage competition and there were more excellent results:

Angela Peddle - 3rd Elem 53
 Georgie Kneller - 2nd Novice 27
 George Kester - 4th Novice 27
 Sarah Leggat - 5th prelim 18
 Alex Taskin - 3rd prelim 18
 Tina East - 3rd intro B
 Cerys Richardson - 2nd intro B

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RULE UPDATE FROM BRC

Following the rule update from BE regarding rider falls, BRC would like to clarify that they will **not** be adopting this rule for the 2018 season. All BRC qualifiers and championships will be run with the same fall rule as last year. For further information, please see the current 2018 [BRC Handbook](#).

There is also now only one hat tag required for PC, BE and BRC competitions.



Forthcoming events and clinics:

Don't forget you can enter nearly all the events on [Club Entries](#) and you can now enter more than one event at a time which will save you several 50p payments!

Also watch this space and our Facebook page for more social events - pub suppers, dog walks, plus the Club's 70th anniversary celebrations.

11th March - Social hack (contact Wendy Neath for these and also Trec training)

18th March - Dressage training (contact Justin Byrd)

20th March - Trec training

23rd March - Social hack

25th March - SJ training (contact Georgina Kester)

30th March - Trec training

The Centaur Biomechanics event in September is now fully booked, but please let Karen Newman know if you would be interested in her running another one.

MDRC Committee

Chairman - Wendy Thomas

Vice Chairman - Karen Newman (+ dressage teams & FOTH eventers challenge)

Treasurer - Justin Byrd

Secretary - George Kester (+ Newsletter, SJ teams & FOTH combined training)

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Camp - Sarah Hall
Safeguarding Officer & social events - Ruth Keen
Social events - Janet Skinner
Clothing & fun rides - Jan Barlow
Newsletter - Sarah Leggat

CLASSIFIEDS**FOR SALE:**

17.5" black Lovatt & Ricketts dressage saddle in excellent condition. Narrow fit. Used but never taken a fall or any knocks. £275 ovno. Please contact Linda Wiggins on 01622 858877 or wigginsandco01@btinternet.com

EQUINE THERAPY TREATMENTS FROM A MDRC MEMBER:

- Different bodywork techniques; including sports massage, soft tissue mobilisation, stretching, range of motion and positioning exercises, as well as focal point work (stress and trigger points) are combined to provide optimal support for horses working in every discipline.
- This unique hands-on system addresses the whole body, implementing specific manual palpation methods to assess soft tissue and symmetry of muscle and structure, and utilizing detailed static and dynamic evaluation to inform the practitioner.
- As well as hands on massage, I also offer light therapy through the use of a Photizo Vet Care Unit
- Light therapy works by restoring energy in damaged cells and increasing blood flow using highly beneficial wavelengths of red and infrared light. The function of a cell will be compromised after damage caused by injury, surgery, disease or if the body is slower to heal from conditions such as diabetes. When light therapy is applied quickly after acute injury, the process of cell death can be prevented which will lead to quicker healing and recovery following injury.

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