

NEWSLETTER



APRIL 2010



WINTER DRESSAGE ENDS...

March saw the last of the Winter Dressage shows at Moulton, the first year RFRC has organised competitions during the winter months.

Despite experiencing one of the worst winters for many years, leading to 2 of the shows being cancelled, winter competitions have proved to be a successful trial for RFRC.

As a result the club is looking to plan further shows for next winter, possibly to include show jumping as well. We will be looking forward to your continued support!

SUMMER SEASON BEGINS...

And so heralds the start of the RFRC summer show season, Sunday April 25th will be the first show to take place at our showground in Earls Barton. This will be both Dressage and Show Jumping, there will be classes for the both novice horses & riders to the more experienced horses & riders, so come along, join in and have some fun!

We will, of course, be awarding RFRC member points at all of our shows during the summer season, so make sure you get a good head start!

NEWS

NOT JUST COMPETITIONS!

With the first signs of spring beginning to show itself, we have been busy planning training activities to take place alongside our competition programme. As well as the usual flatwork and show jump training events, Jump Cross and Cross Country training has been organised. All of the training events are available to view on the website along with booking forms and are also listed on the events calendar, for your convenience. In addition, un-mounted training is in the process of being re-launched in the next few months.

So if you are actively competing and would like to work towards improving your performance, why not attend one of these training sessions, it may help. Even if you would like to escape the 'pressures' of competing, you could treat yourself to a training session, it will still get your horse/pony out and about!

RFRC QUIZ NIGHT REPORT

The quiz night finally took place following the cancellation of the initial date planned, 12 teams entered and all those who attended had a great night.

The winners of this year's quiz was the 'Slade Farm' team, headed up by Claire Peterson, and the winners of the RFRC Quiz cup for the Equine section, was the 'Hoof Hearted' team, with Sue Buckland & friends. Well done to both teams!

The quiz and the raffle raised £120 which has been sent to the Meningitis Trust. Many thanks goes to John Ryan, for acting as the 'Quiz Master', and to his partner, Jackie, for preparing the questions. Thank you also to all those who participated, we hope you all enjoyed it!

SCHEDULES

Please be aware that the Arena Eventing show has now been revised and will now be known as an Eventer Trial. The reason for this is that the dressage phase has been removed, so that it will now become a purely jumping competition, starting at 2'3". An Eventer Trial schedule has been included with this newsletter.

The majority of schedules for 2010 have now been posted on the Club Events page of the website, and will include additional entry forms needed for the entire season. All outstanding schedules will be posted as soon as is practical.

NEWS

DO YOU THINK YOUR HORSE IS UNDER PERFORMING?

An article by;

Keighley Raftery, BSc (Hons), Msc McTimoney Equine and Canine Practitioner, registered with MAA and BCMA – tel: 07796808304

Why would I have my horse's back checked? Does my horse's back need checking? How often should I have my horse's back checked?

These are just a few of the questions that many of us horse owners ask ourselves when our horse is having a problem. Animals suffer musculoskeletal problems such as neck, back and pelvic problems and can benefit from a McTimoney treatment.

Having your horses back checked is an important health check. Seeking help at the right time is crucial for your animal to ensure it is in top condition and free from pain or discomfort, essential for health and performance. Your horse, whether they are elite or used for leisure, will need its back checking. Any horse that is asked to physically perform is likely, at some point, to have a musculoskeletal problem and the more demand we place on them, the increased likelihood this is.

As a McTimoney practitioner, I look at the underlying skeletal structure and the effecting muscles on the animal's movement. With the increasing physiological demands that we place on our horses, we are continuously pushing the equine athlete to the limit. McTimoney is a whole body treatment that re-aligns and balances the musculoskeletal system. Every joint has a range of movement and sometimes these joints can become fixed and restricted in their range of movement, muscle tension and muscle spasms can also be associated.

Your horse is made up of a spinal column, which encases the spinal cord that runs down through the spine and nerves branch out between the vertebrae joints. Nerves provide information that the brain needs to send to muscles and organs. If the body is misaligned, or there is muscle tension, then the nerve and blood supply can be compromised which can cause associated pain, discomfort or a loss of performance.

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Regular McTimoney treatments can help to prevent any acute short term problems such as a slipping, falling or being cast. More chronic issues can include ill fitting saddles, hoof imbalances, conformational issues, rider imbalances or dental issues.

Horses often show signs of a misalignment in the following way;

- Loss of performance
- Stiffness
- Holding tail to one side
- Lack of impulsion
- Reluctance to canter, disunited canter or struggling with correct canter lead
- Refusing or knocking down poles, reluctance to jump into gymnastic fences
- Stumbling
- Resistance in the form of bucking, rearing, napping etc.
- Uneven muscle development
- Uneven shoe wear

McTimoney treatments can help to increase flexibility, increase stride length, relief discomfort, increase muscle elasticity and prevent muscle strain.

So the question is when did you last have your horses back checked?

As a qualified McTimoney Practitioner, Keighley is able to offer her services if you are experiencing any of the problems afore mentioned. If you would like to contact Keighley please telephone her on 07796808304

Keighley Raftery, BSc (Hons), Msc McTimoney Equine and Canine Practitioner, registered with MAA and BCMA

HELPERS

Thank you to;

Tracey Barwell, Michelle Mabbutt,
Julie Beech Meg Haase

who all helped at the Dressage show on Saturday 20th March. Thank you also to the Judges and the members of the committee for their time and effort.

The outdoor season gets started this month, with Dressage and Show Jumping, and there are 3 events planned for May so it's getting really busy. Please check the website for a list of volunteers required, or the list with this Newsletter for what's on and get in touch as early as possible with your volunteer stint.

There are 190 opportunities for all of you to volunteer your help, and this does not include the Winter Dressage. Unfortunately, this does add up to more opportunities than we have members! So please get volunteering, alternatively persuade your friends to join and increase our membership!!

Sun 25 th April	Dressage and Show Jumping	12 people needed
Sun 9 th May	Arena Eventing	10 people needed
Weds 19 th May	Evening Show Jumping	7 people needed
Weds 26 th May	Evening Dressage	8 people needed

Thankyou

Elaine Layram Home 01933 664174 Mobile 07977869454

ANOTHER PLEA FOR VOLUNTEER HELPERS

Brigstock Horse Trials - 21st - 23rd May Fermyn Woods Hall, Brigstock

This International Horse Trials is currently looking for fence judges to help at the event. If you are over 16 and can spare a day of your time, an excellent packed lunch and refreshments will be provided in return.

A full briefing will be given at the beginning of each day.

Contact Sarah Holdford 01832 205134 or
email [**sarahjholdford@aol.com**](mailto:sarahjholdford@aol.com) please.

AREA

WINTER DRESSAGE CHAMPIONSHIPS – HARTPURY 3RD – 4TH APRIL

A Senior RFRC Team have, once again, qualified to attend these championships this year, results will be published in the next newsletter. The team members are;

Sam Williams
Louise Brown

Christine Duggan
Jonathan Canty

Good Luck to you all!

There is still plenty of opportunity for members to represent RFRC at a BRC Area or National event during the year. There is dressage, riding test, show & style jumping, horse trials, hunter trials and dressage to music qualifiers taking place throughout the year, something for everyone. Please be aware that it is up to you to enter Area events, you are unlikely to be invited to compete. This is a general invitation for any member who would like to take part to do so and complete an entry form, available from the website.

Why not give it a try, you may do much better than you think and enjoy it!

RC FESTIVAL OF THE HORSE COMBINED COMPETITION QUALIFIER

This qualifier will take place on Sunday 2nd May at Cottenham Racecourse, Cambs, and will run in conjunction with Cambridge & District Riding Club's Open Show. A full schedule is available from their website, www.canddrc.org.uk, summarised as follows;

Approx 12.30pm – Junior Riding Test (RT7 2007)
Followed by Senior Riding Test (RT8 2007)
Junior Style Jumping
Senior Style Jumping

The same combination of horse/pony and rider must complete both sections. As this is not a team event, individual direct entry is required for members, however, if there are any queries please contact Rosemary Batten who will be able to help you.

The entry fee for individuals is £12 **plus** a fee payable to BRC Head Office, this fee can be found on the BRC website.

Entry to Stoneleigh must be received 21 clear days before the competition. Entry to CDRC will close on Monday 26th April 2010.

AREA

Qualified individuals will go on to compete at the Festival of the Horse Championships in Aston-le-Walls on 5th-6th June 2010. Entry details can also be found on the Area Events page on our website, www.rfrc.org.uk.

HORSE TRIAL QUALIFIER

MILTON KEYNES EC – SUNDAY 13TH JUNE

A 3-phase qualifier that includes a dressage test, XC round and show jumping course over one day.

At the championships, to be held at Aston-Le-Walls, Northants on 6th – 8th August 2010, the Senior Open takes place over 3 days, with the inclusion of roads and tracks and steeplechase phases to the cross country day. Senior Novice and Intermediate levels take place over 2 days, and Junior Novice & Intermediate on 1 day.

	<u>Dressage Test</u>	<u>XC & SJ Heights</u>
Juniors		
Novice	BRC HN1 2001	85cm approx.
Intermediate	BRC NI2 2006	1m approx
Seniors		
Novice	BRC HN1 2001	85cm approx
Intermediate	BRC HI2 2006	1m approx
Open	BRC HO2 2004	1.10m approx

Anybody wishing to compete at the Horse Trials must complete an RFRC, entry form available from the website, and return it to the relevant Team Manager, Ben or Antonia, by 11th May 2010. The entry fee has not been confirmed as yet, but will be approximately £50 per person.

Don't forget that RFRC has organised a Cross Country training session with Nat Dixon at Milton Keynes EC on Sunday 23rd May, and this will be a good opportunity for any member entering the Horse Trials to get a feel for the XC course.

ROYAL WINDSOR HORSE SHOW 2ND ROUND QUALIFIER

Second round Riding Test Qualifiers were held place at Manor Farm EC on 27th March 2010 and 5 RFRC members competed at this event. As well as the 2nd round, a last chance first round was also held with a further 3 RFRC members entered. Full results will be available in the next newsletter.

CLASSIFIEDS

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