

Hoofing Around



Summer 2022

**From your Chairman
Claire Knight**



Welcome everyone to our summer newsletter. It's been quite a strange few months as far as some of our clinics are concerned, we have had to cancel quite a few especially our cross country clinics, which is a shame. Camp applications are very low, but Stockland Lovell have kindly agreed we can still have our weekend which is very good of them.

Our winter clinics have been booked at Kingfisher and hopefully these will be as popular as always, we appreciate that we are in difficult and uncertain times financially and a lot of members may be holding back due to this. Details of all of our clinics are included in this newsletter.

One thing that is free and that I love, is hacking out and enjoying my time with Gucci. We have a hacking group on Facebook messenger with many excellent rides catalogued all over our area, and members have been keen to meet up to ride together. If anyone would like more details, please message the EMRC Facebook page.

As always, we here at East Mendip celebrate every success of all of our members, so if you have any news to share, please contact our Facebook page so that we can give you a mention.

I hope you all enjoy the newsletter, thank you to Alex and Jo Hobbs for putting it all together.

Stay safe everyone and see you all soon.

Claire and Gucci

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Terms and Conditions of EMRC Clinics and Training Dates

Autumn/Winter 2022

Each session is an hour long and a cost of **£22** per rider unless indicated otherwise. We will endeavour to make sure there are no more than four in a class.

All training clinics are held at Kingfisher Equestrian, Hornblotton, BA7 7PS.
(What3Words ///rocky.feed.rant)

Please note that if you cancel five days or less before the clinic, you will still have to pay unless we can find someone else to take your place.

To book a Clinic:

To book Ellie's Poles and Gill's Flatwork sessions, please email Julie at juliebookings@eastmendiprc.com

To book Martine's Show Jumping and Jane's Flatwork sessions, please email Karen at karenbookings@eastmendiprc.com

Payment

We prefer payments directly into the bank. **Please do not bring cash to the clinic.**

NatWest, Frome

Sort Code: 60 08 31

Account Number: 63700298

Please put your name and the clinic date on the reference.

Can we please ask that you do not pay for any booked clinics until the times email goes out. It is very difficult to keep track of early payments with so many transactions going through the bank.

Please note payment, however, should be made BEFORE the clinic and not after!

♦ **Hostesses**

We usually like two helpers for each session, especially for the Show Jumping so if you can help on any of the below dates, please email to let the organiser know.

♦ **Please clear up your mess before leaving the venue**

Please take all your rubbish and poo home.

♦ **Refreshments**

£1 for each person for as many cups as you like. Remember to bring your EMRC insulated mug!

Flatwork with Gill Longhurst Book with Julie	Flatwork with Jane Read Book with Karen	Poles for Dressage with Ellie Maguire Book with Julie	Show Jumping with Martine Lee Book with Karen
Sunday 18th Sept	Saturday 3rd Sept	Saturday 10th Sept	Saturday 22nd Oct
Sunday 16th Oct	Sunday 30th Oct	Saturday 8th Oct	Sunday 20th Nov
Saturday 12th Nov	Saturday 26th Nov	Sunday 6th Nov	Saturday 17th Dec -
Sunday 11th Dec		Saturday 3rd Dec	Xmas Show Jumping!



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Tack Sale, Wellow Village Hall, 3rd July 2022

Thank you to all buyers and sellers who joined us for the EMRC tack sale last month which raised £236 including donations for World Horse Welfare British Equestrians for Ukraine Appeal.

E-mail!

Please note our lovely Treasurer, Debbie Pickford, has a new email address. With immediate effect, please contact Debbie via treasurer@eastmendiprc.com

Summer Social Afternoon

Last year's social afternoon was so successful, we thought it would be nice to repeat it! No reason - just a simple get together to meet without horses and have some food and drink, and chat about horses! (Is there anything else to chat about?!)

When: Saturday 20th August 2022

Where: Waggon and Horses, Doultling, BA4 4LA

Time: 12noon—4pm

Food: EMRC will pay for the food.
Choice of ham and cheese ploughmans or cheese ploughmans

Drinks: You can pay for your drinks at the bar

To book: Please email annamorrisemrc@outlook.com with food choices and any allergies

Raffle: Please bring a prize or 2! Proceeds to MBBA.

Tack table: You can bring 1 or 2 small items you wish to sell.
Please label your items with your name and how much you want for it.



Christmas Party

When: Sunday 4th December 2022

Where: Waggon and Horses, Doultling,
BA4 4LA

More details to follow!



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EMRC Summer Events



Have a Go Dressage, Kingfisher Equestrian, 8th May 2022



"Thank you Gill for all your help."

"Great coaching session with Gill between tests, thank you."

Members Only Dressage Competition, Kingfisher Equestrian, 26th June 2022



"So proud of my horses, great day!"

"A very enjoyable day, thank you"



Have a go TREC, Kingfisher Equestrian, 10th July with Karen Butt



"Fab TREC session, thank you Karen!"

In-hand Clinic, Kingfisher Equestrian, 30th July with Karen Whiston

"Great clinic! Thanks for organising it"





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EMRC Dressage Ninja's E-Riders Riding Club League

After an amazing win for the small group of us representing EMRC at E-Riders during the winter league, the eagerly awaited sash, engraved shield and massive rosette has arrived! Beautifully modelled by Bandit, Holly, Jack, Sunny, Connie, Hattie and Daisy; it will be making its way around to the other very deserving riders and horses shortly. More photos to follow!

As for the current summer league (March - August), EMRC are still going strong. Solent Riding Club are hot on our heels but we are still in the Champions position at the moment with the final month to go. Wouldn't it be great to win both the winter league and summer league, back to back!

If anyone fancies a go at an E-Riders dressage test, from the safety of your own yard, feel free to get in touch with Ella Hooper to find out more.





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Safety First



BRC Body Protector Guidelines 2022 v1

Only body protectors to the following specification are acceptable at any BRC competition where the use of body protectors is mandatory:

A BETA Level 3 displaying either a <u>Purple 2009 Label</u> OR <u>Blue 2018 Label</u>		
2000 NO LONGER PERMITTED	2009	2018
		

Any other levels / dates are NOT acceptable* and will not be allowed at any BRC competition. If a label containing a correct date is not present, the body protector will not be accepted.

- Where the use of a body protector is mandatory, air Jackets are permitted but MUST be worn over a permitted Level 3 body protector and if activated, MUST be deflated or removed before continuing. Air jackets may be worn without another body protector underneath only where the use of a body protector is not mandatory for that phase
- Hybrid Air-Jackets (a manufactured Level 3 Body Protector with an Air Jacket all-in-one) are permitted but if activated, MUST be deflated before continuing
- Blouson jacket type air jackets are permitted in accordance with point 1 above
- *Exo Body Cage body protectors continue to be permitted (see below) but the competitor MUST inform the Secretary at the event, who must then inform the paramedics and XC Control

Air Jacket



Hybrid Air Jacket



Blouson Jacket



Exo Body Cage



IMPORTANT INFORMATION

*The ONLY exception to the requirement for a BETA Level 3 2009 or 2018 label is that Exo Body Cages will continue to be accepted, provided they have a BETA Level 3 2000 purple label.

It is anticipated that BRC will continue to accept the 2009 Purple labels until 2025



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Safety First



BRC Hat Rules 2022

Only hats to the following specification are acceptable at ANY BRC activity. At all BRC Area Qualifiers and Championships, hats must show a visible AQUA 'hat tag'. This can be a BRC, BE or PC aqua tag. Any other standards / dates are NOT acceptable and will not be tagged. Hats must meet ALL of the requirements of one of the following rows:

	Standard and Date	Quality Assurance Mark	Examples
1	PAS 015 (1998* or 2011)	AND MUST HAVE BSI Kitemark Or Inspec IC Mark 	
2	VG1 01.040 (2014-12)	AND MUST HAVE BSI Kitemark Or Inspec IC Mark 	
3	ASTM F1163 (2004a or 04a onwards)	AND MUST HAVE SEI mark 	
4	SNELL E2001* or E2016	AND MUST HAVE Official SNELL label and number 	
5	AS/NZS 3838 (2006 onwards)	AND MUST HAVE SAI Global mark 	

In order to ensure riders are wearing the most up to date riding hats, please note that from the **1st January 2023**, the following hat standards will **no longer be accepted**, due to the age of hats made to these standards:

1. PAS O15 1998
2. SNELL 2001

To manage this change, a new colour of hat tag will be required for all BE, PC and BRC activities from 1 January 2023.

IMPORTANT INFO FOR THE CROSS COUNTRY PHASE: Only a "Jockey Skull" of an even round or elliptical shape with a smooth or slightly abrasive surface, having no peak or peak type extensions may be worn for any XC phase. Noticeable protuberances above the eyes or to the front, not greater than 5mm, smooth and rounded in nature are permitted. It must also comply with the 'Protective Headwear' criteria and be tagged as set out above. A removable hat cover with a light flexible peak may be used.

The use of **HEAD CAMS** are **strictly prohibited** at any BRC affiliated competition. This includes use on the head, chest, bridle or any other part of the horse or rider.

*Until 31 December 2022 only



BRITISH EVENTING

PONY CLUB





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Safety First

Stirrup update

Stirrups should be of the correct size to suit the rider's boots. They must have 7mm ($\frac{1}{4}$ ") clearance on either side of the boot. To find this measurement, tack checkers should move the foot across to one side of the stirrup, with the widest part of the foot on the tread. From the side of the boot to the edge of the stirrup should not be less than 14mm.

There are now many types of stirrups marketed as 'safety stirrups'. All riders must ensure that their stirrups are suitable for the type of footwear they are wearing and the activities in which they are taking part and that the stirrup leathers are in good condition.

There are no prescribed weight limits on metal stirrups, however with the advent of stirrups of other materials, weight limits are seen to be given by manufacturers. Any person buying these stirrups, should take particular notice if weight limits are on the box or attached information leaflets. Neither the feet nor the stirrup leathers or irons, may be attached to the girth, or the feet attached to the stirrup irons.

It is strongly recommended that the design of the stirrup chosen allows the foot to be released easily in the event of a rider fall. Specific rules for individual sports can be found in the respective sports rulebooks.

Particular focus should be on ensuring that the boot and stirrup are the correct size for the rider taking part and used in line with the manufacturer's guidance.

Show Etiquette

Now that the British Riding Clubs competition season has started, the BRC competitions team just wanted to give a gentle reminder about show etiquette to ensure all competitors are able to enjoy themselves at British Riding Clubs events.

Riders are to behave with consideration to their fellow competitors whilst working in:

- pass left hand to left hand
- make tack adjustments outside the arena if possible or the middle of the arena
- to avoid accidents, announce that you intend to enter an indoor practice arena
- do not halt or walk on the outside track
- give way to the faster pace and lateral movements
- ensure your whip does not impede a passing horse
- for show jumping, announce if you are jumping one of the practice fences i.e. shout 'vertical'

Remember, if a warm-up arena becomes overcrowded, the organiser or steward may impose a limit on the number of horses allowed, giving priority to those closest to their time.

Why will some horses have ribbons in their tails?

Ribbons are used by riders in their horses tail to inform other riders/competitors of certain behaviours/actions of their horse that might mean extra room/consideration is needed for that horse in the warm up area. Here are a few different coloured ribbons that are used by riders to communicate to other riders:

Red ribbon is used for a horse that may have a tendency to kick or get upset if another horse gets too close to their hindquarters. Please ensure you give any horse with red in their tail extra room.

Green ribbon is used for a horse that is young and therefore potentially green, so be wary these horses might find a competitive situation very overwhelming

Blue ribbon (sometimes blue, red and white) means the horse is a stallion, along with stallion disks attached to the bridle.



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****WE MUST NOT FORGET HALF PAD FIT!**** **Centaur Biomechanics Blog Series**

There are a number of reasons why riders may choose to use a half pad; to improve saddle fit, help rebalance the saddle, provide increased comfort to the horse, and in some cases the half pad may be a fashion accessory. Previous blogs have discussed the effect that a half pad can have on saddle pressures when trotting and cantering in a straight line. In brief, we have demonstrated that the addition of a wool or medical grade closed cell foam half pad, was useful in reducing saddle pressures beneath the caudal region of the saddle, whilst not increasing saddle pressures in the cranial region. In contrast, gel half pads were found to increase pressures in the cranial region, and did not offer any pressure reducing benefits in the caudal region. Other groups have quantified different half pads whilst the horse is trotting on a treadmill. Although there are multiple half pads available with limited research, dynamic (ridden) studies are underway quantifying the effects that a half pad has on saddle pressure distribution and equine locomotion. It is important to check that the addition of any half pad does not alter the fit or balance of the saddle, and consequently cause areas of high pressure, therefore it is essential before using a half pad, that its use is discussed with a qualified saddle fitter.

Although half pad use should be discussed with a saddle fitter, it is also essential that riders are aware of basic half pad fit when riding.

Half pad size: The half pad must be the correct size, so that the half pad fits the saddle, sometimes a half pad can be too small for the saddle, which means that the back edge of the half pad will create a ridge beneath the caudal part of the saddle panel, which will cause an area of focal pressure - see image and the red arrow indicating the edge of the half pad.



Half pad fit: Sometimes, even correct sized half pads are fitted incorrectly, meaning that the back edge of the half pad is positioned underneath the caudal region of the saddle, it is essential that when tacking up, that the saddle fits on the half pad and both the front and back portion of the half pad are visible.

Half pad material health: half pad material is essential, half pads such as a medical grade closed cell foam are durable and maintain their pressure reducing properties during locomotion. In contrast, half pads derived from open cell foam, or a well used wool half pad can become hard and lumpy, which could reduce the effectiveness of the half pad in reducing saddle pressures, and or could cause an increase in localised saddle pressure due to material degradation.

In summary, it is important to discuss half pad use and fit with a qualified saddle fitter. In addition, it is important that the half pad is fitted correctly, and its material does not degrade over time.

Please like / follow our page for more blogs and please share to raise awareness.



**CENTAUR
BIOMECHANICS**

Dr. Russell MacKechnie-Guire
Centaur Biomechanics
www.centaurbiomechanics.co.uk



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Equine Grass Sickness Information from World Horse Welfare

What is equine grass sickness?

Equine grass sickness (EGS) is a debilitating and frequently fatal disease of horses, ponies and donkeys, which commonly presents as impaired activity of the gut, caused by nervous system damage.

Cases occur frequently, but not exclusively, in northern European countries, particularly Great Britain. The disease occurs almost exclusively in horses with access to grass, but even though the condition was first identified around 1907, the true cause of EGS remains unknown.

Clinical Signs:

AGS + SAGS:

- Depression
- Absence of gut sounds (ileus)
- High heart rate (tachycardia)
- Salivation
- Reflux of gut contents through the nose (nasogastric reflux)
- Muscle tremors (fasciculation)
- Drooping eyelids (ptosis)
- Patchy or generalised sweating
- Difficulty swallowing (dysphagia)
- Abdominal discomfort (colic)
- Constipation (impaction)

CGS (gradual onset):

- Rapid and severe weight loss leading to emaciation
- Markedly tucked up abdomen
- Base narrow stance
- Dry, crusty nose (rhinitis sicca)
- Drooping eyelids (ptosis)
- Slightly elevated heart rate (tachycardia)
- Muscle tremors (fasciculation)
- Patchy sweating
- Reduced appetite (inappetance)
- Slight difficulty swallowing (dysphagia)

What causes EGS? *Courtesy of Professor Chris Proudman*

The cause of EGS is unconfirmed, however strong evidence suggests that the soilborne bacterium *Clostridium botulinum* (type C) plays a role. It is thought that a toxin produced in the horse's gastrointestinal tract causes damage to the nervous system, interrupting the normal gut movements and stopping digestion proceeding. This leads to a number of typical clinical signs, which may include colic, difficulty eating/passing faeces, patchy sweating, muscle tremors and rapid weight loss. Although cases of EGS occur in every month of the year, most are seen between April and July, with a peak in May. In some years this is followed by a second peak in autumn.

How is EGS diagnosed and treated?

EGS can be difficult to diagnose, with some horses showing few signs, while no non-invasive tests exist for diagnosing the disease. The application of eye drops has shown potential as a useful test in reversing the drooping eyelids seen in grass sickness. Currently however, confirmation of the disease can only be made by microscopic examination of nerves following surgery or post-mortem examination. Once a diagnosis is made, your vet will be able to advise you on whether treatment is recommended or not. Treatment should not be considered in acute or subacute cases and careful case selection is needed for the treatment of CGS cases. CGS cases will require constant nursing, stimulation, grooming, and attention from both the vet and owner.

What can be done to prevent EGS?

Preventive measures to minimise the risk of EGS include:

- Avoid grazing previously affected fields
- Avoid feed changes
- Reduce horse movements between premises/pastures
- Avoid pasture disturbance



WorldHorseWelfare



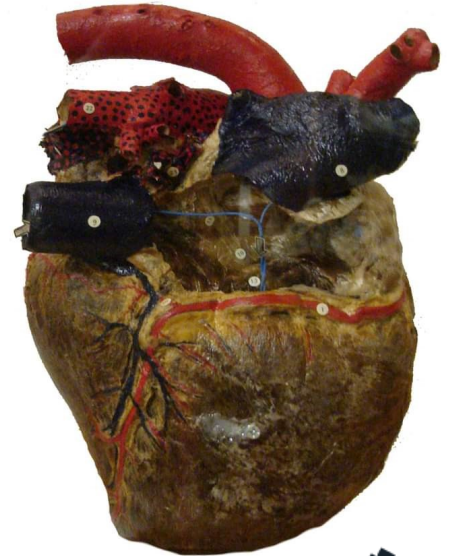
Hoofing Around



The Horse's Heart! Dr David Marlin

Even allowing for the fact that it's a big animal, the horse has a huge heart, weighing in at around 5kg in a 500kg horse! A large part of a horse's athleticism is linked to this large heart!

- ◆ A horse's heart rate can be as low as 15bpm when quiet and undisturbed during the night!
- ◆ Horses often "drop" or "miss" beats at rest when very calm. This is perfectly normal and known as second degree AV block!
- ◆ The horse's heart rate can reach 250bpm during maximal exercise, beating over 4 times a second!
- ◆ A horse's heart can pump enough blood in 1 minute of intense exercise to fill a standard bath!
- ◆ The horse's heart rate increases the harder it works, plateauing at around 190-250bpm, depending on age and breed and fitness and individual genetics!
- ◆ Below 160bpm the horse's heart rate can be heavily influenced by its environment e.g. it can be elevated due to excitement!
- ◆ Horses may commonly show arrhythmias (abnormal or irregular rhythm) when slowing down from exercise, but in the majority of cases these are not associated with heart disease!



Nobody likes to have to call the vet out of hours Garston Vets

I'll set the scene: It's typically a Sunday evening, when your horse has been absolutely fine all week, in fact the best he's ever been and pay day is over 2 weeks away. You imagine the thought of the vet's face when they receive your 9pm phone call and it puts you on edge. You're stressed, it's late, and Billy Bob your hardy, escape artist dressage Cob has somehow got himself stuck in a fence and is wearing it as some sort of necklace. It's just started to rain. Monday morning isn't far away and you've got to get the kids costumes ready for that school play you'd forgotten all about. Sound familiar? It happens to all of us, even us vets so you are not alone! Here are some handy tips on how to prepare and get through an out of hours call.

1. The vet will give you an estimated time of arrival. In that time please try to not panic, we are driving as fast as we legally can, I promise! Keep yourself busy; soothe the horse if safe to do so, put the kettle on and keep yourself warm and dry.
2. Sometimes a vet will have had multiple calls in a short space of time, usually in various locations - the vet has to assess each situation individually, based on the owner's information and go to the most critical call first - be glad when that isn't your horse.

Continued on the next page ...



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3. Try and keep the horse calm if you can, if it isn't a colic related call try and distract the horse with something food-related or have a sensible companion nearby if he is anxious to be away from his friends.
4. Don't give your horse any pain relief unless specifically asked to by the vet - it can mask illnesses and the clinical exam won't be a true representation of what is going on - this means a diagnosis can sometimes be difficult and we want to get it right for you and your horse.
5. Depending on the type of call, the vet may need water at some point during the visit so please let them know if there is no water available before they set off.
6. If you have no electricity the vet will carry a headtorch but may need your assistance shining the odd phone light here and there!
7. If the horse has been colicking, take away all food and any objects in the stable (if applicable) that he could hurt himself on. Walk him in hand for 10 minutes. If there is a safer space for the horse to be examined in (e.g. school) then the vet can perform their exam there instead. If a horse wants to roll it can be hard to stop them so having them on a lunge line can be safer so you can get out of the way of their legs!
8. Some yards are particularly hard to find, especially in the dark. If you know the postcode to your yard doesn't take you to your direct location give the vet some concise directions focusing on landmarks that they may see on the way. Alternatively download the What3Words app on your phone which gives an exact location of where you are to the nearest 3 metre square. Vets want to get to you as soon as possible as they know how stressful these situations can be - finding the best route to you is important to us.
9. Please be honest when vets ask you questions about your horse's history - we aren't trying to catch you out, we just want to get to the bottom of what is wrong with your horse and give them the correct treatment. If you can't remember certain details it's fine to say that 😊 if you can't remember that certain brand of wormer - don't worry! We're all human! There is so much to remember when you have horses and we totally understand especially when you're feeling stressed.
10. Let your vet know if your horse is on any long term medication - we often won't have had time to read the full history because we're concentrating on getting to you as soon as we can.
11. Call someone else for company or assistance so you don't have to be going through this situation on your own.
12. Keep in the back of your mind that sometimes your horse will need to be transported to hospital to advance their treatment further, if you don't have your own transport have some local company names to hand so you can arrange for your horse to be transported.
13. We sometimes ask you about insurance. It's a delicate subject because it sounds like we're just focusing on money - this isn't the case. Having insurance often expands the immediate possibilities for diagnostics and treatment (e.g CT or MRI scan, or surgery if it's needed). It's the same question that we are asked by the referring hospital when we ask them to see your horse. It doesn't mean that we can't perform other diagnostics or treatment there and then if appropriate, but we appreciate that not everyone has lots of cash at their disposal (if only!) so we tailor each plan to suit on a case-by-case basis.
14. Don't be afraid to ask questions! If you aren't sure about something - ask. If you have no idea what the vet has just said and it looks like their little science brain might have gone off on a tangent - ask them to explain it in a different way. Or better still ask for a diagram - we love drawing those!
15. Ultimately - Be kind to your vet 💖





Hoofing Around



DID YOU KNOW?

Mendip Bridleways & Byways Association

- That Mendip has 69 parishes within its area!
- Within the Mendip areas there are 134kms of Bridleways and 49kms of Restricted Byways!
- Somerset County Council Rights of Way department have a statutory duty to maintain the surfaces of these routes
- The local landowner has a duty to maintain the furniture – i.e. gates, fencing and to cut back vegetation on their land
- This doesn't always happen as limited funds are available to the council and landowners often don't have time to maintain the routes as they should



SO

MBBA steps up to raise funds and maintain as many of the Mendip bridleways as possible!

- MBBA is one of the largest BHS affiliated Bridleway Associations in the Country
- We are also Members of the Open Spaces Society who provide access to good legal advice and Bridleways and Byways Trust members
- We have 300 valued members
- We use their subscriptions, along with fund raising, to bring in much need money to help fund our work
- We hold self-help clearing parties for overgrown routes – or use our contractors, if we have the funds. MBBA has a policy that when we clear a route, we take it right back to its full width, not just the statutory 6ft
- We help fund, where we can, projects to improve damaged surfaces and have project managed a huge number of improvements to our bridleway network over recent years
- We are now liaising with SCC and insisting that they no longer install fast closing gates and no BS compliant gates, which have proved dangerous for riders. We are negotiating with manufacturers to ensure safer gate design
- We fight for equestrian inclusion on all the new multiuser (active travel) routes being installed across Mendip

If you ride the bridleways of Mendip, you may well already be benefitting from our work

- The annual membership fee is just £15.00 – and only £2.00 for every additional person at the same address – a total bargain!
- In addition to helping us with our work, you will benefit from reduced fun ride entry fees and a reduction at any of our larger events
- Membership started on the 1st June – so please go to www.mbba.org.uk to obtain a membership form and join us to help maintain safer riding routes
- And please do like and follow us on Facebook too!





Hoofing Around



Sunday 2nd October MBBA Glastonbury Ride

Unlimited numbers

Price Reduction for MBBA members

Pre booked only through www.horse-events.co.uk

Last booking with payment by 30th September



11 miles of well-marked routes covering farmland, tracks
and lanes through undulating countryside

Start times 9.30 am – 11.30am

If you are riding slowly please start by 10.30.

Photographer, tuck wagon and loos

Ample hard standing at venue

Cyclists, runners and walkers welcome – No dogs on the ride

There will be no entries accepted on the day

General info on the ride – gjones@mbba.org.uk



Friends of EMRC Hacking Group

We know lots of our members love their hacking and aren't competitive, therefore we have set up a 'Friends of EMRC Hacking Group' on Facebook messenger.

This is a friendly group chat to share hacking routes and an opportunity to meet up with others.

Any arrangements made will not be covered by EMRC or BRC, it is just a group chat where people have formed friendships through the club!

Drop a message on Facebook if you would like to be added.



Hoofing Around



Reporting road incidents on horseback

Now the highway code has been updated to help protect vulnerable road users by creating a hierarchy of users road users when passing horses vehicles must:

- Pass horses (including horse drawn vehicles) under 10 mph.
- Give a 2 metre clearance when passing, and if this is not possible it will be the law to wait until it is clear to do so.
- Drivers should take extra care and give more space when passing horse riders including horse-drawn vehicles in bad weather (including high winds).
- Drivers should not cut across horse riders or horse-drawn vehicles when turning into or out of a junction, or changing direction or lane, just as you wouldn't cut across another motor vehicle.

The BHS new horse incidents reporting app, Horse i, allows you to quickly and easily submit details of any incidents you encounter directly to the BHS via your mobile or tablet device.

EMRC Merchandise

Fancy being adorned in EMRC gear?

Visit www.gggear.co.uk for purchasing any of these lovely items!



Adults Regatta Dover Jacket, Royal Blue, East Mendip Riding Club



Adults EMRC Royal Base Layer



Unisex East Mendip Riding Club Royal Softshell Bodywarmer, 46601



East Mendip Riding Club Women's Royal Softshell Bodywarmer, 46801



East Mendip Riding Club Adults Royal Unisex Polo Shirt BA301



Royal Blue East Mendip Riding Club Hat Silk



East Mendip Riding Club Adults Royal Sweatshirt BA409



Adults ladies fit East Mendip Riding Club Royal Softshell Jacket, 46800



Adults Unisex fit East Mendip Riding Club Royal Softshell Jacket, 46600



East Mendip Riding Club Adults Royal Unisex Long Sleeve Polo Shirt BA301L



Adults East Mendip Riding Club Royal Hoody



We also have Insulated Mugs and *NEW*** baseball caps which will be available from Kingfisher on dates that clinics are running.**

Insulated Mugs - £5



Baseball cap - £15



We would love to hear your reviews of the merchandise, so once you have received your purchases, please let us know what you think.

eastmendipridingclub@gmail.com



Hoofing Around



Wobbleberry Challenge
Karen Abrey





Champion National Hunt Trainer Paul Nicholls has a Full Time Vacancy to join the team. The horses are all back in from their summer break and this is a great opportunity to enjoy riding out and working with some top class racehorses. If you would like to be part of this success and learn more about the role, get in touch!

A role that will involve riding out 3 or 4 lots, general yard and stable duties and lots of chances to attend various racecourses including the big festivals.

- * Working 1 weekend in 3
- * Excellent share of pool money for all staff
- * Top class, well mannered horses to enjoy riding
- * Regular working hours
- * Competitive wages
- * Good accommodation in shared 3 or 4 bedroom houses
- * Opportunities to gain further qualifications



We require riders to be competent on a variety of horses, enthusiastic and motivated and able to work well within a large team.

We also have weekend yard work available, involving mucking out, general stable duties, filling hay baskets, waters etc.

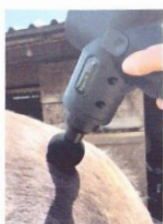
Please send your details to info@paulnichollsracing.com or call 01749860656 and we can let you know more.

10+ years experience working with a wide variety of horses, in both leisure and professional settings.



Benefits of sports massage

- Increases blood flow to the muscles
- Promotes healing
- Improves circulation
- Improves joint mobility
- Increases range of motion
- Relieves stress
- Aids muscle recovery



50% OFF
First treatment

Shannon Scrivens
Equine Sports Massage Therapy

Treatment Includes

- Initial assessment
- Sports massage
- Red/infrared light therapy
- Equi-release massage gun
- Report & Aftercare

Discount applied for multiple horses on the same establishment

07975799793

ss.equinemassagetherapy@gmail.com



Hello!

My name is Shannon Scrivens and, I am a fully qualified and insured Equine Sports Massage and Rehabilitation Therapist.

I am recognised and registered with the International Association of Animal Massage and Bodywork. To keep up to date with the latest techniques and technology within the industry I have to attend CPD days and online exams on an ongoing basis.

In addition, I also hold certification in low level laser, and I have chosen to work with the Photizo vet care device admitting red/infrared light.

Having had ponies from a very young age I always knew I wanted to work in the equestrian industry. I have studied and worked with a wide variety of horses from the age of 16. I spent 6 ½ years in a professional racing yard where I was very fortunate to assist and watch vets and therapists of different types in what they do.

This sparked my interest and love for Sports massage. I am extremely passionate about what I do and truly believe we can help our equine friends to feel their very best physically and mentally.

Massage is beneficial to all horses from racing to hacking, dressage to driving.

These are just a handful of benefits:

- * Increased range of motion
- * Improved circulation
- * Enhances muscle tone
- * Injury prevention
- * Relax muscle spasm

Some indications your horse will benefit from massage:

- * Prefers one rein to the other
- * Stiffness
- * High head carriage/ hollow back
- * Uneven stride
- * Carrying the tail to one side
- * Doesn't like being groomed
- * Holding head to one side



Please do not hesitate to get in touch if you would like a chat or to book an appointment. I would love to meet you and your four legged friends!

