

**Dates for your Diary**  
**March / April 2020**

**Talk & Chat at The Bull Hotel,  
Downton. Kate Morton on TREC  
17<sup>th</sup> March 2020 starting at 7.30**

**Dressage season for WRC begins,  
our first event is 29<sup>th</sup> March 2020**

**First training clinic with Emily  
Harris at RDA 22<sup>nd</sup> March 2020  
(more details inside)**

# **March 2020 Newsletter**

## **Wessex Riding Club**

Welcome to our early March newsletter and thank you for the kind comments and encouragement. The feedback has been great but please remember this is your space, so if you have anything you want to say please step forward as we are constantly looking for items to add to future issue.

February has been a very wet and windy month so far, muddy and cold not exactly an inviting environment for that hack is it? Let's hope the spring comes rushing in with at least some dry days and a hint of sunshine.

Our Talk and Chat programme is starting to take shape and as you can see the next one is on Tuesday 17<sup>th</sup> March 2020 at a new venue, The Bull Hotel, The Headlands, Downton SP5 3HL. The session will start at 7.30pm and the Bull serves food too! so if you want to eat get your order into the bar when you arrive. I caught up with Kate to get a bit more information on what TREC actually involves, our Q & A session appears at the end of this newsletter.

The April slot will be about Caroline Carroll's visit to The White Horses of Austria so plenty of pictures. Full details to follow.

As you can see our Dressage schedule kicks off on 29<sup>th</sup> March 2020. Intro, Prelim, Novice, Elementary and Dressage to Music tests are on offer, so go and practice.

Entry forms and the full schedule are on the web site. If you feel that competition time has come around rather quickly and there is a bit of practice required, take time to look at the Training schedule that Catherine has put together.

The first session is with Emily Harris on 22<sup>nd</sup> March being held at RDA and it's open to anyone from those attempting their very first Intro test to advanced classes. Full details and booking forms are on the website. A second session is available on 3<sup>rd</sup> May. Andrew Harris's sessions are ready for booking 12<sup>th</sup> April and May 24<sup>th</sup> 2020. Book early as spaces are limited, but the intention is to run a variety of different sessions across the year, providing something for everyone. Please take a look at the website for more info.

The open evening held by Pinkhams at RDA in January was a really interesting session and brought home just how important worming and vaccination programmes are. Details are on their website but we are going to ask Charlie and Richard to come to a Talk & Chat later in the year. If there are subjects you would like to hear about drop me a line so we can get a robust session together, covering a wide range of topics.

For more information on this and other services see [www.pinkhamequine.com](http://www.pinkhamequine.com)



A huge thank you to Sam Stockley and the yard at Grovely for making us so welcome on Tuesday 18<sup>th</sup> Feb. Sam was apprehensive about this talk because it was her first one, but she didn't disappoint and was incredibly inspiring, honest and positive. Meeting her horses was such a lovely gesture, I am not sure they really got it when 18 people entered their boxes on a cold winter's night but... everyone was so impressed with the story, it gave us all hope.

Recently, I was invited to go to an Equine Evening of Short Talks at Moreton Village Hall, there were four speakers; all very interesting and one or two that I felt could have filled a longer slot than the three quarters of an hour each they were allocated. Trudi Dempsey an Equine Trainer and Behaviour Specialist; Anna Curtis of Humble Hooves who talked about the decline in the quality soil in our grazing paddocks. Anna referred to the need for a change in our habits, now urgently required to encourage and nurture the growth back to our fields. Her talk made for some serious soul searching! When was the last time you saw a wild-flower meadow of vibrant colours and bugs? Georgie McBurney introduced us to the subject matter of Self Selection of Herbs and Oils for Horses and finally Roy French who demonstrated Idolo Tether Tie. The tie is a safer option than using good old baler twine that we all know so well! I must admit having bought one along with my companions on the night, it seems to be very easy to use.

For more information on this see [www.idolotethertie.com](http://www.idolotethertie.com)

If you know of evenings or events such as this maybe you would let us know? I think it's great to share this info with our club members, they are varied and you don't have to be a horse owner to enjoy an evening of talks about the animals we all love.

Perhaps we could carry a diary of forthcoming events on our Facebook page? If you have any thoughts or comments let us know, better still if someone would be happy to co-ordinate this information please get in contact.



**A recent Q & A Session with Kate Morton in readiness for the Talk & Chat in March.**

- **When did you first become aware of TREC?**
- *In 2009 a friend asked if I'd like to join her for a one day event at Bryanston School, Blandford Dorset. I didn't have a clue about any of it, and have no idea how we managed to get through the day! Together with Charlotte and her horse Luke, Bracken and I had a super ride around the countryside, and a puzzling time on the obstacle course where I don't think we scored anything, and I don't think we even managed the canter/walk phase because we had to cross a line of white flour at the Start which Bracken KNEW was going to eat him.*
- **What attracted you to it?**

- *Hacking out with Charlotte and Luke was the best bit, and is definitely the part of TREC I love most. The fun of the obstacles, and the friendliness of the judges and other competitors, made the whole day a positive experience, even though we were absolutely rubbish competitors. We are now able to cross horse-eating flour. Since then I have competed with four horses at various events, and each experience helps our relationship to improve. There is always something you find your horse is good at, from riding out in company, to coping with being away from home, to hanging out together while waiting for other competitors to return.*
- **For a complete beginner what are the most important things to grasp? – is this an individual effort or a team event?**
- *Competition is only one part of TREC; for me TREC is all about my partnership with my horse, excelling in the areas we are great at, improving the parts we struggle with, and doing the best we can together. No one gets everything 100% right every time they go out, not even the super treccies who have been doing it for years and have achieved a high level in competition, and even they have to start at the beginning with every new horse. In a competition you can compete as an Individual or in a Pair, but even in the Pairs classes you still have your own individual scores. There are also Clubs around the country, and being part of a group from the same Club at a competition is one of the best aspects of competing in TREC. That, and the bloopers ...*
- **Is there a cost associated to start up?**
- *Anyone can 'do' TREC anywhere for free. Opening a gate, mounting, negotiating the puddles, leading your horse down a steep hill or through a scary hazard out on a hack, having a controlled canter in an open field, pushing the walk on because time is running out to get home before dark, riding in the dark with a head torch! So long as it isn't in a competition or training, those hours count towards WRC's Pleasure*

*Riding Scheme. WRC can organise TREC events and training for our members, and I would love it if some time in the future we could add a TREC tab to our website.*

- *TREC GB is the national governing body for the sport of TREC in the UK, and this is where the costs start. Anyone can organise and attend unaffiliated training and competitions. Anyone can attend the trainings and competitions run by TREC GB affiliated Clubs, but your results don't count in the national league unless you are a member of TREC GB – annual membership starts at £35. Full Summer TREC GB competitions are usually run over a weekend, and probably cost in the region of £70. They involve camping with your horse, and competing in all three phases: MA – a slow canter followed by a fast walk (sometimes with horse-eating flour); PTV – 16 obstacles spread over 2-3km of countryside; POR – orienteering on horseback starting with 15kms at level 1, up to 40kms for level 4. Winter Arena TREC competitions are one day events held in an arena, and only include the MA and PTV phases. There are other versions of TREC events, including Versatile TREC and 10:10s – all good fun!*
- *Individual TREC GB local clubs vary in membership costs, from Wessex TREC and South East TREC £10 annual membership to TREC Southwest £25. Membership benefits vary from club to club but always include a discount for competitions and trainings, but as with TREC GB if you want to be competitive in their leagues you will need to be a member of the club, and you can be a member of any number of clubs. The closest recent event was a one day Winter Arena TREC competition run by TREC Southwest at Knighton House School in Durweston, Dorset in November, so you need to think about fuel for transport, typically £15 per class, and you would probably want to enter a couple of classes, and at that event they also had £5 for the POR practice, which was either a 10kms or a 20kms route.*

- **Where do I go to get information about local / area events?**
- *As mentioned above we have three TREC GB clubs surrounding our area, and they are all active on Facebook and have websites. [www.trecgb.com](http://www.trecgb.com) is a good place to start. <https://www.yourhorseisyourmirror.com/> is an online TREC Club – no travelling necessary!*
- **Is there a suitable type of horse for this discipline?**
- *All horses and humans can enjoy aspects of TREC. My own horses are an IDxTB, a New Forest pony, a PRE XArab (Reina who WRC members may be familiar with), and a cob. There are plenty of ex-racehorses competing in TREC. TREC covers such a range of skills that no one horse is perfect, and all horses are good at something. TREC is more of an opportunity for training, than buying the perfect horse for the competition.*
- **What do you most enjoy about taking part?**
- *Being with my horse in a friendly and supportive atmosphere; exploring the countryside; sharing experiences with fellow treccies; celebrating other people's successes; and being awesome at the 'Mount' obstacle with Reina!*

Thank you Kate, you have really given us something to think about, see you on the 17<sup>th</sup>.

**Membership renewal is now overdue, but it's not too late! If you haven't renewed yet, the forms can be found on our Website.**

**Email contact details for feedback**

**Membership and enquiries and feedback**

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## **Social & Events**

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## **Training**

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Until next time, happy riding and see you soon.

Regards,

***Janet***

## **WRC Chair and the Committee**

