



## STONELEIGH RIDING CLUB NEWSLETTER No 67 APRIL 2017

Welcome to the latest edition of our newsletter - Happy reading!

**Stoneleigh RC 2DE May 27th and 28th at Princethorpe College** is fast approaching – We are **STILL** in need of more Sponsors for our Section and Fence and Fence Sponsors as well as some Trade Stands. **PLEASE** if you can just put **ONE** forward it is a **GREAT** way to advertise while enjoying this wonderful Event!!

**Section and Fence Sponsor Package** will allow the Company to have their name incorporated in the fence name – Company name printed on a section's rosettes and trophies – Display Company banners (supplied by the Company) on the cross country fence – Company name advertised on 2DE web pages – TOTAL cost only £150.00 and just for an additional £50 a FULL page can be placed either on the inside front or the back page of the programme!!

Or, why not be a **Fence Sponsor**!? a small cost of just £50.00 over the 2 days (equates to £25.00 per day – cheap at half the price of normal advertising !!) allowing your Company name incorporated on the fence (every time someone jumps the fence it will be announced over the loud speaker for **ALL** to hear !!) You can display banners (as supplied by your Company) at the cross country fence and your Company will be advertised on the 2 DE web page.

We are delighted to announce that The Wigley Group have agreed to be our main event sponsors for the weekend, Red Horse Vale Ltd are one of our Corporate Sponsors and Little Morrell Kennels, Wixey Transport and Spring Paddocks Vet Group have agreed to be Section and Fence Sponsors so I am looking for a further 7 Sections to be covered.

So far our Fence Sponsors include Pam Rose, Holly Blackmore, Emmpix Photography and M Hemmings Building and Alterations so we need another 6 Fence Sponsors.

**PLEASE** put your thinking caps on and help us make this happen. Please contact me, Sue Wixey on 07825210635 or e-mail [finnismyman36@outlook.com](mailto:finnismyman36@outlook.com) or you could always leave a message on my home number 01926 642 843.

Thank you.



We are also looking for volunteers who would be willing to give up half a day to write for a dressage judge or act as steward at Princethorpe for the dressage phase of the Two Day Event on 27th May and/or the Junior and Senior Dressage qualifiers on 8th and 9th July. These jobs are interesting and fun, you get to meet new people and, as a writer, you get to see dressage tests from the judge's view. Refreshments are provided. The more volunteers we have the less everyone has to do so please, if you have even a couple of hours to spare on any or all of these days, email

[bud.jackson@btinternet.com](mailto:bud.jackson@btinternet.com) saying which day/days you would like to help and whether you would prefer to steward or write.



# Drill Ride and Instructional Flat Rides

I have just returned from watching the Easter drill ride. I thought Easter themed fancy dress would be challenging but I had underestimated the ingenuity and creative skills of Stoneleigh's members. We had

rabbits, bees, cakes, flowers, seasonal headdresses.... Best dressed person was Kathy Molan with flashing flower hat, best horse Lucy Horner with a cottage garden mane and best overall Chris Clay who had flowers adorning both horse and rider. The horses mostly behaved impeccably, keeping their places even when cantering circles around each other. Many thanks to supporters who also formed judges' panel, Simone for much appreciated refreshments and, of course, director Liz Neal who choreographed the evening.

The splendid amount of £182.00 was raised for Air Ambulance.

The next I R is on 11th April and from then fortnightly. If you'd like to join us please contact me [marismi913@aol.com](mailto:marismi913@aol.com) or 07813206356

## SHOW JUMPING TRAINING

The next dates for Monday night jumping with Jo Hayward at Moreton Morrell are:

April 3rd & 17th

May 1st, 15th & 29th

June 12th & 26th

As usual, pre-bookings are preferred please, just let Jenny Cowen ([jennycowen1@gmail.com](mailto:jennycowen1@gmail.com)) know which dates you can do and transfer £15 per session to 11-18-11 a/c 20191532, or post a cheque to The Barn, Kineton Road, Oxhill, CV35 0RH).

## Novice Winter Dressage Qualifier Competition

### Moreton Morrell – Saturday 11th February 17

The first Area 5 qualifier of the season took place on Saturday 11th February at Moreton Morrell College. It must have been the coldest day of the year with a dusting of snow and a very chilly wind. The club had entered six teams as follows:

<b>Stoneleigh Park</b>	<b>Stoneleigh Abbey</b>	<b>Stoneleigh Village</b>
Karina Speakman	Marion Smith	Margaret Hughes
Bud Jackson	Liz Styler	Liz Cooper
Caroline Newton	Naomi Cross	Wendy Bleloch
Jenny Cowen	Ellie Roach	Lucy Bell
<b>Stoneleigh River</b>	<b>Stoneleigh Meadow</b>	<b>Stoneleigh Oak</b>
Liz Cambridge	Abi Rose	Jo Marston
Lisa Payne	Jo Hayward	Helen Foster
Anna Chapman	Sue Gudge	Liz Styler
Portia Hartley	Annie Jordan	Jess Beards

The first Qualifier competition of the year always provides large numbers of teams and 2017 was no different, 38 in total. Prelim riders rode in the morning, starting at 8.15 am, Novice in the afternoon, not finishing until just before 6.00 pm. In spite of the cold conditions everyone remained cheerful but were glad to take their horse's home and to warm up before returning for results. Our Park team came 3rd, Abbey team came 6th. Due to the large entry 3 teams go forward to the Championships at the College EC, Keysoe on 1st April so congratulations to Karina, Bud, Caroline and Jenny. A great result following in the footsteps of the point's show jumping team in January. Now to prepare for the Intermediate Qualifier!

**Team Tests:** Liz Cambridge was 5th in Prelim 2. In Novice 27 Naomi Cross was 2nd, Caroline Newton was 5th and Lucy Bell 5th

Sue

## Novice Winter Dressage Championships

The Novice dressage Championships were held at Keysoe EC in Bedfordshire on 1st April. It was an early start for me as the team volunteer I had to be there for an 8.30am start, dressage writing. Managed to find my way there easily which those who know my navigation skills will be surprised at!

Team riders were, Karina Speakman and Bud Jackson in Prelim 2 and Caroline Newton and Alex Houldcroft in Novice 27. Alex replacing Jenny Cowen in the original qualifying team. The day was sunny and dry with well organised arena stewards as you would expect from BRC. I was lucky to write for a Level 2a Judge so it was an interesting and informative four hours. Managed to see Caroline and Karina's tests while writing and then watched Alex's while waiting for results.

Not the Club's day but hopefully everyone enjoyed the experience, Karina determined her horse will not spook at flowers and advertising boards next time! Alex and Copper came 7th individually in Novice 27 in their arena so well done to them.

Congratulations to Rugby RC who came 3rd and Solihull RC, 10th so Area 5 was in the ribbons. Looking forward to Bury Farm at the end of April when we hope to retain the Intermediate Trophy.

### Area 5 indoor show jumping qualifier



Stoneleigh RC had a great day at the Area 5 indoor show jumping qualifier at Solihull RC. We fielded two teams in the 80cm class with our Abbey team of Jo Marston, Bud Jackson, Margaret Hughes and Helen Foster kicking the day off with 4th place out of 24 teams, and our Park team, Annie Anastasia Choma. Sue Wixey,

Lucy Horner and Wendy Bleloch, who although unplaced all put in great performances. Individual double clears for Margaret Hughes, Jo Marston and Lucy Horner with Lucy Horner finishing 4th individually and Jo Marston 5th, a great start to the day.

In the afternoon it was the turn of our 90cm team of Jenny Cowen, Philippa Gibbs, Joanne Hayward and Clare Boardman who were all amazing finishing with 8 clear rounds between them to tie for first place with Buckingham RC and following a tense jump off Stoneleigh produced 3 more clear rounds to finish in outright 1st place which has qualified them for the BRC Indoor Intermediate SJ Championships at Bury Farm at the end of April. Well done everyone and thank you Solihull Riding Club for a great day

### Area 5 Eventer Challenge Qualifier

Congratulations to all our Stoneleigh riders who represented the club at the Area 5 Eventer Challenge qualifier at Swalcliffe on Sunday, kindly hosted by Crown RC.

Our 80cm team of Sally Thatcher, Margaret Hughes, Jo Marston and Lucy Horner were all clear xc but just incurred a few time penalties for being too fast but finished in a well-deserved 5th place.

Many thanks to Lucy Horner for rescuing Philippa Gibbs and her horses after Philippa Gibbs lorry broke down a few miles from Swalcliffe, so she could compete as part of our 90cm team of Bud Jackson, Philippa Gibbs, Anastasia Choma, Helen Foster who again all rode well just incurring a few time penalties for 3rd place, just 0.4 penalties behind the 2nd placed team. Well done everyone, and many thanks to Di George and Alan for taking Philippa back home after the event, hope your lorry is back on the road soon Philippa.

Unfortunately I missed most of you as I was tucked away in the scorers but you were amazing organising and helping each other out. Thank you.

**Intermediate Winter Dressage Qualifier**  
**Moreton Morrell – Sunday 12th March 2017**

Stoneleigh had entered five qualifying teams plus individuals in the Medium 71.

<b>Stoneleigh Park</b>	<b>Stoneleigh Abbey</b>	<b>Stoneleigh Oak</b>
Liz Cambridge	Karina Speakman	Jo Marston
Ellie Roach	Caroline Newton	Liz Styler
Sally Thatcher	Naomi Cross	Jayne Partlett
Kathy Molan	Alex Houldcroft	Jess Beards
<b>Stoneleigh Meadow</b>	<b>Stoneleigh Village</b>	<b>Medium 71</b>
Liz Cooper	Lisa Payne	Alex Houldcroft
Pam Rose	Phil Gibbs	Jess Beards
Jo Hayward	Bud Jackson	
Jenny Cowen	Annie Jordan	

Another long day for the organisers, Judges and stewards with 30 teams plus individuals taking part. The weather wasn't as cold as the previous month and it was worth the wait when Abbey Team won the competition, with Oak a creditable 6th. This will be our third visit to Bury Farm and here's hoping we return with the trophy again, perhaps BRC will let us keep it if we do!

The Individual results as follows:

**Warm up tests:**

- Prelim 18 Lisa Payne was 6th
- Novice 24 Naomi Cross – 1st, Elem 42 - Kathy Molan - 1st

**Placings within Teams:**

- Prelim 7 Karina Speakman was 6th
- Novice 30 Liz Styler was 3rd and Ellie Roach was 5th
- Novice 34 Naomi Cross was 1st and Jayne Partlett 3rd
- Elem 49 Alex Houldcroft was 3rd
- Medium 671 Jess Beards – 1st and Alex Houldcroft – 2nd

Thanks to everyone who rode for the club or supported reading tests, etc. We travel to Bury Farm on Saturday 29th April to try and win the trophy again.

Sue

**STONELEIGH RC TALK**

Many of you missed an extremely informative talk from Vet **Gemma Carman** BVetMedSci (Hons) BVM BVS MRCVS from Spring Paddocks Veterinary practice on

**“COLIC AND OTHER PROBLEMS WHICH MIGHT AFFECT YOUR HORSE'S PERFORMANCE”**

Gemma covered many aspects of poor performance, with particular reference to gastric ulcers, how and where they are formed and how to reduce the chances of developing them. Also touching on colic, and lameness and other areas.

It was a talk well worth attending and we would like to thank Gemma for coming and Simone for organising this for us.

**YOUR Health Kick to help you through the Season!!**

We all go on about how we need to keep our horses fit for the season, but how many of us actually realise we too need to be fit !!?? I can remember getting halfway round a cross country course one year and I couldn't breathe!!! And when I finally did come to the end I had lost time and just finished outside the rosettes because I didn't have enough 'push' to get to the end within the time!??

We must realise that as an athlete (yes, you ARE an athlete) we must have the stamina and muscle and suppleness to take us through our dressage test – over those show jumps or around the cross country. I have just put together some simple tips which I hope will help you and ask if you have anything you could share which helped you get 'fit' and cope, you can share them with us all ..... Let the season begin!!

## 6 ways to give yourself a health kick!!

### 1) Think of yourself as an Athlete

Take your own nutrition and exercise as seriously as you take your horses. Remember you are 50% of a partnership. Realise that you have to be fit to cope with the rigours of competing and owning a horse/pony. There is a lot of physical work involved on the ground as well as on board.

### 2) Increase your water intake

Nothing is more critical to any athletic performance than water. Without it you will become dehydrated, which will affect your ability to think and act quickly. You will become sluggish and slow to react. Always have a bottle with you which you can sip as you go through your day.

### 3) Eat little and often

Professional and working rider's busy lifestyles make it tempting to skip regular meals and then reach for high fat, high sugar snacks. To avoid the peaks and troughs in your blood sugar levels and those mood swings and fatigue, try to 'graze' on low-fat and low sugar foods throughout the day.

### 4) Adopt an exercise routine to meet your needs.

You don't need to be gym fit but you do need to be riding fit. Try a few sessions with a physio or personal trainer to identify those areas of your body you need to strengthen to minimise injury and increase strength endurance and flexibility. Find something which 'works' for YOU and the discipline you compete in.

### 5) Get some sleep

Not an easy one when the competition tends to be one when you have to leave at 3.30am and you also juggle with a full time job while trying to fit in your riding !!?? You need to 'switch off' in your mind set and your body needs to rest, recover and repair itself from the day's hard work. Try and aim for an average of 6 to 8 hours per night.

### 6) Avoid processed foods as far as possible

The convenience factor means we're unlikely to avoid ready meals altogether by cutting down and eating more foods as close to their natural state as possible will give you a boost and helps the body digest more quickly.

Another tip I find helps with me is to be 'organised' – always make sure you have everything in the lorry or ready to go into the trailer the DAY BEFORE the event and make sure you have all that you need in the way of grooming, first aid, water (both you and the horse) and food and hay nets filled. Do yourself a check list so then when you have got to travel there is not the worry that something has been left behind.

Have fun!!! GOOD luck and stay safe for 2017!!!!

Sue Wixey

**WHAT'S HAPPENING** at Stoneleigh RC until our next newsletter? These events are open to all members so if you would like more information on any of these events please email the organiser at the address supplied.

DATE	EVENT	ORGANISER
3rd April	SJ TRAINING	<a href="mailto:jennycowen1@gmail.com">jennycowen1@gmail.com</a>
Sun 9th April	Area 5 Combined Training Qualifier	<a href="mailto:valeriemalka@yahoo.co.uk">valeriemalka@yahoo.co.uk</a>
11th April	INSTRUCTIONAL RIDE	<a href="mailto:marismi913@aol.com">marismi913@aol.com</a>
17th April	SJ TRAINING	<a href="mailto:jennycowen1@gmail.com">jennycowen1@gmail.com</a>
25th April	INSTRUCTIONAL RIDE	<a href="mailto:marismi913@aol.com">marismi913@aol.com</a>
Sat 29th April	<a href="#">Moreton Morrell RC Unaffiliated Dressage</a>	
1st May	SJ TRAINING	<a href="mailto:jennycowen1@gmail.com">jennycowen1@gmail.com</a>
Sun 7th May	<a href="#">Moreton Morrell RC In association with LandS Eventing Unaffiliated Horse trials Inc area 5 points &amp; Warks Hunt PC ODE</a>	<a href="mailto:valeriemalka@yahoo.co.uk">valeriemalka@yahoo.co.uk</a>
9th May	INSTRUCTIONAL RIDE	<a href="mailto:marismi913@aol.com">marismi913@aol.com</a>
15th May	SJ TRAINING	<a href="mailto:jennycowen1@gmail.com">jennycowen1@gmail.com</a>
Sat 20th May	<a href="#">MMRC Unaffiliated Dressage</a>	

23rd May	INSTRUCTIONAL RIDE	<a href="mailto:marismi913@aol.com">marismi913@aol.com</a>
27 / 28 th May	Stoneleigh RC 2DE	<a href="mailto:valeriemalka@yahoo.co.uk">valeriemalka@yahoo.co.uk</a>
29th May	SJ TRAINING	<a href="mailto:jennycowen1@gmail.com">jennycowen1@gmail.com</a>

### STONELEIGH MERCHANDISE

**Wendy Bell** has in stock 3 lady fit medium and 1 lady fit large polo shirts at £12 each, if you are interested in these please contact her on 01926 313942 or email [wendybell@outlook.com](mailto:wendybell@outlook.com)



TEL : 02476 367107

20 NEWLAND LANE

ASH GREEN

COVENTRY

CV7 9BA

POSTAGE AT COST

### GILET WITH EMBROIDERED SRC LOGO TO LEFT BREAST £36.85



**J141F** Women's softshell gilet

- Side and chest pockets
- Full-zip with inner storm flap
- Bungee cord in hem

**Fabric**  
92% Polyester, 8% Elastane

**Weight**  
340gsm

**Size**  
XS 8 S 10 M 12 L 14 XL 16 2XL 18

### UNISEX BASE LAYER NAVY WITH PRINT DOWN THE SLEEVE + LOGO TO LEFT BREAST



**£20.00**

Long sleeve turtleneck. Keeps you warm and dry in cold conditions. Fabric is lightweight, soft, easy care and dries quickly. Fits like a second skin. Regulates temperature of the body. Raglan sleeve design allows increased mobility and a full range of motion.

**Fabric**  
90% Polyester, 10% Spandex



XC base layers personalised with Stoneleigh RC logo available for £20 from Dobbies embroidery, hat silks in Stoneleigh RC colours of Navy and Cambridge blue available from Val Malka at valeriemalka@yahoo.co.uk £6

### POLO SHIRT WITH EMBROIDERED LEFT BREAST LOGO

£12.00



**SS212** Lady-fit 65/35 polo

Manufacturer Code: 63-212-0

- Performs at 60°C wash
- 2-button placket with self-coloured buttons
- Longer body length and looser fit

**Fabric**

Easycare 65% Polyester, 35% Cotton

**Weight**

White 170gsm, Colours 180gsm

**Size**

XS S 10 M 12 L 14 XL 16 2XL 18

### RAGLAN SLEEVE SWEATSHIRT WITH EMBROIDERED

LEFT BREAST £15.00



**SS960** Lady-fit lightweight raglan sweatshirt

Manufacturer Code: 62-146-0

- Lightweight unbrushed fleece
- Sweatshirt with raglan sleeve
- Shaped side seams for a feminine fit

**Fabric**

80% Cotton, Belcoro® yarn, 20% Polyester

**Weight**

240gsm

**Size**

XS S 10 M 12 L 14 XL 16 2XL 20

### HOODY WITH EMBROIDERED LEFT BREAST LOGO

£15.75



Product Code

JH001

Outer Fabric

80% ringspun cotton, 20% polyester

Weight

280gsm

Sizes

Ex-Small, Small, Medium, Large, Ex-Large, Ex-

Ex-Large, 3XL, 4XL, 5XL

- Twin needle stitching detail

#### AREA 5 PROGRAMME & NATIONAL CHAMPIONSHIPS 2017

DATE		EVENT	VENUE
1 – 2 April	C	Novice Indoor SJ and Winter Dressage	The College
SUN 9 April	Q	NAF Junior & Senior Festival Combined Training	Solihull
28 - 30 April	C	Winter Intermediate Dressage & SJ	Bury Farm

SUN 7 May	P	Horse Trials 80cm, 90cm,100cm	Moreton Morrell
20 / 21 May	C	Festival of the Horse	Aston-le-Walls
27 / 28May	P	Two Day Event	Princethorpe
SUN 18 June	Q	Junior & Senior Horse Trials	Solihull
SAT 8 July	Q	NAF Junior Dressage / Riders Test	Princethorpe
SUN 9 July	Q	NAF Senior Dressage / Riding Test	Princethorpe
SAT 29 July	Q	NAF Junior Show & Style Jumping	Solihull
SUN 30 July	Q	NAF Senior Show & Style Jumping	Solihull
4- 6 Aug	C	National Horse Trials	Swalcliffe Park
SUN 13 Aug	Q	Junior & Senior Dressage To Music	Moreton Morrell
2 – 3Sept	C	National Championships	Lincoln
SUN 24 Sept	P	Horse Trials 80cm, 90cm,100cm	Moreton Morrell
29 Sept – 1 Oct	C	Dressage To Music/Quadrille	Bury Farm
TBA	P	Indoor Show Jumping	Moreton Morrell

**2017 COMMITTEE**

Chairperson	Wendy Bell	01926 313942	wendybell@outlook.com
Vice Chairman Area 5 Representative	Andy Ruysevelt	07774 418970	ruysevelt@gmail.com
Secretary Chef d'équipe (dressage)	Sue Gudge	01926 511327 07518 809333	sue@rockcottage.biz
Treasurer & Membership Secretary	Jim Horley	01926 334047	jimhorley@btinternet.com
Training Officer	Simone Bentley	01564 785534	simonebentley@btinternet.com
Area 5 Rep, Newsletter Editor & Chef d'équipe (Jumping)	Val Malka	02476 543040 07771 764039	valeriemalka@yahoo.co.uk
Dressage Judges, stewards, writers.	Bud Jackson	01926 613434 07939 122087	bud.jackson@btinternet.com
Fence Judge Co- ordinator & Auditor	Tracey Malka	07793 728041	tj3108@gmail.com
Instructional Rides	Marion Smith	01926 429883	marismi913@aol.com
Medical Services	Philippa Gibbs	01926 512295	deanandpip@btinternet.com
Hospitality	Michelle Hale	07932 651073	d_hale@talktalk.net
Show Jumping Training	Jenny Cowen	07834 068601	jennycowen1@gmail.com
Show Jumping Trainer	Jo Hayward	07906 516797	bericote13@gmail.com
	Sue Bullock	07855 096490	suebullock1@hotmail.co.uk
Sponsorship	Sue Wixey	07825 210635	finnismyman36@outlook.com

**Legal Information**

Legal Requirement Details. . . . .

Stoneleigh Riding Club  
Reg. Office  
Grove Rise,  
Weston under Wetherley



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If you do not want to receive the newsletter any longer, you can unsubscribe [here](#) .