



# Para Rider

## SIGOURNEY CRAMOND

### Grade II Jumping Grade III Dressage



My name is Sigourney and I am a 22 year old Grade II show jumper and Grade III dressage pararider. I'm graded for paradressage but I don't do it, as it's just not my cup of tea. I am the eldest of identical twin girls (my sister is also a para rider). We were born 8 weeks prematurely and I was born with right sided hemiplegia caused by a stroke before I was born, resulting in Cerebral Palsy. My whole right side is partially paralysed, and I have a reduced range of movement, muscle strength and my joints are weak. Unfortunately due to this I can't feel my right leg when I'm on a horse or use a whip with my right hand, but I have learnt how to compensate for this. I can use a rubber band to hold my right foot in the stirrup if I require, but I choose not to. I don't use anything else, except for spurs and a hold a whip at competitions. I also suffer from severe paralysing migraine headaches due to my condition.

I have 2 amazing horses in PS Bernie Mac and Zambessi. Bernie I have trained myself from a 3 year old and Zambessi (Harvey) is the schoolmaster I have always dreamed of riding, I have been lucky enough to lease him. He will give me the experience at 1\* Grand Prix level that I having been needing. My ultimate goals are to represent New Zealand at the Para Olympics and World Cup level show jumping.

When I'm not riding, I work as an Aviation Security Officer at Auckland Airport. Aviation is my one of my other passions, as is animals. I recently built my first home with my Fiancée Karl, 5 minutes down the road from the horses. We have 3 dogs, which are our other babies and a cat.



Para Jumping is not yet a sport in New Zealand but it is in other countries and Para NZ look to include it in the future. For more information about what it is about visit [www.rda.org.uk](http://www.rda.org.uk)