



April-May 2018

Congratulations
to Jenny
Champion and
Phillip Graham
on their selection
for WEG 2018



Editorial

This issue of the Distance is a bit late coming out I'm sorry. It was a month of planning rides while sitting looking at the weather forecast and then out the window wondering if the weather will behave itself. First up I believe I owe a bit of an apology to the course markers for Nationals. I loved the track at Nationals. It had enough variety of footing and terrain that kept you thinking and having to concentrate for the whole day, which is what a championship track should be in my book. There are very few courses out there with no rocks or rough ground, and none of them are my favourite tracks. If my write up on the event gave the impression of any kind of criticism I'm deeply sorry. Great course, clear marking, good job well done. In the past month other course markers have done a good job too, unfortunately the weather has meant that riders were unable to reap the rewards. Hopefully we'll see them next season instead. We're into the admin end of the season now. Time for the horses to have a bit of a break with AGMs coming up and planning for next season.



Thanks to all who have given feedback on the Distance this season. Last month we had feedback from a member who enjoys it even though she 'only does the little rides'. I'm a firm believer (educated by a Waikato Intro rider a number of years ago) that all ride distances are as valid as any other. Those that do their first 5km lead rein class achieve just as much personally as those who do their first 40km. And those who do 40km are just as valid as those who do 160km. Its about personal achievement, and those goal posts are very moveable. What once seemed impossible now seems easy, so you set your sights a little higher, a little longer, a little more competitive. Its been great this season seeing lead rein kids doing their first independent rides. Its been great seeing riders that never thought to do more than 25km now doing their first 80km. There is always great excitement in seeing people achieve their longer distance goals as well, especially the 160km goals. And seeing some of those vying for WEG selection ... always something left to achieve. What a great sport.

Daryl Owen

ESNZ Endurance Board 2018

At Board level things have been quietly progressing at a really good rate. The Strategic Plan has been revisited, with a lot of the short term goals having been actioned already and work already under way on some medium term goals. Our Sports Administrator has well and truly earned her keep with getting all the information out for season awards in good time for the upcoming club AGMs and National AGM in Palmerston North. Another great Board initiative is the new sheet to help people keep track of their rides and standdown dates. Hopefully this will be a useful tool for everyone. A plan for making it easier for clubs to take on organising championship events is being worked on. The Officials Training Panel has reworked the training manual so that clubs are able to run officials training courses to upskill or requalify officials. Its been a very productive year on the Board. We look forward to seeing many of you the AGM.

Upcoming rides

North Island 2018-2019

Calendar out soon.

ESNZ Endurance AGM

South Island 2018-2019

Calendar out soon

Forum, McLeans Island 19 May 2018



South Island Forum - 19th May

Venue: National Equestrian Centre
McLeans Island Road
Christchurch

Time: 11am to 3pm

There will be a short lunch break partway through so it would be advisable to bring your lunch with you.

WEG Team Announced

Congratulations to Jenny Champion and Phillip Graham on their selection to represent NZ at WEG in Tryon, USA this year. Check the article on the website.

<https://www.nzequestrian.org.nz/2018/05/weg-endurance-representatives-announced>

Watch out for details of how to keep track of our riders when they're available.

Rides around the country

April was a month of cancelled rides.

First Marlborough cancelled their April ride with a weather forecast that dictated the ride couldn't happen, and then Canterbury followed suit several days later. The forecast for the Waikato ride wasn't wonderful, but looked like it should be at least passable. The course was marked, the riders arrived in the rain ... unfortunately so did previously unforecast thunder and lightning, so the day was cancelled and everyone went home again.

So that was April. Then came May. Marlborough had another go, but cancelled the ride several days out with very wet conditions making it unfeasible. Waikato also had another go, with another new venue, and in the end it was the landowner expressing his concerns about the ground conditions that put paid to the weekend – this time before anyone actually arrived at the venue.

So end of season. Next ride report will be in the new season, and also one from WEG!!

Roll of Merit – km awards

This year Alshar Blue Levi achieved the 6000km lifetime km mark.

On the CTR Scroll of Merit Jenna Underwood's Colorado Skye reaches 750 kms

Check the full list on the website.

2017-2018 Series Winners

Decade Team – Heidi Bulfin and Stonelea Sparkling Rose become the first team to achieve Decade team for CTR since this award was introduced. Congratulations Heidi and Rose. Great achievement.



Championship Series – Naomi O'Shaughnessy and Castlebar Party Girl

FEI Series - senior - Naomi O'Shaughnessy and Castlebar Party Girl

FEI Series – junior – Caitlin Holmes and Westray Precious

Horse and Rider – Senior - Naomi O'Shaughnessy and Castlebar Party Girl

Horse and Rider – Junior – Kate James and Chartei

Intermediate Horse and Rider – Senior – Emma Tunstall and Windvale Faridah

Intermediate Horse and Rider – Junior – Rowan Redmond and Martika Fire

Distance Rider – Senior – Daryl Owen

Distance Rider – Junior – Jayden Loveridge

Distance Horse – Senior – Miro Lugh

Distance Horse – Junior – Makahiwi Phoenix

Non Arabian Award – Deidre Swain's Blacknight Mako

CTR Awards

Horse and Rider – Open - Heidi Bulfin and Stonelea Sparkling Rose

Horse and Rider – Intermediate – Penelope Valk and Euralea Esabella

Horse and Rider – Junior – Grace Blyth and KD Migal

Horse and Rider – Novice – Kym Gough and Lucy

Distance Horse – Open-Colorado Skye

Distance Horse – Intermediate – Euralea Esabella

Distance Horse – Junior – KD Migal

Distance Rider – Novice – Kym Gough

This year a new Loyalty award has been added for the rider who has entered the most events. This is a combined award for both Endurance and CTR. Announcement out soon. Next season there are plans to extend this and recognise those who have worked the most rides as ground crew. Keep it in mind maybe when you plan your season

Travelling around the country

Since the last Distance we've had a couple of people offer suggestions of places to stay and places to rest. I will try to work on this over the winter. Any more suggestions keep them coming.

There is actually life outside of endurance

Tyler Bumby has been selected to a rep team for Mounted Games.

Trudi Thomas-Morton is off to the Mongol Derby

Man v Horse has been won by our members for the last two years and this year it was another of our members who took the win, with Don Sagar winning the title seconds ahead of Maureen Davie, with Sandy Warren in third. The 21km distance was won by Sandy McCuan. Great to hear reports of the help given to other riders and sportsmanship shown by all our members at this ride.

Are you doing winter dressage? Do you go trekking for your early season legging up? Maybe you 'dress proper' and go hunting. If you do something else as well please let me know so we can celebrate it.

AGM

The end of season and AGM is coming up fast. AGM papers will be out in due course, but in the lead up to the the AGM and prizegiving, its worth giving a bit of thought to the special awards – Think about who would like to see nominated for volunteer awards and event of the year. If you have trophies from last season now is also the time to get onto getting them engraved, if you haven't already.

We have three Board positions up for election. According to our bylaws three Board members are required to stand down each year. If you would like to join the Board, or there is something you would like to see on Board because they have something to contribute make sure you get a nomination form in. The current Board members who are required to stand down are likely to restand as well. This sport belongs to all of us and the input of all our members helps it to grow.

The following documents are now available on the website:

- Board Nomination Form
- Questions to be answered by Board Candidates
- Board Member Position Description
- Technical Committee Nomination Form
- CTR Committee Nomination Form

Attention

All ESNZ Endurance Trophy Holders



If you have received a trophy at one of the championship events or at the annual prize giving and the trophy is in need of repair or if the trophy title is difficult to read can you advise Jo Lankow which trophy and what the problem with it is

Jo Lankow on m.lankow@xtra.co.nz





2018 ESNZ Endurance AGM
28th July – Copthorne Hotel
110 Fitzherbert Avenue, Palmerston North

Accommodation is available at the Copthorne Hotel. The cost is \$139.00 per room (single, double or twin) and includes breakfast based on single or twin share.

To book rooms at this price please phone the hotel on 06 356 8059 and quote Equestrian Conference.

On-site parking is available. There are other hotels and motels within easy walking distance.

Timetable: - Subject to change

Friday 27th July

- Endurance Board Meeting 3.00pm – 9.00pm

Saturday 28th July

- Forum 8.30am
- CTR Meeting 11.00am
- AGM 1.00pm
- Prize Giving 4.00pm

Sunday 29th July

- Endurance Board Meeting 8.00am – 12.30pm

While no dinner is being organised it would be nice if those staying on Saturday night met up for the evening.

Further details will be available at a later date.



ESNZ Endurance 2018 Annual General Meeting

The ESNZ Endurance 2018 Annual General Meeting (AGM) will be held on the 28th July at 1.00pm.

The venue for the AGM is:

Copthorne Hotel, 110 Fitzherbert Avenue, Palmerston North

Agenda of Business to be transacted is as follows:

1. Welcome
2. Apologies
3. Confirmation of Minutes from previous AGM – 22nd July 2017
4. Matters Arising
5. Chairperson's Annual Report
6. Financial Annual Report
7. High Performance Annual Report
8. Election of Board Members
9. Election of Technical Committee
10. Set Affiliation Fees for 2019-2020
11. Set Ride Levies for 2018-2019
12. Proposed Rule Changes
13. Approval of Ride Calendar 2018-2019
14. General Business

Also to be held:

8.30am	Forum
11.00am	CTR Meeting
4.00pm	Prize Giving

Notices of Motion due on or before the 30th April.

Nomination forms for the Board, Technical Committee and CTR Committee will be available on or before 1st May.

Nominations for the Board, Technical Committee and CTR Committee due in on or before the 31st May.

The AGM papers, voting forms and proxy forms will available on or before the 7th June.



ESNZ Endurance Sponsorship Committee

Expressions of Interest

The ESNZ Endurance Board is calling for Expressions of Interest to join our newly formed Sponsorship Committee.

There are two positions available and if you are interested in joining the committee please send your details to:

Jo Lankow
ESNZ Endurance Sport Administrator
Email: m.lankow@xtra.co.nz

The Committee's Terms of Reference will be forwarded to all interested parties.

Expressions of Interest close on the 31st May 2018



Forage fibre the key to winter feeding

By Dr Simone Hoskin PhD (Animal Nutrition)

Whether you're feeding an eventer or showjumper turned out for a winter rest, woolly pony club ponies, super-fit and clipped hunters or a dressage horse focussed on the local winter series, the principles of winter feeding remains the same. It's all about quality forage fibre!



The lower limit of daily forage intake for any horse is 1.5% of the horse's body weight in forage dry matter (Harris et al., 2017). This equates to 7.5kg dry matter for a 500kg horse, e.g. nearly half a bale of meadow hay. When winter bites, 2-3% of body weight in forage dry matter should be fed. Horses should have free access to forage fibre for an absolute minimum of 8, ideally 10 or more hours per day, but in winter this may need to be doubled.

Low pasture growth limits supply in winter, and combined with the low fibre, energy, mineral and often protein content of winter pasture, conserved forages are required to fill the pasture deficit. Hay is most commonly used for winter feeding of horses, but the huge range in quality of hay or baleage leaves many horse owners guessing whether their forage is providing enough energy or protein unless it has been tested. By the time you notice that your horse has lost weight in winter, it's too late to recover that lost muscle in under 6 weeks.

So it's best to plan your forage supplies well in advance. Purchase and know the nutrient content of your bulk forage e.g. hay, well before winter starts as well as feeding highly digestible forage fibre like FiberProtect, FiberEzy or FiberMix in the feed bowl to boost protein and slow-release energy as required by the demands of each individual horse.

Forage protein requires special consideration for the equine athletes taking a break, to ensure muscle built up during the season can be maintained during a spell. For young growing horses it is important to prevent a growth check during winter and maintaining muscle mass is the key to longevity and soundness for old horses. The supply of amino acids (building blocks of protein) is critical for maintenance or growth of muscle mass and topline, and to support the immune system challenged by winter ills.

If your horse requires additional energy added to the feedbowl, it's easy to utilise a complete balanced forage-based feed such as FiberBoost, or add to the quality fibre already in the feedbowl some highly digestible concentrate (e.g. cooked formulated feed) at a ratio of 2:1 (forage fibre:concentrate) by weight, and only add a small amount of fat/oil, as using this energy source in winter can reduce the heat of digestion and if horses are not well adapted to fat/oil this can reduce fibre digestion.

So why is forage digestion and metabolism even more important in winter than at other times of the year? Because the process of forage fibre digestion in the hind gut is what keeps horses warm. Rugging, shelter or stabling can help keep horses warmer and reduce their energy requirements, but horses with wet heads and legs standing in mud can still lose a lot of heat even when well rugged. By utilising the natural central-heating power of the heat of fibre digestion and metabolism, you can keep your horses and ponies toasty warm on the inside using continuous slow-release energy.

Cereal grains or oils might be a more energy dense feed than forages, but they do not warm your horse. Cereals and concentrates have a reputation for being 'heating', but this is in reference to

horse behaviour, not their body temperature. When bad weather suddenly increases energy demands for body warmth, to reduce risk of digestive upsets and colic, this should be supplied by increasing the highest quality forage fibre in the diet to which the horse is already adapted.

Even if your horse is a 'good doer' and keeps condition on in winter with almost no pasture and just plenty of mature meadow hay, a small feed of high quality forage fibre protein like FiberProtect with mineral/vitamin balancer will be required daily to meet nutrient requirements. Even just 1-2kg of highly digestible fresh forage fibre like FiberProtect, FiberEzy or FiberMix will nourish the beneficial bacteria supporting gut microflora balance, where it has been recently discovered that 70-80% of the immune system resides.



So fuel your horse with Fiber Fresh this winter and have the added benefits of a healthy gut, powerful immune system, cool behaviour and a horse looking and feeling great for the coming spring season.

Last but not least

