



February 2018



Board members got to be riders at South Island Champs

South Island Open
CTR 63k winner
Sue Billigheimer

South Island 160km
winner
Alison Higgins



Editorial

... and then suddenly there were only a few rides left in the season. Where on earth did the months go!! There have been some great personal achievements this season. Alison Higgins, for one, has hardly stopped smiling since claiming double championship titles at South Island Champs. This led me to have a look at the records on the website to see how many others have claimed double titles at a Championship. There have been several at North Island Champs, most recently Pip McLellan (as she was at the time). This then made me look at how many people have claimed the 160km title at both a Nationals and Island champs in the same season. There are a few more of those, and the names are likely well known to most of us. It makes for interesting/nostalgic reading casting an eye down the lists of title holders. Personally I try not to even think about trophies when working out my season plan, or even my ride plan for the coming weekend, but when you do get your hands on a trophy and get to have your name engraved on it it's a proud moment to be listed among riders who you've looked up to or heard so much about. I guess the take home message is that there is always more to achieve. Celebrate the small victories and cherish the bigger ones. I'm very much looking forward to Nationals this year. The top three in both the Senior FEI series and the Championship series at the moment are an Australian, a North Islander and a South Islander. I wonder how it will look after Nationals.



Daryl Owen

ESNZ Endurance Board 2018

Its been a busy month of competition but things have been happening at Board level nonetheless. Sue Billigheimer has been talking with the Pony Club Association about having endurance included in the Pony Club achievement badges. This has now been updated on the Pony Club website, and should prove a great incentive to encouraging junior riders (and maybe their parents as well) to come out and try endurance or CTR.

Planning for Nationals is on track and also for the AGM. The draft calendar is due out, but dates for next season's Championship rides are needing to be firmed up before it gets released. A plan is being worked on to have Champs events allocated ahead of time to help with planning the calendar and also with fundraising for these events.

In order to ensure we fulfil our obligations and health and safety requirements (in particular) as ride organisers its really important for clubs to get the required paperwork to Jo Lankow in good time ahead of a ride. I know doing the paperwork is everyone's least favourite job, but its actually to keep us all safe legally. Similarly if riders want to see ride results posted soon after a ride its important to get the proper documentation in as soon as possible (I'm guilty as charged on this one).

The ESNZ database is due to be going live imminently, but if you have any questions/queries about rider numbers or records in the meantime just give membership services a call.

Work has been underway to make it easier for riders to track their standdown times between rides. This is still a work in progress so in the meantime make sure you know the standdown rules. The updated rules are now available on the website. If in doubt call to check.

Upcoming rides

North Island 2017-2018

In March
Ruahine
Wairarapa
AWEC

And in April
Waikato

South Island 2017-2018

In March
Nelson
MacKenzie
Marlborough

NATIONALS

And in April
Marlborough
Canterbury
Mt Nimrod

Rides around the country

Waitomo at Stonehill Farm, Pukeatua

(Photos by Kyle Hawkrigde)

The venue for this year's Waitomo club ride was keenly anticipated. The course was slightly different than in previous years, with plenty of challenge and stunning scenery. Saturday was the day for CTR, with classes from Intermediate 40km through to the 4km leadrein class. Sarah Addy and Escarda Mozambique won the Intermediate 15km event. The Intermediate 40km was won by Brittany van Dyke on Kaimanawa Queen of Hearts, with Gemma Acton and Charlie Brown taking second place. The Novice Senior 25km CTR saw a tie for first place



Gemma Acton on SS Shemrani



between Natasha Guest on Arahi Tahī and Dinah Nicholas on SS Hamasi. The rules were consulted and first place was awarded to Natasha Guest based on closest to the finishing time. In the Novice 15km CTR it was Danni Smith and Bellatrix who took first place with Tessa Honeyfield and Lonny in second. Debbie Penny and Lulu won the Novice 10km, with Melissa Baker and Westfalia Milanian in second. A highlight of the day for many was seeing the lead rein class heading out. This region has some very strong and supportive families and it was wonderful to see these young

riders being encouraged. Watch out for the name Honeyfield in a few years as these kids come off the lead rein and want to do longer distances.

In Sunday's 40 senior Endurance it was Petra Paterson and Taurere Watania who took first place, followed by Sonia Swinbourne on Peruvian Vance. Joanne Loveridge won the 80km senior event, with Jayden Loveridge completing the 80km unscathed this time to take the junior win on Mizraim Florence.

As always its not all about winning. Congratulations to Fiona Stephen, stepping up to the 80km distance for the first time. How fitting that breeder Barbara McGregor was able to be there to see Craig Royston Serenade complete her first 80km. Also stepping up to the 80km distance, having already completed the 40km CTR the previous day, was Gemma Acton, this time on SS Shemrani. Well done to both of these riders. Sean Trafford completed a second 80km novice on his stallion Prince Eligani, who now qualifies through to Open status. Well done to all qualifiers. There were miles of smiles all round on both days.



Sean Trafford and Prince Eligani

Waikato at Hikumutu Road, Taumarānui

Photos by Lisa Peck Photography

This year's ride at Hikumutu Road (Ross Hill's place) had considerably less mud than last season's ride. With less mud there was also a change of ride base, this time right beside the Whanganui River. The opportunity of a jet boat ride was taken up by a number of people, and the 'miles of smiles' were not just on horseback this time. Riders came from as far away as



© Lisa Peck Photography

Whangarei to the north and Bulls in the south, and there was even a visiting photographer from the US on Sunday.



Saturday's 40km event was predominantly a novice affair, with most completing successfully. The Intermediate Senior winner was Ruth Dawber and Miro Dusty Trails, clocking a thoroughly respectable 2:59:00 across the line. The shared dinner on Saturday night was held in perfect weather conditions (often not the case) within view of the river under an amazing sunset.

The sole CTR rider for the weekend was Kirsten Benson on her Paso Fino mare Primero Portia. These two have looked good all season and sailed through to take the win in the CTR Intermediate 20km event.

Sunday's start time for the 80km was delayed due to fog and low light. Mike Bragg led from the beginning on Miro Blaze of Glory and both enjoyed their day,

completing successfully for the win in 6:21:30. It was a good weekend also for the Sagar team, with Pippa Roberts finishing second on Wai Totara Moon Star and Don Sagar on Wai Totara Rameriz in third. Joanne Loveridge and Silands Pilot finished out the senior field. Jayden Loveridge was in no hurry, taking the junior win



in 8:02:53. As always success isn't just about first, second or third. Its about accomplishing goals, such as Miranda Swierstra's completion in the elevator 80km on Mauku Boy. Awesome job.

Emma Tunstall made the long trip from Whangarei to compete, successfully finishing the 60km event on Windvale Faridah in first place.



Sunday's 40km event saw Shantalle Geurtjens riding Ross Hill's mare Rewa to first place in 3:17:11. Cruising in for second and third were Kaye Lancaster on Sharm El Sheikh and Paula Adams on Glenmore Nazirah. Junior rider Rowan Redmond looked totally in control on Martika Fire, to take first place Junior. A strong showing on AWEC riders in the novice division saw lots of successful completions as well. As with other rides this season a highlight of the weekend was seeing new juniors coming out and getting started, running their own ponies out and having a great time. Yes, Isla Mutch and Emma Gilling, I'm talking about you. Good job ladies.

Wairarapa - Matahiwi 17-18 February 2018 (contribution from Jane Ferguson)

The Wairarapa club held their 2nd ride at Matahiwi this season, on a course that is traditionally kind to novice horses and a good upgrade track. Welcoming and obliging landowners had made big efforts to move stock and open gates, making for an inviting and flowing track.

Numbers were lower than usual for this venue, with the local A&P held the same weekend. 20 and 40km classes were held on Saturday afternoon, with a strong contingent turning out for the 20km distance in particular which was well supported by local and Wellington-based riders. After a short stint up the road, the track turned off into flat, and then gently undulating farmland, with some fabulous views across the Wairarapa on offer after a couple of climbs.



I was riding a green mare in her first competition in a number of years, along with a riding buddy (Robyn Mills) in her first competition in quite some time also. We cruised along quietly at the back of the pack and both finished with huge grins, delighted with our horses' performances. After crossing the line and stripping gear at the float I

put the monitor on both horses, and commented 'I think it's not working', when Robyn's horse showed a HR of 44 almost immediately. Turns out the monitor was perfectly fine, and her horse looks like a superb candidate for serious CTR success.

Ana Whitehead on Wicked Moment took the 40km junior class, while all five riders in the novice 40km successfully qualified, in times ranging from 3 hours, to 3 hours 45 minutes.

With a number of horses still on stand-down after North Island champs, just four riders lined up in the 80km and headed off bright and early on a day that promised to be hot, followed half an hour later by three 60km riders. Unfortunately for some of the longer distance riders it just wasn't their day. However Cherry Brown riding Tararua Diablo took the win in the open 80km, with Deirdre Bartlett continuing her fine form this season, winning the 60km on CR Xmas Star.



A well known sight to ride organisers after a ride

Shorter distance riders had good success, with Lucy Newton and the seasoned Sayfwood Classique taking the intermediate

senior 40km, and Ana Whitehead and Alshar Blue Levi heading Pip Ireland and Sayfwood Oshaarna by a nose in the junior. Again a good number of 20km riders headed out happily in a group, with first over the line going to Sue Kleyn and Te Pixie, keeping herself 'well grounded' (I've seen some impressive airs above ground and great stickability from this combination this season).

We were delighted to welcome a number of first-time competitors to this event, and hope to see them again at our last couple of rides, and again enjoying our wonderful sport next season.

Marlborough

Marlborough's February CTR ride at The Narrows was enjoyed by mostly novice riders. A 100% completion rate is always a joy for organisers and some fine performances were put in across the board. Missy Green on Xavier Cherokee stands out on the results sheet with a single time fault, winning the 23km Intermediate class. Heartrates proved the deciding factor in other classes. Sylvia Clark and Whimsy were the winners in their event, and Kelly Coleman and Felix left room to improve in their timing, but still claimed a win with impressive heart rates. In the 23km Novice a tie break on points was decided in favour of Kym Gough on Lucy. And in the 22km Open it was the superior heart rates of Stonelea Sparkling Rose who took the win for Heidi Bulfin.

South Island Champs

Photos by Country Road Photography

Cannington was the venue for this year's ESNZ Endurance South Island Championships. The weekend's competition got underway at 1am on Saturday with the 160km Championship. A strong field started the event but it was Alison Higgins on Northwinds Apollo and Australian rider Naomi O'Shaughnessy riding CastleBar Party Girl who were left at the end as the only successful senior competitors. In an exciting gallop finish Alison crossed the line one second ahead of Naomi to take the win in 11:18:33. Junior rider Kate James, in her first 160km start and riding her pony Chartei, rode the majority of the ride with the senior riders and passed the vet checks with flying colours to win the JY 160km in a time of 11:33:38



Sunday morning saw Alison Higgins again taking the lead, this time on Twynham El Desiree in the 126km Championship. She finished comfortably ahead of the rest of the field, winning the event in 9:12:24. This win marked the first time in some years that one rider has claimed two titles at a South Island Champs. Second place went to Susie Latta and Tkiwa who were also awarded Best Conditioned. Ian Gray and Rita took third place

with David Marshall and Dahman Madraz taking fourth. Fifth place went to another Australian rider Christine Stomps on Dahman Al Zayd. This was Christine's third ride in New Zealand this year. The completing field for the 126km was rounded out by Kevin James on Glendaar Splash of Fire.



Saturday's 105km championship saw Carla Barakat and Nina winning the event in 7:12:10.



Heidi Bulfin and Stonelea Sparkling Rose finished in second place with Lisa Simpson and Summersdale About Time in third. Best Conditioned for the event went to Stonelea Sparkling Rose.

Bill Croft claimed the win in the 80km event on Hine Hukatere in 5:55:07. Finishing one second behind second place went to Jane Neale and Kahuna Whispa, with Helen Graham and Sherwood Volos in third. Tessa Flintoft and Twynham Jericho finished

successfully in fourth place with Anna Hynes in fifth on Willowbrook Noel Dancer. Lisa Simpson had a successful weekend, taking sixth place on Summersdale Izzat. Ursula Keenan rounded out the field on Tokopuhe Iceberg, finishing successfully. Helen Graham claimed Best Conditioned. Caitlin Holmes and Westray Precious took the win in the JY 80km in winning time of 7:14:07

The 55km Championship title was claimed by Deirdre Swain on Blacknight Mako



The CTR Intermediate 38km was won by Penelope Valk on Euralea Isabella, with a final score of 82 points. Jo Forrester on Quasim finished in second place with Paula Kerr on Shardan Shelby in third.

The Open 63km CTR title was claimed by Sue Billigheimer on Ribbonwood Monet with a final score of 156. Second place went to Jenna Underwood on Colorado Skye.

Many thanks to the organisers, volunteers, officials, and especially to the landowners who allow us access to these beautiful areas.

This South Island Championship event was the fourth event of five in this season's FEI series and the second in the Championship series. The final event is the ESNZ National Championships, being held over Easter in Springfield, in Canterbury.



Make a Difference

Volunteers

We always report on the riders and winners in our sport. We also talk a lot about thanking sponsors. And its true that without riders we don't have a sport and without sponsors our sport wouldn't be what it is, certainly at Championship level. Always though, behind any event there is a club, and behind every club there are volunteers.

Most volunteers are also riders who are giving up their own riding time so that others can compete. Volunteering at a ride is a great way to learn more, and the more people who work at one or more ride a season, the more the workload is spread around. Volunteer Burnout is a real thing in most sports. When

the same people do the majority of the work season after season we run the risk of having the knowledge leave the sport when they finally burnout and don't want to do it anymore.

If your club is running a ride consider whether you might be able to work one day and ride the other, or designate one club ride a year to be a worker. If you are riding at your club ride find out how you can help to clean up after the ride before you head for home. The course often needs to be completely unmarked and base cleaned up on the same day, and its usually the same people who have already given several days or weeks of organisation to mark the course who get left to do all the unmarking as well. An extra few pairs of hands often make all the difference.

At the very least remember to thank the ride organisers and other volunteers who have given their time to make your riding possible.

At our national AGM at the end of the season we have an award for the Volunteer of the year. Look around and take notice of those who volunteer more often than others, of those who are behind the scenes organising rides and club admin, of those who are always cheery and helpful and make our sport enjoyable and welcoming, of those who are always last to leave because they are packing up and ensuring landowners will ask us back again. Make a point of nominating one or more volunteers that you would like to see recognised. To all volunteers out there I applaud you and appreciate you.

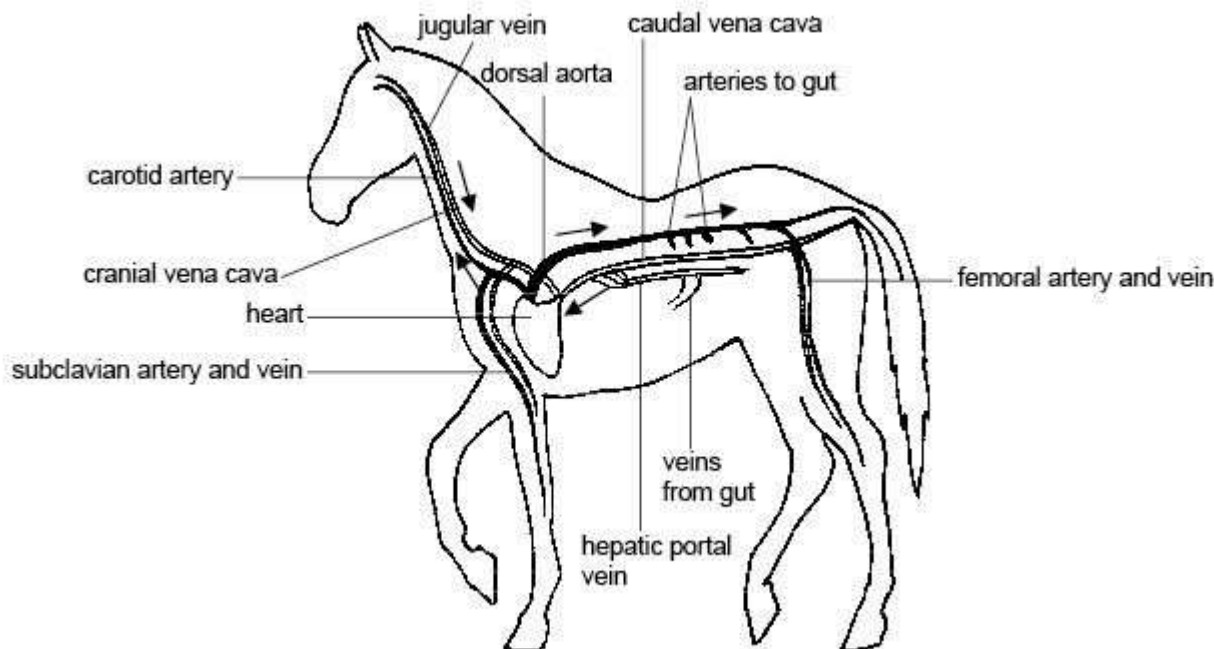
The science behind the commonplace

We're all well used to taking heartrates – you wet the skin, stick the monitor on and it gives you a number. Sylvia shared this on social media – its good to know why we do things and how it works.

Taking the Heart Rate of an Endurance Horse

Reproduced with permission. Author: Caroline Fitzgerald, Cardiac Scientist. BHMS (Exc Physiology), DMU (Cardiac), ASAR.

The Equine heart has 4 chambers which are made of muscle tissue. The right atrium receives blood from the veins of the body and the right ventricle then pumps the blood to the lungs for oxygenating. The Left atrium receives the oxygenated blood back from the lungs and then the left ventricle pumps to the body. The average adult horses' heart weighs 3.6kg and is more rounded than humans. The average resting Heart Rate (HR) is 28-45 and can increase to 250 beats per minute (bpm) at maximum exertion. The heart is located in the anterior region of the chest cavity between the forelimbs, with the largest chamber closest to the girth area on the left or near side.



Taking the heart rate from the pulse:

With each heart beat, a volume of blood is pushed through the body's arteries. The pulse may be felt when taken on an artery close to the skin, most commonly the facial artery located on the lower jaw just behind the cheek. The radial pulse may be taken right behind the back of the knee. The digital pulse is taken on the inside of the pastern, right below the fetlock. It is usually very faint and difficult to find. The pulse is usually counted over 60 seconds.

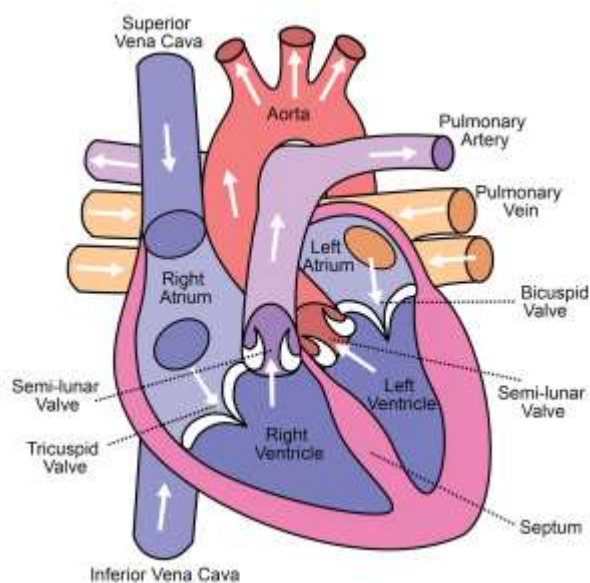
Heart Sounds, Taking the HR with a stethoscope:

Valves are present between the atria and ventricles and between the ventricles and great arteries, to control the direction of blood flow. The left atrio-ventricular valve is called the mitral valve and the right one is called the tricuspid valve. The valves associated with the great vessels are the aortic valve on the left (to Aorta) and the pulmonary valve on the right (to Pulmonary artery). There are two main heart sounds that can be heard using a stethoscope placed just behind the left elbow of the horse. These sounds, lub dub, correspond with the closure of the valves. Lub is due to mitral and tricuspid valve closure, while dub corresponds to pulmonic and aortic valve closure. The cardiac cycle has two parts, diastole (filling of the ventricles and contraction of the atria) and systole (contraction of the ventricles). Thus we hear "lub" systole "dub" diastole, pause, for each normal heart beat.

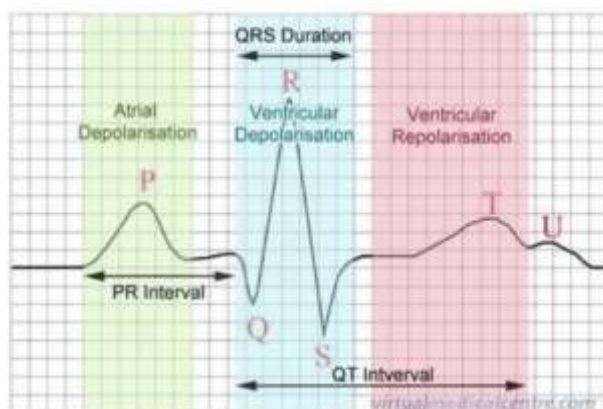
As most endurance riders know, HR increases with exercise and also with anxiety, pain, and physiological compromise such as dehydration. The HR should be relatively stable and regular at rest. Post exercise, the HR gradually decreases depending on factors such as fitness. Normal variation in the beat to beat rate may be due to respiratory changes. But irregular or fluctuating HR's may not be normal and need Veterinary evaluation. Ectopic, or extra, beats can be benign if only occasional, and should be counted in the 60 seconds for the final HR. Murmurs are sounds caused by turbulent blood flow, sometimes normal valvular flow such as the physiologic flow murmur in highly fit horses, but usually are associated with leaking valves. These may be assessed by the Veterinarian or by ultrasound to determine the exact cause and significance. Heart disease is rare in horses, but if present includes cardiac arrhythmias and valvular insufficiencies. In fit horses, a

common arrhythmia is second degree atrio-ventricular heart block, characterised by a “missed” beat, and usually resolves with an increased HR. If the HR is very irregular it may be atrial fibrillation and is associated with poor performance.

Heart Electrical system, Taking the HR with a HR monitor:



Cardiac muscular contraction is initiated by electrical impulses. The heart has an in-built pacemaker called the sino-atrial node, which is at the top of the heart and controls HR and rhythm. For each heart beat the electrical impulses pass through various pathways in the heart to cause synchronised contraction of the atria and ventricular muscle fibres and thus effectively pumping the blood through the heart. This electrical activity of the heart can be detected at the skin surface by electrodes and recorded (ECG or Electrocardiogram) throughout the cardiac cycle. The ECG depicts atrial contraction (P wave), Ventricular contraction (QRS wave) and re-polarization (T wave). Important information about the function of the heart can be obtained by assessing the ECG, such as the shape of the waves and distances between waves.



How Heart Rate Monitors Work

Heart rate monitors work similarly to ECGs in that they detect and measure the electrical activity produced by the heart, that is, the electrical voltage of the QRS wave. The HR monitor band has 2 inbuilt electrodes and the time duration between these larger voltage waves is measured over a few cycles and then averaged. The band is attached to a handle bar which should be placed firmly against the skin above the near side girth area in

a vertical position. The area should be wet or even have electrode gel applied. The monitor band also contains a transmitter which sends the information to a display, usually a special watch. The display shows your horse's heart rate. The transmitter and receiver are usually coded to ensure that signals are only between each unit and the watch is usually required to be within 1 m of the transmitter. Heart rate monitors can be used to assess resting HR's , Post exercise HR's , and pre vetting HR's in the endurance setting, but can also be used to measure the HR during training and competition using electrodes attached under the girth and/or saddle. The advantage of the HR monitor over the stethoscope is that time to get an initial HR is much quicker as you are not counting the full minute, and you can easily and quickly check that the HR is consistently dropping.

How to use a HR Monitor (tips):

- Clean the electrodes on the band strap
- Read the instructions
- Make sure the skin is very wet or use gel
- Make sure the watch battery is not low (can be correctly replaced by Polar Electro Australia)
- Practice using the monitor at home, some horses find it uncomfortable at first
- Know how your horses HR's change post exercise, especially in the extremes of heat and cold
- Know how your horses HR changes with eating, excitement, anxiety, walking, urinating, whinnying
- Know your HR cut-offs for the event you are participating in e.g. AERA training ride v 80km first leg, second leg versus vet gate into hold (VGIH) and FEI.
- Practice so that you know how low the HR needs to be so that you are "safe" to go to vetting in early vetting and VGIH situations.
- Have a stethoscope ready as a backup just in case, or even a second monitor.
- Label your HR monitor in permanent pen and also with bright coloured tape or the like to make it easily identifiable should you accidentally part with it in a busy crewing area!
- Always listen to the heart with a stethoscope at some point as well, in order to detect any irregularities.

Troubleshooting

- Occasionally the watch monitor will read a high HR which is actually double the correct HR. This is due to the band electrodes picking up the electrical voltages from both the large QRS wave and the T wave. The sensitivity of most ECG equipment and HR monitors is set for humans, thus counting the high T wave is a common finding. Turning the band around 180 degrees and therefore swapping the electrode position, may change the voltages enough to correct this problem. Check with a stethoscope. Often as the HR slows even further, it will display the correct HR.
- The monitor can sometimes take longer than normal to display a HR. This is usually due to lack of moisture or poor contact electrode contact because the band is too low and the electrodes are not sitting flat on the horse.

In summary, the HR monitor is a very useful tool for speeding up the strapping process at an endurance ride. The HR is obtained by a different physiological process to using the stethoscope and the instantaneous HR is able to be measured thereby allowing a better insight into how the horse is recovering from the endurance activity being asked of it.

Last but not least

