



October 2018



Congratulations to Maeve McLellan, this year's winner of the Pilmer Plate

Editorial

This season has seen the introduction of a mentoring programme for those wanting to improve and reach their next endurance goals. The forerunner to this programme was the Performance Development squad, which I was fortunate enough to be a part of. Among the many things I got out of this was learning how to plan a season (thanks so much Andrea, Sue and Ursula) and I like to think I've done that relatively well for the past couple of years. One of the things that makes season planning difficult is adding more variables, and this year I have a couple of junior newbie novice riders coming out. I often find it a challenge to manage my own training programme, so adding two more people who also live in a different town certainly adds to that. Its so exciting to see new people coming into the sport and enjoying it though that its so worth it. So I guess one of my season goals this year is to see a whole bunch of other people achieve personal goals. I can live with that. I know I'm not the only one who gets a thrill from that. Well done and keep it up to all those who mentor others and encourage them. If you take note of someone who would like to have a go but needs a bit of help to take the first step, and then act to help them to make that step, well done. Well done to clubs that run events to enable riders to enter the sport or progress to whatever their next goal is. And well done to all those volunteers who give up their weekends, their evenings, and often their rides so that others may experience success at our great sport.



See you out there.

Daryl Owen

ESNZ Endurance Board 2018

It is with deep regret that we have received and accepted the resignation of Alison Higgins from the ESNZ Endurance Board. Alison has been a member of the Board since 2015, and Chair since 2016. Alison has made this choice after careful consideration due to personal circumstances. We would like to thank Alison for her energy, commitment to the sport and huge contribution she has made while on the board and in particular as Chair.

As per our rules we will be holding a by-election in the near future and calling for nominations soon. According to our Constitution, we require a second Board member from the South Island so only nominees from the South Island are able to be considered.

Marie Wakeling has kindly agreed to be the acting Chair in the interim.

The Board has also been working on enabling forward planning for Champs events for some years to come and on fundraising. The rules review for the FEI working committee was also discussed and a recommendation given to ESNZ to take to the FEI.

In an effort to economise and better utilise technology the Board is this year having most meetings online rather than paying for people to travel to Wellington. This will be a trial to see if it can be made to work efficiently and effectively.

Upcoming rides

North Island 2018-2019

November

3-4 - Wairarapa, Tinui Forest

10-11

17-18 - Waikato, Paeroa
- Wairarapa, Matahiwi

24/25

December

1 / 2 - Kohuratahi

8/12

15/16 - Ruahine, Piriaka

22/23

South Island 2018-2019

November

3-4 - Canterbury

10-11 -

17-18 - Marlborough
- Mt Nimrod

24/25

December

1 / 2 - Marlborough

8/12

15/16 - Mackenzie

22/23

Mentoring and Development programme

This programme is well under way now. As one member of the programme told me 'you're never so good or so experienced that you can't learn'. With the first couple of months of the season now behind us I'm sure we'll hear from some of these members about what they've learned and how their respective seasons are progressing.

ESNZ AGA

As part of ESNZ's Concussion policy, this month there was a session around the subject before the AGA. Generally we associate concussion with falling and hitting your head. In fact concussion often happens when there was no blow to the head at all, and vice versa as well. If someone loses consciousness we will usually assume that they will have concussion. According to the statistics we were given only about 10% of concussions involve a loss of consciousness, which means that 90% don't. The presentation included a list of "The six R's", the first three of which were 'Recognise, Remove, Refer'. It would be awful for any official or first aider to go home worrying about someone after the end. By referring someone that may have a concussion you 'make it someone else's problem', and the sooner a concussion is treated the better the recovery.

It's a simple fact that most of us are resistant to having new systems and new rules introduced. Concussion is something that needs to be taken seriously – to not take it seriously could, quite simply, be life altering. The take-home message for all of us as riders (and sometimes non-riders as well) is that if blue-carded with a suspected concussion it's because people care about you. Rather than resent it and be angry, be pleased that someone cares enough to make sure you're safe and recovering safely.

Tuesday morning saw a workshop on governance. It was a very worthwhile four hours with lots of good tips and strategies. The afternoon session was the ESNZ AGA. Dana Kirkpatrick gave us an overview of what

ESNZ has been doing this year. Chief among those has been the development of the Concussion Protocol, which is part of the ongoing commitment to Health and Safety. It has been a year of rebuilding after the previous difficult couple of years. The database has been a major project which has been bigger and more complex than anticipated, but is absolutely worth investing in and will be continued with. All members will reap the rewards as this progresses. Another project they have been worked on in the past year is a review of disciplinary procedures, and around the culture and values of equestrian sport. Reflecting what had been said in the morning session 'we can't change the past, we can only influence the future'.

One note of pride for ESNZ as a whole is that we had representatives of four disciplines at WEG this year. The results were absolutely not as we hoped but the New Zealand team were singled out and recognised for the admirable way they conducted themselves. This was specifically acknowledged by senior FEI management. It's a good feeling to be part of an organisation with an internationally recognised standard of sportsmanship.

The ESNZ Vice Chair acknowledged the contribution of all volunteers and also the office staff. In particular he singled out the efforts and dedication of Wally Neiderer in driving the Indoor Arena project at the Taupo NEC. He also noted that we have large number of young people within equestrian sport but very few young people on Boards and involved in the governance of the sport. How do we encourage membership, and in particular younger members, to be involved in running their sport?

Sarah Dalziell gave an account of what happened before and during WEG. She praised all members of the team and told of their efforts both in the leadup and on their arrival to deal with what they encountered.

The final part of the AGA was the presentation of the Pilmer Plate.

The Pilmer Plate is ESNZ's Volunteer Lifetime Award and it is awarded to a volunteer or technical official who, throughout his or her career, has exemplified the highest ideals of good sportsmanship through commitment, dedication and the pursuit of excellence in the service of ESNZ. **Congratulations to the 2018 Pilmer Plate Winner presented at the ESNZ AGA Maeve McLellan from Endurance**

It is with significant pleasure that the ESNZ Endurance Board nominate one of the sport's stalwarts and most deserved Endurance member for the esteemed Pilmer Plate award.

If you were talking about Endurance royalty, Maeve McLellan's name would come to mind. Not because she is particularly regal or acts like the Queen Bee, but because she was a founding member who has been instrumental in assisting in the growth and development of the sport, to what we now enjoy today.

Her passion for horses, her sense of community and her encompassing heart, have provided an important basis for being one of our sport's most liked and respected members.

Maeve lives in a small remote community in the back blocks of Taranaki where the terrain lends itself to being excellent training grounds to develop endurance horses.

Maeve began competing in Endurance many years before most people currently in the sport can remember.

In those early days, riders just turned up on the day without even having to belong to a club! When rider numbers grew, clubs were formed and Maeve became a member of the Taumarunui Endurance Club which was reasonably close to home until eventually forming the Kohuratahi club in her local area in 1987. She held the position of President of this club for many years and is currently their Treasurer.

Maeve has shown dedication, loyalty and commitment to ESNZ endurance. She was a determined competitor and won the NI Championships 100km ride in 1986 & 1987. Unfortunately due to “two bad knees” Maeve traded her riding in for roles supporting the sport on the ground. Those roles have been numerous.

Maeve has been a past Board member and selector for ESNZ Endurance representative teams. She has worked many hours as a Technical Delegate and Ground Jury member at FEI & CEN events throughout NZ. Together with her late husband Pete, her family members and their close knit community, she has organised courses and hosted rides that were enjoyed by hundreds of riders over the years. She has introduced other riders to the sport, some being international riders that she and Pete opened up their home to. She has encouraged her children and now her grandchildren into the sport. Maeve attends most rides in support of her daughter and granddaughters when they are competing.

Maeve has been an absolutely remarkable ambassador for our sport and is one of the most unassuming and modest people you could meet. She has put in many hours of work unseen by others and we believe she whole heartedly deserves National recognition for her decades of hard work, so freely given to our discipline.

Well done Maeve. Well deserved and others of us can only aspire to have achieved half as much as you have.

And finally, from an endurance perspective, well done to Pip Mutch, who managed to get Maeve to Wellington without her having any idea why she was there.

The season thus far ...

The Wairarapa Endurance and CTR club kick off their season – report from Jane Ferguson

– photos courtesy of Deborah Morris

After unfortunate weather events and M. Bovis concerns resulting in cancellation for the first two calendared Wairarapa club rides, it was with a sigh of relief that beautiful weather dawned for the always enjoyable Pirinoa Station on the 7th of October. This is usually an endurance track, but CTR classes



were also available to give riders looking for champs qualifiers and season points a leg up after missing out on Clareville and Waireka.

A last-minute change of ride base and track at our long-standing landowner's request meant classes on offer only went up to 40km, but there was a lot of work in the track and this was an excellent fitness run for all regardless.

Recent good weather meant the footing was as dry as I've ever seen it, but Pirinoa is renowned for offering very scenic views down to Lake Wairarapa and the coast, and a really enjoyable mix of terrain from rolling farmland, air strips (gallop anyone?), creek crossings, and stunning pockets of bush. We always get good support ride over such fantastic country.

Riders rode to the conditions on this technical track, and there were very few vet-outs, though a few riders withdrew due to their horses expressing too fulsomely the 'joys of spring'. It was fantastic to see some new smiling faces out on course and we hope to see you all back again at Tinui in a month's time.

- The intermediate senior 40km was won by Sandy Marshall on Jamilla Two who was looking a picture on track
- The open CTR by Paula Watson who is delighted to have Tres Bein LS out again after a lengthy break
- The intermediate CTR by Gemma Haywood and Roselea Royal Fire who was feeling a tad keen after a gear malfunction
- The junior CTR was a royal tussle between Emma Watson and Grace Blyth who finished on the same score; under CTR rules, the win went to Emma being slightly closer to optimum time.

Ruahine club at Bulls



The Labour weekend ride is always one to look forward to, and this was a welcome return to Bulls. In a region with very little in the way of hills course markers Sylvia Ireland and Murray Smith designed a course with a good deal of challenge, from sand to farm land to lightly metalled road, with a bit of hill thrown in for good measure. Both Saturday and Sunday had 80km distances on offer, with a lead rein class also heading out on Sunday.



Full marks to the three AWEC riders who made the trip south to compete. All divisions were

well represented. The infamous Ruahine wind largely stayed away and the Saturday evening pot luck dinner was just right. Great way to start the season. Minimal vet outs, great track, great company, great ride. Thanks

Canterbury – photos courtesy of Cathy Nolan

Canterbury club continued on their theme of recent years. Great weather, lots of happy riders from lead rein classes up, great food and leading the way with Dave Hadler's Wifi tracking system. Keep it up Canterbury



Marlborough – Report by Angela Fergusson



This was one of the nicest rides I have done, it was in the Tordarroch forest. Starting off from our usual base at Sweetstream, a 10 minute ride thru the farm and across the road took us on to rolling track that gradually got steeper with a great place for a first bit of pace and at the top we looked down at the beautiful Waihopai river weaving its way thru the landscape. We headed inland from the river and gained a bit of height thru the young forest, it was simply stunning and so peaceful, the ponies were feeling relaxed and happy! We emerged after an hour and a half not

far from the river and made our way back to base in the warm midday sun.

Toft Endurance

It is with great pleasure ESNZ Endurance can announce that Toft Endurance is again generously sponsoring each of our FEI events that will be held in New Zealand during the 2018/2019 season.

Peter, Penny and Alexandra Toft of Toft Endurance have been long-time supporter of FEI events in New Zealand. This includes our North Island, South Island and National Championship rides along with our smaller FEI events, such as the one that will be run by the Marlborough club in December this year.

Toft Endurance has also supported our FEI officials by previously sponsoring the important FEI official's courses which enable our officials and vets to be promoted or maintain their FEI qualifications.

Their generosity is greatly appreciated by all those on the organising committees for these events, as it will help cover the extras costs that come with running FEI events. These costs can include extra vets and officials with the correct qualifications, foreign judges and foreign vets, sounds systems and lighting, catering and much more.

The Toft Endurance sponsorship will help make each event an excellent experience, with great atmosphere which will benefit all who attend from riders of all levels, crew, officials, vets, sponsors and spectators.

2019 Toft Endurance ESNZ Endurance North Island Championships update

It's with enormous excitement, the Wairarapa Endurance and CTR club invite all riders and supporters to diary 1 to 3 February next year for the next North Island champs.

This is going to be held at Whareama Domain, just 30 minutes from Masterton, and it'll be a lovely mix of rolling farmland and fun flats and we expect it to be an awesome event. It'll be worthy championship track, but also we believe, very achievable and if you were thinking of perhaps trying a longer distance, this could be a good event to have a go.



The organising committee has been working hard for several months now and planning is going very smoothly. We're delighted to welcome three key sponsors who have been most generous in their support:

- Toft Endurance: huge supporters of endurance in both Australia and New Zealand
- Trust House Community Enterprises: generously returning support to the community
- ENSZ Endurance: without whom we wouldn't have an event!

Alongside our bigger sponsors, support from local businesses has been phenomenal, with all class naming rights already snapped up, together with almost all the Best Condition championship rugs. We look forward to sharing information about our wonderful sponsors in due course.

We're aiming to have classes for all distances on offer and will be able to start promoting these soon. Hopefully your preparation is well underway as this is an event not to miss! We're promoting a family- and community-friendly weekend to remember.

Please join our Facebook group page below to keep up with planning, promotion, communication, important information, sponsorship support, tips, hints, and rider and official profiles.

Tips from the vets

We see them at every ride and we hear what they say about our own horses but what words of wisdom can our vets offer us to succeed. I asked Jenny Weston.

Train your horse for the veterinary inspection – particularly having someone look in their mouth (press on the gums) and the trot up. You all put so many hours into getting your horse fit for competition and just a couple of minutes occasionally to prepare your horse for the veterinary inspection will help and could make a difference towards passing the inspection. An unruly horse which isn't safe to examine will be removed from competition for everyone's safety.

For the examination of the mouth (mucous membranes and capillary refill time), once your horse is used to you doing it then get others to also look in the horse's mouth whenever there is someone else around – the horse has to be happy to have a stranger (or even worse, a vet!) perform this task. I recall one horse quite a few years ago which was eliminated from a CEN event at a North Island Champs simply because none of the vets could assess these parameters (part-way through the ride). If your horse can't be examined then it can't continue.

For the trot-up, practice this so the horse will trot freely and willingly BESIDE you. You should be at the horse's shoulder and the horse should trot on a loose lead. We all realise that a very fit horse at the pre-ride inspection might be fresh and it might not be possible to trot it on a loose lead, particularly if it is excited at the event. However, getting the trot up right will really help you – for one thing, it will reduce the number of times you are asked to trot twice. At the end of a long ride, the last thing you want is to have to run your horse again! If we can't see the horse trot consistently then you'll have to do it again. This might be because it is hiding behind you as you run back to us, it might refuse to trot most of the way, it might break into a canter, it might not run straight, it might be on a tight lead. There are a limited number of times that you are allowed to trot a horse up and if you waste one of those chances due to the horse trotting poorly so that the vets can't assess it then you might have missed an opportunity to show your horse in a good light. The correct way to trot the horse is also to go round the cone at the end of the lane in a clockwise direction which means you are on the outside of the horse as it goes round the cone. Running fairly quickly so that the horse demonstrates a good working trot will also generally make the horse look better than a slow jog. If you're not able to run your horse properly then please have someone else prepared to do so (they don't need to be wearing the rider bib, but the bib does have to be worn by someone with the horse in the Vet Ring). The Vet Ring can be a busy place and it makes life difficult if we have to pause part-way through an inspection as the person who is going to run the horse isn't there.



This year's research project at the Tevis Cup in the US, ESNZ member was one of the riders participating in the study. (taken from thehorse.com)

Researchers Study Inflammatory Markers in Endurance Horses

Drs. Allen Page and David Horohov have studied inflammatory markers in racehorses since 2012. This was their first opportunity to measure those markers in nonracehorses,



Posted by [University of Kentucky College of Agriculture, Food and Environment](#) | Oct 26, 2018 |

Much of the research conducted by scientists at the University of Kentucky (UK) Gluck Equine Research Center, in Lexington, takes place in and around Central Kentucky—after all, it's been dubbed the “Horse Capital of the World.” But sometimes the researchers get to take the show on the road.

Earlier this year, Allen Page, DVM, PhD, researcher and veterinarian at the Gluck Center, who works with David Horohov, PhD, director of the Gluck Center and chair of the Department of Veterinary Science, traveled to the 63rd annual Tevis Cup endurance ride in northern California for a research project.

Page, Horohov, and colleagues have spent the last several years looking at inflammation in racehorses and the utility of inflammatory marker testing to quantify fitness and possibly detect brewing injuries before they become serious. Inflammatory marker testing measures multiple genes responsible for the inflammatory response in horses. As the Thoroughbred industry works together to improve the safety and welfare of racehorses, Horohov and Page have seen the potential for a significant impact in this work through their research efforts, an ongoing project since 2012.

“While we have focused most of our efforts on the effect of exercise on inflammatory responses in Thoroughbreds,” Horohov said, “we recognize that similar effects are likely to occur in other equine athletes.”

At the top of their wish list of disciplines to work with was endurance horses, due to the [sport's unique demands](#).

The Tevis Cup, a 100-mile one-day competitive trail ride, provided the opportunity they were seeking, although it almost did not happen this year. Each year, Tevis Cup organizers [offer one spot for a research group to conduct studies during the event](#). A different group was already selected but

had to withdraw, providing an opportunity the Gluck Center research team was thrilled to seize, even on short notice.

“We really lucked out to get the chance this year, as the Tevis Cup was a great first opportunity to measure inflammatory markers in nonracehorses,” Page said. “We went into this study having no idea of what kind of participation we would have or what we would see with the results.”

Conducting research across the country involved a significant amount of planning and preparation well in advance of the event. This included predicting study participation, ordering and shipping supplies, and coordinating with three local research assistants to help collect blood samples during the event.

“Having seen the Tevis Cup firsthand as a veterinary student at the University of California, Davis, I thought I knew what I would be in for with this study, but once the horses started coming into the sampling checkpoints, it was obvious I had underestimated the scope of what we were trying to accomplish,” Page said.

The ride, which starts near Lake Tahoe and finishes outside of Sacramento, has no central location to collect samples so the team had to relocate several times as the ride progressed.

“Thankfully, I had three excellent technicians and the full support of the ride organizers to help us accomplish all of our goals,” Page said.

When Page left Kentucky for California a few days before the ride, he was nervous.

“Getting on the flight, we only had 10 riders signed up to participate and we were definitely going to need more to help with our data analysis,” he said. “Based on previous studies, the ride organizers thought we would get 50% participation, but honestly, I was going to be thrilled to get 40 to 50 riders.”

In the end, 80 of the 150 riders opted to participate in the study. Page attributes many of those participants to the ride organizers, who encouraged participation by giving away a limited edition trail map poster to those who agreed to participate this year. It was another example of an equine industry coming together to help support research ultimately geared towards improving their sport, and Page said he was glad to play a role.

“The ride is always a grueling test for each horse and rider pair, but this year was made more difficult by hot temperatures and poor air quality,” he said. “Having now witnessed firsthand this incredible test of endurance, I realize, more than ever, how lucky I am to have been able to work with these amazing athletes. The determination of the horses and the incredible care they get from the riders, crews, and veterinarians cannot be overstated and is impossible to describe.”

While their research in Thoroughbreds will continue, Horohov and Page see their Tevis Cup research as the first of many nonracehorse projects looking at inflammation in equine athletes. The group has recently begun to work with high-level eventing horses and is already seeing promising results. They hope to expand this work into other disciplines while continuing to build upon the foundation the Tevis Cup information will provide their endurance horse work.

“While I continue to work on wrapping my head around the incredible opportunity I was given by the ride organizers and study participants, I can’t wait to analyze the results of our work to see what we can do to help out these horses and riders in the future,” Page said.

Jenny Evans, MFA, PhD candidate, is the former senior veterinary science marketing and promotion specialist at the UK Gluck Equine Research Center.

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And finally ...

At the beginning of every season I find that lessons often have to be relearned.



Happy trails everyone