



**August 2019**



*Photo from Sylvia Ireland*

# Editorial

In parts of the country the season is well under way already, with others set to get going pretty soon. After a pretty dry start to the year it seems the rain is starting to catch up. A couple of weekends ago I was nearly ready to break out the summer clothes and put the summer duvet back on. And now winter seems to have come back with a vengeance. Am I the only one finding it hard to get motivated to get out and train when its cold and nasty outside? Invariably when I push past that and make myself get out there I enjoy it and find the weather wasn't quite as bad as it threatened, but I'll admit to finding motivation a problem. Many others further south however have already been out more than once to club rides.



It seems crazy that its September already. And as I write this its only about six weeks until we're meant to be doing our first 80km rides for the season. When you sit and plan your season it seems like you have all the time in the world, and then suddenly – dare I say it – Christmas is staring you in the face and the championship rides are upon us. I hope your training plans are all coming on well despite the weather. So if its raining where you are I hope you enjoy this edition of The Distance. There are brief reports on the August rides, and a great write up from Heidi Bulfin about her experiences with endurance in Europe. Jenny Weston has a report on biological therapies for our equine partners, and for those who missed it, I've included an article from Horsetalk on a study that most of us have been part of in the past six years.

Enjoy and I'll see you out there.

Daryl Owen

## ESNZ Endurance Board

August on the Board was largely dominated by all things FEI – submissions to the proposed rule changes and dates and details for the FEI rides of 2020. Thanks to those who sent in feedback to send to FEI. Now we wait until the General Assembly in December to find out how all the other nations have voted. It was great to have Vicki Glynn at our AGM to get first-hand knowledge of the views of our membership so that she can better represent us at the FEI.

Other things the Board have been involved in are putting in place the governance around the upcoming Trans Tasman series and the various sub committees. Although the Board consists of seven people who put their hands up to govern the sport there is always a call for people who can help on various subcommittees. Being on a subcommittee generally doesn't require having to spend time in meetings and most business can be done online. Fundraising and sponsorship in particular are areas where help is always welcome.

Coming up in September is the ESNZ Annual General Assembly, which kicks off with a workshop on dealing with conflict. Next month there will be a report back on that and useful tools for putting into practice for us all.

# Upcoming Events

## North Island 2019-2020

### September

7/8 - Ruahine – Scotts Ferry  
14/15 -  
21/22 -  
28/29 - Ruahine – Scotts Ferry  
Waikato – Thornton Beach

### October

5/6 - Wairarapa – Pirinoa  
12/13 - Waikato – Ruatiti  
19/20  
26/27 – Wairarapa – Daisybank

### November

2/3 - Wairarapa – Tinui Forestry  
9/10 - Waikato -  
16/17 – Wairarapa – Matahiwi  
23/24 –  
30/1 - Ruahine - Waiouru

## South Island 2019-2020

### September

7/8 -  
14/15 - Marlborough  
21/22 -  
28/29 - Waitaki

### October

2/6  
12/13 – Marlborough  
19/20 –  
26/27 – Canterbury

### November

2/3 -  
9/10 - Marlborough -  
16/17 – Waitaki  
23/24 –  
30/1 - Marlborough

[www.nzequestrian.org.nz/disciplines/endurance-ctr/competition/ride-calendars](http://www.nzequestrian.org.nz/disciplines/endurance-ctr/competition/ride-calendars)

### Marlborough Endurance & Trail Riding Club CTR (Points) Flyer

Fareham Lane Vineyard –

15 September 2019

Ride base – Fareham Lane, off SH63 - This is a vineyard ride suitable for all levels of experience and horse fitness - Suitable barefoot horses - Ribbons and certificates for all place getters and qualifiers

Ride base directions - From Renwick: Approx 6km from Renwick on SH63 is Fareham Lane – turn right off the highway here (with care as it is a busy road now) and follow Fareham Lane right to the end, following our markers. - From Wairau Valley: 1.5km past the Waihopai River Bridge, on the left is Fareham Lane. - There is water at ride base and on the ride but it would be helpful to also bring your own. –

There is NO camping at ride base so if you require this please let us know asap so we can assist you. - Track marker Heidi – ph 570 5197, 021 544 576, heidibulfin@hotmail.com –

Entries by email/phone or enter online: <http://marlboroughendctr.weebly.com/events.html>

Note: you must be a full member of ESNZ, and a member of a club, to ride Open, Intermediate or Junior  
You must be an Introductory, or full, member of ESNZ or ride on a casual membership, to ride any other class



www.waikatoenduranceclub.com

**Saturday 28 September 2019**  
**Thornton Beach Holiday Park**  
**Thornton, Whakatane**

Waikato club season kicks off with this gorgeous venue right on the beach.

Directions: Follow State Highway 2. The venue is between Matata and Whakatane. Turn down Thornton Beach Road and the camp is at the beachfront on the left. For vehicles arriving from the north there is a heavy traffic diversion around Matata. At Matata take SH2 towards Edgecumbe. Take Gow Road and then turn left onto Western Drain Road to Thornton Beach Road. If travelling from Rotorua take SH34 towards Matata/Tauranga, then at T-junction turn right onto SH2, then left onto Gow Road as above.

Shared dinner on Saturday night and maybe a night ride for anyone who is interested. ( No moon, so remember your head torch).

Please note Camping is available. If you would like a comfortable bed in a cabin please book direct with Louise and Glenn at Thornton Beach Holiday Park [www.thorntonbeach.co.nz](http://www.thorntonbeach.co.nz) Phone: 07-304 8296

Vetting starts from 9.30 am on Saturday

Endurance			Saturday
40 km	\$60	start	11.00am
20 km	\$45		12.00pm
15km	\$35		11.30am
5km leadrein	\$20		1.00pm

CTR			Saturday
40 km (Open/Int/Junior)	\$60	start from	11.15am
20 km (Int/Junior/Nov)	\$45		12.15pm
15km (Int/Nov)	\$35		11.45am

Note: Price includes landowner ground fee.

Please remember to bring your ESNZ membership number with you and horse registration number if they have one. There is a Casual day membership of \$15 for unregistered entries. If camping your horse yards need to be compliant with the rules – if this is a problem please call Daryl 021713123

No dogs please. If you would like to receive these fliers by email contact Jenny, [waikato.endurance@gmail.com](mailto:waikato.endurance@gmail.com)



**Early Season Beach Training Rides:** These rides do not count for the 40-79 km ESNZ Endurance Intermediate Series or CTR Points

### Scotts Ferry (near Bulls)

	Saturday 10 <sup>th</sup> August	Sunday 8 <sup>th</sup> September	Saturday 28 <sup>th</sup> September
Pre-ride vetting from	8.45 am	9.00 am	10.45 am
40 km start	10.00 am	10.00 am	12 noon
25 km start	11.15 am	11.15 am	12.15 pm
12 km start	10.30 am	10.30 am	12.30 pm

#### Classes offered at each event:

- 40 km Endurance Intermediate, Novice and Intro – \$40
- 25 km Endurance Intro; Novice CTR (time 3 hr 15 min) - \$30
- 12 km Endurance Intro; and Novice CTR (time 1 hr 35 min) - \$20

**Intermediate/Novice** rider must be ESNZ registered (full member), rider must be a member of an ESNZ affiliated Endurance club to compete in the Endurance Intermediate/Novice. Horses must be ESNZ registered to compete in Endurance Intermediate class.

Unregistered riders in Intro Endurance and Novice CTR classes must pay an additional ESNZ day membership fee of \$15.

Unregistered horses in the Novice 40km, must pay an additional ESNZ Day Registration of \$5.

Riders in CTR classes will be started in pairs/small groups at 2 minute intervals following the start of horses in the Endurance class of the same distance.

**DIRECTIONS:** At the main intersection in Bulls turn towards the coast down High St (which becomes Parewanui Road); from the south this is a left turn, from Wanganui a right turn, from Taihape/SH1 just go straight ahead. Stay on Parewanui Rd all the way to the coast, the ride base is on the left just after you go through Scotts Ferry village. It is about 20 km and 20 minutes drive from Bulls.

Please note: there is no overnight camping at the ride base. Some water will be available for horses at the ride base but it is recommended that you bring water for your horse and yourself.

**Pre entries:** <https://form.jotform.co/91997034125865> and pay entry fees on the day (or into the Ruahine account 03-0726-0644251-000 with your surname as a reference).

Ride Secretary: Jo Lankow Ph: (07) 895 6404 Email: [m.lankow@xtra.co.nz](mailto:m.lankow@xtra.co.nz)

Club Secretary: Jenny Weston Ph: 027 285 6095 Email: [j.f.weston@massey.ac.nz](mailto:j.f.weston@massey.ac.nz)

# The season so far

## Ruahine's Scotts Ferry Beach Training Rides By Jenny Weston

Saturday 10th August

The first ride of the season in the North Island kicked off with great weather despite a fairly dire weather forecast in the week leading up to it. Scotts Ferry is about 20 km west of Bulls and right by the coast so provides a good all-weather track as long as you time it for low tide. The ride was originally scheduled for the Sunday but when we found out that the Manawatu Mountain Bike Club were planning an event for the same day using the same area for parking but riding in the forest rather than on the beach, we decided that horses and mountain bikes weren't really a safe mix. Bringing it forward by one day avoided the problems.

*L to R Rosanna Kirchner (Makahiwi Phoenix), Heidi Pihama (Westhills Pharrah), Amanda McConachy (Makahiwi Geneca) and Sandy Marshall (Jamila Two) enjoying the beach on the 10<sup>th</sup> August. Photo credit: Maureen Davie*



It was early in the season and so not as many folk had horses in work yet meaning that some club members were able to work as ground crew on the day rather than ride. Club member and Ride Secretary extraordinaire Jo Lankow came down to help us run the event and Debbie Morris travelled up to be our TD.

*Photo credit: Sylvia Ireland*

There were 10 combinations in the 40 km with only 1 riding Intermediate and 2 JY riders. Three horses completed the 25 km and one for the 12 km endurance. It was good to see young Ashlea Watson stepping up from lead rein classes and riding 25 km with her older sister Emma – I bet Dad Chris was pleased he wasn't having to walk



that far! Eight CTR riders tackled the 12 km option with Suzanne Dorne and 'Telly' clear winners but then only a point or two separating the next placegetters. One horse was out lame at the end in both endurance and CTR but otherwise it was a good start to the season. Maureen Davie got took some lovely photos out on the beach while Makahiwi Phoenix was giving their latest overseas student (Rosanna Kirchner) an introduction to Endurance.

Sunday 8th September

This time the weather forecast was accurate and light rain and a biting southerly set in shortly after all horses had started. This time there were 13 combinations in the 40 km events (with one intermediate and one JY), four combinations for 25 km and four for 12 km Endurance. CTR combinations were reduced with four in the 12 km and two in the 25 km. Jo Lankow was Ride Secretary again and Sylvia Ireland was our TD, ably assisted by Les Davie as trainee TD. One unlucky combination were out lame pre-ride but all those who got a start had a successful completion. The little pony 'Mr Popsicle' was a firm favourite with the vet students, Jo and anyone else watching. We were lucky that the light rain eased up for when the bulk of the riders came in for their final vetting and that would have helped prevent the horses from getting too cold at the finish. Some of the riders and ground crew were looking pretty cold by the end of it. All horses were in well before 2 pm which meant everyone was able to get home at a reasonable time after a good day out despite the weather. Good to see riders from King Country, Kohuratahi and Wairarapa clubs supporting the event as well as some people new to the sport who became interested after seeing the Ruahine Endurance Club stand at the Equestrian Expo held at Manfeild over winter.

## Waitaki

The South Island ride calendar kicked off with the newly renamed Waitaki club's ride at Mt Somers. A fine crisp day saw a good turnout, especially of CTR riders. A good start to the season for seasoned riders and a great start for new riders as well.

The majority of endurance competitors rode the 40km distance, with most being novice entries

At this very early part of the season the Middleton family laid claim to the leaderboard in the CTR series, with three completions in the 40km CTR distance. Abigail and Adam Enstrom also made a good start in the 20km Junior CTR, and hard working Board member Sue Billigheimer will have enjoyed her Intermediate 20km CTR outing as well.



*Photo credit: Jude Shearer*

The next Waitaki ride is coming up very soon at the end of September.

## Canterbury

Canterbury's first ride for the season saw blue sky and another great day for South Island riders. This club has seen great growth, especially in CTR, following their winter series.

Abbie McLeod was the sole CTR rider over 40km, the heart rates telling the tale of a carefully ridden ride for the win. Good numbers turned out to enjoy the stunning day for the 20km and 10km distances as well, and its always good to see young riders out in the lead rein class.



Ursula posted on the club facebook page 'The awesome team behind this all had a wonderful time seeing you all out there enjoying it 😊. Canterbury are so lucky to have a fabulous group of volunteers and riders alike that make these events as fun as they are 🙌🙌'



A big shout out to, to the awesome team at The Chaff Chaps! They kindly donated 4 bags of chaff to the event! Our next event will be over Labour Weekend at Southbridge and is sure to be another ripper. Enjoy your weekend, and thank you all so much for contributing to such an awesome weekend'.

*Photo credit: Jude Shearer*





# Officials

## Heidi Bulfin in Europe - Gaining four stars!

I recently returned from an amazing trip to Europe that included FEI Endurance officiating roles in Italy and Denmark. Before I go into details of my experience at these events it's important to give a background into how the trip came about and how small our sport is.

Almost six years ago I was contacted, via Facebook, from a (then) 19 year old Danish girl, staying in Auckland, who was looking to find some endurance contacts in NZ and hopefully participate in some rides. Many of you will have met Sophie Thygesen that season as I did indeed find her a nice family to stay with and do some work and get to some rides – thanks to Ebi and Tessa Deuss for this and for helping Sophie to feel at home in NZ. Sophie had a great time in NZ, gained her Open rider qualification, I think also did a couple of rides for Daryl Owen, and went back home to Denmark with even more love for endurance. There she continued to compete and get even higher up the endurance ranks, and she even bought a horse (AH Karma) from Ebi and flew him over to Denmark to join her own stable!

Sophie and I stayed in touch and I caught up with her and her Dad in March last year when she and her parents came out here for Tessa's wedding, and then again in August at the Euston Park UK Endurance Festival, where Sophie came over to from Norway. Always the conversations featured a lot of "you must come over to Denmark and visit us soon". When the 2019 FEI Endurance calendar came out there was a ride scheduled for Copenhagen in early August. It was a CEI2\* and I still needed a couple of TD roles at these (for promotion), so I asked Sophie if she could please put in a good word for me with the ride organisers if she had the opportunity.

A few months ago Sophie advised that she had spoken to the main organiser, Lone, and there was a good chance I was in! Lone then emailed me and we worked out some details and the role of TD for the ride was mine. After my UK trip last year, that included a few days in Switzerland, I was very keen to see more of Europe, and of course it's very easy to travel to multiple countries over there – the complete opposite of NZ really – with both having good and not so good points.

Easy travel is definitely a good point for Europe and so I thought my trip could be even better if I got a second role at a ride either weekend of Copenhagen. Italy looked nice and I have a love for great weather and good food, so I was pretty excited when I heard back from one of the OC members that I could GJ at a ride in central Italy – just outside of a small place called Fabro.

So the planning began. The Copenhagen ride seemed very well organised and communication back and forwards with Lone was easy as her English was also excellent and they even had a website which showed the map of the course.

Città della Pieve (in Italy) had a bit less communication but I wasn't worried as I was to be a GJ member there, so I figured it was all in hand anyway. It was slightly surprised when I was sent a copy of the draft schedule to discover I was in fact President of the Ground Jury for the 2\* rides, and TD for the 1\*, with an all Italian GJ and Vet Commission (apart from one Spanish vet but I knew she'd be able to speak Italian also anyway). At this stage I should point out that my Italian is, or was, virtually zero apart from about three words! However, Gabriella was very easy to deal with and put my mind at ease.

Italy was a week before Denmark so I just had to get myself to Italy, then a flight from Rome up to Copenhagen, and I planned to fly home again a few days after that ride, after spending some time with Sophie and her family.

I was fortunate to discover that some kiwis from ESNZ Dressage were spending some time in Italy, around the same time as I would be there, and luck would have it that Orvieto (where Robyne rented an AirBnB) was about 30km from Fabro, and Robyne invited me to stay with them until I needed to move on to the ride. This turned out to be a good move as Orvieto was simply beautiful and I really loved staying in a small village with some friends I could easily converse with! We had a great time.

On to the ride. This was quite a small ride, in central Italy, run by a family, but with some generous sponsorship from the Italian Arabian Society (Arnica). The countryside was beautiful and very typical of Umbria with some rolling hills and lots of flat. A lot of the ride also travelled along stop banks and paths which followed rivers. It went under highways and beside roads, and through crops where tracks had been mown.



Day one were the 2\* rides – three separate classes and all quite well supported. They started at 6am. There was one brief moment the afternoon before when I thought they had moved the start time forward to 5.30am due to the heat (it was over 30 degrees), but this was just me misunderstanding and 5.30 was in fact pm and the cut off time for pre-ride vetting. I was told that the Italians would not want to start before 6am!



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Day two saw the 1\* ride take place (19 entries) and also several national classes – from 80km and shorter. Around 100 entries all up on this day, and this on a very small ride base with minimal parking space. It was slightly chaotic in the morning when floats were arriving and horses were starting! But once all events were underway things went smoothly, despite some rain showers (which were a relief from the heat). All horses had panel voting from the vets at the end, and it was my job to take the votes and inform the riders again.



Fortunately there were very few vet outs or things may have been tricky as sometimes three horses were being assessed and I was back and forwards advising riders that they had passed. It was busy and good fun! I had to adapt my English somewhat as even just “pass” was sometimes misunderstood and a blank look given.

Ride base was actually at a café and we were well catered for here. Lunch (and dinner) are always at least two courses and coffee comes out in shots around 2/3pm. Prize giving was at the end of each day and was a real celebration for all winners and place getters, across all grades.



Overall Città della Pieve was a great event to be a part of and also good learning for me – mainly due to the lack of English spoken in Italy (I now know a few more words!). Most of the vets and officials did speak fluent English though, but I’ll never forget one morning being driven to the ride base by one of the national officials, who spoke very little English at all, singing along with the radio, in fluent English to “You’re so vain”. Overall I really LOVED Italy!

I flew from Rome to Copenhagen and then had to take a couple of trains to get to the hotel in Gentofte, which was where the ride base was, only 10km from central Copenhagen. By now I had gotten pretty good at finding my way around train stations too. Most of them you would get off one train, head to the screens which show when trains are leaving and where from, and find that platform. I managed to get on the right train every time somehow!



The ride base for the Copenhagen ride was in a park called Bernstorff Slotshave, which had its own palace that formed part of the hotel, which the vets and officials were to stay in. I had booked an extra night there so I wouldn’t have to move luggage around yet again, and it was actually cheaper than the hotels in the city.

This park was a great venue for a ride base. There is a small equestrian centre there with all-weather arenas, a large grass arena and stands with all facilities. The park itself was used continuously by dog walkers – it was a dog’s paradise really and the same

dogs go there most days and get to meet up with their friends! This was a bit of a problem for the event though as the dog walkers are not fans of horses also using the park.

I had a couple of days off so took the train into Copenhagen city for a tourist look. Everywhere you go there are some stunning buildings – very large and very grand. And it’s extremely bike-friendly with separate

lanes just for bikes, and bikes are definitely a preferred mode of transport (Denmark is extremely flat – the highest point about 180m above sea level).

The track for the ride was beautiful – it used a bit of the park, then some public roads, then through a large deer park, before more forest. Very flat but quite technical. I was told it would not be ridden fast regardless and that happened to be correct. There had been some rain earlier in the week but by Friday before the ride it had dried out quite nicely to be near perfect underfoot for most of it.



The other vets and officials here came from Denmark, Norway, Sweden, Germany and Holland so it was quickly agreed that English would be the spoken language for the event, phew! Actually, at least 95% of Danes speak excellent English anyway, so I was a bit lazy with learning any Danish – I think I came away with three or four only.

Sophie had originally entered the 2\* on her lovely grey gelding but had been forced to withdraw a few weeks out due to him injuring himself in the paddock. So I would not get to see her riding here unfortunately, but I had booked a flight to Norway for early Sunday morning and Sophie had some exciting adventures lined up for us over there!

Again, there were national rides taking place on the day, so I think around 100 horses all up on the one day. Pre-ride vetting was early Saturday morning to encourage those nearby to just come on the day. They had entries from Denmark, Norway (3 hours ferry plus several hours by road) and Sweden (just over an hour via bridge and road for some). Again, it was made obvious to me how easy travel within Europe was, even with a horse!



The 2\* 120km rides only started at 8am, and had a cut off of 8.15pm – but it was daylight until at least 10.30pm anyway so no issues there. The 1\* 80km ride then had a 9am start and national rides followed after with the first 2\* horses in off their first loop before the last classes had even started.

There were quite a variety of horses at this ride – aside from Arabians, there were Fjords, a Fell, Warmbloods (a Swedish Warmblood completed the 2\* 120km), Icelandics and many others, large and

small. We were kept pretty busy all day as all the rides finished at various times throughout the day and there was always something going on.

Conditions on this day were pretty perfect for us on the ground – it reached 26 degrees at one stage – but some of the riders felt it was a bit too warm as the Scandinavian countries are a lot cooler than those further south. The winning riders completed at a speed of around 14.5kph, with national rides being slower. The horses that completed all looked great at the finish and were tacked up again later for a mounted prize giving – a nice touch I thought. This ride was also the Danish Championships so was given a lot of importance.

Overall an amazing ride to be a part of – to run an FEI ride so close to the country's capital city must be quite unique and came with some pros and cons but overall it went really well and really showcased what the country has to offer. I would have loved to have been riding these tracks but I was pretty content to be on the ground in some very good company. And this ride gave me my FEI Endurance 4\* Technical Delegate qualification!

## Trans Tasman

Tony Parsons has agreed to be Chef d'Equipe for the TransTasman team and applications for a place on the team close on 13 September. If are interested and able to offer a horse for the Australian team please contact Andrea Smith or Jenny Weston as soon as possible and no later than 1st November.



*Photo by Maureen Davie*

## Focus on the rules

This month's focus on the rules is from the CTR rule book. If you are interested in doing both CTR and endurance then this rule is one that might be useful for you.

1.5.5 Cross Crediting of Kilometres: • Kilometres earned at two CTR rides may be cross credited to help fulfil the 200km requirement to be eligible to enter Intermediate endurance rides. • To enable the two CTR rides to be cross credited to endurance the following must apply: A qualified veterinarian must have conducted the post ride vetting. The minimum distance for the CTR rides must be 40km. • The CTR rides will automatically be credited to the horse and/or rider on receipt of the results from the host club.

## Tips from the vets

### Report on the Rodmor Trust Lecture Series

by Jenny Weston

#### *How can I fix my equine star? An update on the latest biological therapies*

This annual series of lectures (used to be sponsored by Bomac, now sponsored by the Rodmor Trust and organised by the NZ Equine Research Foundation) has just concluded with presentations in Karaka, Hamilton, Palmerston North, Christchurch and Invercargill. They were cheap to attend (\$30 if you pre-registered) and well worthwhile to hear the latest findings from international experts speak about treatment and recovery from lameness.

Prof Wayne McIlwraith is a Massey vet graduate who has spent most of his career working at Colorado State University. He's secured very large amounts of funding for his research in equine orthopaedic conditions and is responsible for channelling funding back to NZ for research to occur here. Dr Lacy Kamm is a Colorado State trained veterinarian and registered specialist in equine surgery – she has worked at Veterinary Associates at Karaka for some time.

Wayne spoke first about osteoarthritis (OA) in horses. Compared to people where this tends to be a slow degenerative process following accidents, injury and exacerbated by obesity, OA in horses can develop very quickly when there has been an episode of inflammation in the joint. This is likely to result in significant long-term damage and loss of soundness for the horse so it is essential that the joint is returned to normal as soon as possible. Inflammation occurs for a reason and usually works to return things to normal, but other damage can occur along the way and it is common for the enzymes involved in inflammation to cause damage to the joint cartilage while attempting to repair the original problem. Various anti-inflammatory drugs including corticosteroids have traditionally been used although some have side effects and can actually cause damage to the cartilage too. The cartilage acts as a protective covering over the ends of bones and as it becomes damaged and eroded, this can result in bone on bone within the joint. It is critical to maintain healthy cartilage by preventing and treating damage. Other first aid options such as hosing, icing, bandaging and rest are helpful to return the area to normal as quickly as possible. Sometimes, it is necessary to use arthroscopic surgery to trim damaged sections of the cartilage to give the horse (or the person) the best chance of recovering. Physical therapies such as shockwave, a careful return to exercise and particularly "aqua-jogging" where the horse exercises in deep water so is more buoyant and this puts less strain on the limbs are useful but require special facilities.

A range of biologic therapies have now become available for use in horses – some are based on proteins and these include gene therapy, IRAP (interleukin-1 receptor antagonist protein) and PRP (platelet rich plasma); others are based on stem cell therapies. IRAP works by shutting down some

of the negative effects of the inflammatory response. These were initially trialled in people where it was found that they didn't work particularly well but IRAP has shown promising results in horses. It requires a blood sample be taken from the horse, it is then incubated in a special medium for 24 hours and then injected back directly into the affected joint. It is becoming a common treatment for early OA. PRP works in a slightly different manner in that it can enhance healing by delivering or releasing a range of growth factors and this has become a first line of treatment for ligament and tendon injuries in that it can be developed rapidly from a blood sample from the horse.

Stem cells can replicate and differentiate into different tissue types (most cell types only go on to create copies of themselves and can't be used in other areas). Stem cells can be collected from a range of tissues and it has become popular to collect them from the umbilicus in babies and store them in case of needing them in the future. Obviously this can't be done when you have an adult horse but it is also possible to collect stem cells from bone marrow. The process of developing the

treatment takes longer – the sample is collected from the horse (usually the sternum) and it then takes 2-3 weeks to culture the cells before they can be returned to the horse. It has now been recognised that the return of the stem cells mainly improves things by influencing the cells that are already there rather than them becoming that specific kind of cell.

Lacy then spoke about the latest options for repairing tendon and ligament injuries – these can be as a result of an injury e.g. bowed tendon, suspensory ligament inflammation; following a severe accident where the tendon has been lacerated; and is even showing some promise for the treatment of laminitis. Her recommendation for tendon injuries is to start with injections of PRP and possibly give several treatments while the stem cell therapy is being cultured. Once that is ready, it can be injected directly into the injured area (using ultrasound to guide the needle). Again, multiple doses can be given over a period of time. The main expense is in the first stage with collection and culturing (\$2-3,000) but administering further treatments is relatively cheap.

Compared to traditional treatment options where it has been shown that 57% of horses re-injure the tendon even following 12 months of rehab, only 14-27% of horses treated with stem cells had a recurrence of the injury (but also were given the 12 months of rehab).

The other components of a treatment programme for tendon injuries are still important:

- Ice water at least 30 minutes daily (the horse needs to be trained to stand in deep ice water)
- Bandaging for at least 2 weeks, even consider alternating sweat and dry bandages every 12 hours
- Treatments to reduce inflammation (normal anti-inflammatories given orally, by injection or applied to the area)
- Confinement and then a slow return with controlled exercise
- The horse should be protected with tendon boots when exercised, even when walked in hand
- Corrective shoeing
- After about 2 months it is good to use various treatments to increase the blood flow to the area e.g. magnets, shockwave therapy, low-level laser, vibration platform

Of course, prevention of these sorts of injuries is the best option and this includes:

- Adequate warm-up before exercise (walking first, lunge etc)
- A gradual return to work after a break
- Don't work the horse in deep ground or heavy going
- Hoof care – keep the toe short, the shoe should be set well back and quarter clips can help
- Tendon boots during work

Image: Collection of stem cells from a sedated horse. Source: [thehorse.com](http://thehorse.com)





# Better welfare outcomes seen in domestic-level endurance

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Endurance in New Zealand rarely features flat going.

**Endurance rides ridden at slower speeds over technically challenging terrain have fewer eliminations and better horse welfare outcomes, the authors of a New Zealand study have found.**

Massey University researcher Kylie Legg and her colleagues, writing in the open-access journal *Animals*, noted that international media recently raised awareness around horse welfare during endurance competitions. However, much of this attention has been focused on international-level FEI competitions. Little, they said, is known about domestic-level competitions and their risk factors for elimination.

The researchers set out to learn more about the characteristics of endurance rides in New Zealand and the risk factors for horse eliminations due to lameness and metabolic reasons.

To do so, they looked at the records of all competitors during six competition seasons, from 2010/11 to 2015/16.

They found that endurance ride entries were dominated by lower distances (40–80 km), with the number of eliminations increasing with ride distance.

The competition season was structured with the longer, more competitive rides at the end of the season, allowing the shorter, earlier rides to be used as conditioning rides.



There were 6885 starts, involving 775 horses and 665 riders. The horses had a median age of 9 years and had a median of three starts per season.

Accumulated ride distance per season per horse decreased from a median of 240km per horse in 2010/11 to 180km per horse in 2015/16.

Ride entries were dominated by the 40km category, comprising 41% of entries, and 80km, comprising 37% of entries.

Eliminations increased with ride distance, from 7% in 40km rides to 53% in the 160km rides.

Lameness accounted for the majority of eliminations, at 64%.

The odds of elimination due to lameness were significantly associated with ride distance, location (North or South Island) and time of year.

“The 11% of starters eliminated for metabolic reasons of the horse had increased odds of elimination associated with horse age, ride distance, location and time of year,” they reported.

Discussing their findings, the researchers noted that horses competing in the South Island had a higher risk of elimination due to lameness than those in the North Island, which had a higher risk of elimination due to metabolic reasons.

“This may be attributable to a number of factors including terrain (South Island has rougher terrain), climate (warmer in the North Island) or training methods between the two islands, all of which are avenues for further investigation.”

Time of year had a significant effect on the risk of elimination due to both lameness and metabolic reasons with the beginning of the season (August–October) having the lowest risk for both reasons. Risk of elimination due to lameness increased as the season progressed until April/May.

“This,” they said, “was likely an effect of the progressive loading of training and competitions throughout the season in addition to the higher number of horses starting in longer distance competitions later in the season.”



Endurance in New Zealand: Riding into the sunrise.

Furthermore, the summer months (November to March) coincide with warmer, drier weather, resulting in hard ground, likely to increase the concussive forces on the horse.

There was an increased risk of elimination due to metabolic reasons in November and March–May. This was likely due to the longer distance rides offered at these times of year, but could also reflect the advent of summer in November, and the beginning of cooler weather from March to May.

“The changing temperatures and increase of dust/pollen in the environment at these times of year may adversely affect the horses’ respiratory systems.”

Additionally, the championship events (North Island, South Island and National Championships) include the majority of longer distance rides and are held between January and Easter.

“Riders are likely to ride more competitively and thus faster, at these events, and the higher elimination rates from these longer distance rides are more in line with those found in the international literature.”

Longer distance rides also include a proportion of the event ridden in the dark, most commonly in the earlier stages of the ride, making it more difficult to judge the terrain and thereby increasing the risk of a horse becoming lame.

Risk of elimination due to metabolic reasons increased with increasing horse age, similar to previous studies.

This, they suggested, may be related to the minimum age limits set for competitions in New Zealand (minimum 6 years old for rides of 100km or more and 7 years for rides of 140km or more).

These restrictions are likely to encourage more conservative racing strategies in younger horses and thus a lower risk of elimination for these horses, they said.



Some longer rides in New Zealand mean several hours of riding in the dark.

In conclusion, the study team said endurance competitions in New Zealand are attended by a diverse population of horses and riders, the majority of which participate in shorter distance rides, with slow speeds and few starts during the season.

“This reflects the amateur profile of New Zealand competitors and their use of shorter distance rides as conditioning rides for the more competitive, longer distance rides later in the season.

“The number of open level (and longer distance) competitors decreased over the study period, whilst the number of lower level competitors increased, reflecting the changing profile of the sport in New Zealand.”

Both speed and elimination rate increased with ride distance. Ride distance, location and month of year significantly affected the risk of elimination due to lameness or metabolic reasons, whilst horse age was a significant factor for risk of elimination due to metabolic reasons only.

“This profile provides a basis for the adaptation of international regulations specific to endurance rides in New Zealand and confirms that endurance rides ridden at slower speeds over technically challenging terrain have fewer eliminations and better horse welfare.”

The full Massey study team comprised Legg, Jenny Weston, Erica Gee, Charlotte Bolwell, Janis Bridges and Chris Rogers.

Characteristics of Endurance Competitions and Risk Factors for Elimination in New Zealand during Six Seasons of Competition (2010/11–2015/16)

Kylie Legg, Jenny Weston, Erica Gee, Charlotte Bolwell, Janis Bridges and Chris Rogers.

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The study, published under a [Creative Commons License](#), can be read [here](#).

[https://www.horsetalk.co.nz/2019/08/30/better-welfare-outcomes-domestic-endurance/?fbclid=IwAR1XT0oeLMNfRTCndra1sAk2DeHXTLUF-wIEUb5M8urZ1d0UiDWXP\\_LsgJg](https://www.horsetalk.co.nz/2019/08/30/better-welfare-outcomes-domestic-endurance/?fbclid=IwAR1XT0oeLMNfRTCndra1sAk2DeHXTLUF-wIEUb5M8urZ1d0UiDWXP_LsgJg)

And finally ...

**SO HERE IS THE PLAN...**



**WE TRY GOING UNDER THE  
ELECTRIC FENCE**

Onwards and upwards. Good luck for the upcoming season