



June/July 2019

What's your goal this season?



Editorial

To quote a famous song ' Lets get this party started'. I've hardly touched a horse in months and I'm ready to get going!! Much as I love my ponies, and much as I love getting out riding, I've really enjoyed having this last couple of months off. I've done lots of essential maintenance jobs that just don't get done normally. Covers are all clean and rewaterproofed (how effectively we'll see when they actually get used again). There's been some maintenance work done on the float, and the tack is clean – or at least it will be, honest!! There used to be a time when I was obsessive about having clean tack, but near enough is good enough a lot of the time now.



So the new season is very nearly upon us. The Taupo seminar was a great way to kick start my season, and I'm sure the South Island one did the same for all participants down there. I've had a bit of a sit down with the calendar and done a preliminary season plan. First thing is to set your goals for the season and then work out what you need to do to achieve them. I try to have several different goals, so if a random rock puts paid to one goal I still have other things to aim for. My goals are mostly distance related. What are yours? What do you hope to achieve this season. Whether its stepping up a distance, or achieving a particular success rate, hitting distance milestones, or if your goal is to win the Horse and Rider trophy what rides do you need to target to get there.

See you out there.

Daryl Owen

ESNZ Endurance Board

The Board this year remains largely the same with the addition of Paula Adams. Louisa Muir has stepped down from the Board this year to focus on her business and Paula will bring an injection of fresh enthusiasm. Over the last couple of months the Board has been focused on the AGM and the proposed FEI rule changes. One of the proposed changes is to have rule changes every four years instead of annually. While this is potentially a good thing (we won't have to wonder what's changing every single year) it does make it essential that this current round of changes is effective. The FEI rule changes have now come out and its vitally important that our views are submitted. If you haven't done this already the links are included in this issue of the Distance.

The calendar has been approved, subcommittees are in place for the season,. The budget for the upcoming year details a funding shortfall that will be a major focus for the Board, there will be shoulder tapping of the right people to help with this. This is a task that occupies a lot of Board time. There is a very fuzzy line between 'Operational' and 'Governance', and funding is one of those operational issues that occupies a lot of the Board's time and energy. Costs are cut where possible but fundraising and grants will certainly be necessary.

Upcoming Events

North Island 2019-2020

August

3-4 -

10-11 - Ruahine - Scotts Ferry

17-18

24/25

31/1 -

September

7/8 - Ruahine – Scotts Ferry

14/15 - Wairarapa

21/22 -

28/29 - Ruahine – Scotts Ferry

Waikato – Thornton Beach

South Island 2019-2020

August

3-4 -

10-11

17-18 -

24/25 - Waitaki

31/1 - Nelson – Rabbit Island

September

7/8 - Canterbury

14/15 - Marlborough

21/22 -

28/29 - Waitaki

www.nzequestrian.org.nz/disciplines/endurance-ctr/competition/ride-calendars

Wairarapa flyer Dalefield Competitive Trail Ride (CTR) 15 September 2019

This is an exciting new ride venue for the club. It is a hill/forestry block with great views and a short section of road from ride base to the park entrance. It is not a flat ride, but extra time will be allowed. Hoof protection is recommended.

For event queries contact: jferguson@cognitioneducation.com

Online entries for all classes close Wed 11 September 2019 (pay on the day) — due to parking at ride base NO entries will be possible on the day. We encourage riders to float/truck pool to allow as many people as possible to take part.

Please enter at the link below: <https://form.jotform.co/92031959702862>

Ride base: 558 Dalefield Rd, Carterton from SH2 just south of Carterton turn onto Dalefield Rd Travel 5.5 kms towards the hills and the ride base is at Raymond Hicks Contracting yard, on the right just past Jervois/Arcus Rd intersections

<https://www.nzequestrian.org.nz/wp-content/uploads/Wairarapa-Dalefield-Park-CTR-15.09.19.pdf>



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 th August	Sunday 8 th September	Saturday 28 th 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	10.15 am	10.15 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

 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

Club Secretary: Jenny Weston Ph: 027 285 6095 Email: j.f.weston@massey.ac.nz



Waitaki
Endurance & CTR Club
Sunday 25th August 2019
At
Mount Somers Station
Peaches Road
Mt Somers

Class	Pre-ride Vetting	Start Time	Entry Fees	
			Members	Non-members
CEN Intermediate Senior 40km	8.30am	9.30am	\$50	\$55
CEN Intermediate Junior 40km	8.30am	9.30am	\$50	\$55
CEN Novice Senior 40km	8.30am	9.30am	\$50	\$55
CEN Novice Junior 40km	8.30am	9.30am	\$50	\$55

Intro Senior 20km	9.00am	10.30am	\$25	\$30
Intro Junior 20km	9.00am	10.30am	\$25	\$30

CTR Open 40km	8.30am	From 10am	\$50	\$55
CTR Intermediate 20km	9.00am	From 10.15am	\$25	\$30
CTR Junior 20km	9.00am	From 10.15am	\$25	\$30
CTR Novice Senior 20km	9.00am	From 10.45am	\$25	\$30
CTR Novice Junior 20km	9.00am	From 10.45am	\$20	\$25
CTR Novice Senior 13km	9.30am	From 11.15am	\$15	\$20
CTR Novice Junior 13km	9.30am	From 11.15am	\$15	\$20
CTR Lead-Rein 13km	9.30am	From 11.15am	\$10	\$10
CTR Lead-Rein 5km	9.30am	From 11.30am	\$10	\$10

NB: There is a Casual Day Membership Fee for Non-members of ESNZ of \$15.

BBQ after ride (Gold coin donation)
Come & join us for a fun day & enjoy the beautiful
scenery at Mt Somers
Everyone Welcome

No Dogs Allowed

For More Information Contact:

Wendy Farnell

03 3036144

0274 934851

jondy.tnc@xtra.co.nz

Sue Latta

03 464 3438

027 699 1208

farmlyndale@gmail.com



What happened over the winter ...

Junior Camp – write up from Ana Whitehead



For many of us this is the off season with our horses yet for us Juniors we were able to attend the JY Endurance Camp held in Taupo over Queens Birthday weekend.

Once again this was a productive weekend where several people were able to share their personal experiences and tips to us all. We had several riding lessons over the weekend in between shower breaks where we were coached by top dressage coach Kate Honour and former Para dressage competitor Jo Jackson. I love this area of the camp because you are constantly learning new skills whilst having fun. I also believe it is really beneficial because everything from the dressage side transfers over to the endurance side where it benefits our horses and riders, therefore help for better results on the playing field.

We were also lucky enough to have speakers such as John Stevenson and Jo Jackson speak to us about their previous experiences standing on the world podium. I personally love hearing about their stories and preparation for these events and it gives all of us young lot something to really strive for. Pip Mutch and Sue Reid were at it again with organising this full on weekend that helps with preparation of the following season and improving our riding, thank you.

Junior Camp is such a cool atmosphere with all riding levels from 40km - 160km taking part, I think it really builds a good vibe within the juniors of endurance, making new friends from all around New Zealand. I really do recommend anyone interested and I know that Sue and Pip are always willing to go over the nuts and bolts of the weekend. Thank you to everyone that was a part of the 2019 JY Camp and to all of the parents - you guys are legends for keeping us all well fed and hydrated over this weekend!

Canterbury Winter Series 2019

Now in it's 3rd season, the Winter Series of 10 and 5km events has a firm place on the Canterbury Calendar. Both events were extremely well supported with over 65 competitors at each event. The first at a picturesque Oxford BYO Horse Treks, incorporating some lovely hills and incredible views! The second event was



around the forestry's of eastern Christchurch, a contrasting flat track adding a different feel to the first event and ensuring everyone's skill was tested over the two events. Quite how we have



managed to talk so kindly to the weatherman no one is really that sure, but again, we were blessed with exceptional winter weather.

Something unexpected, but very enjoyable to witness with the winter series is the range of



competitors it attracts, from the competitive Endurance competitors enjoying a family day out, to the youngest of kids, enjoying their first taste of competition. It has been amazing to see the Winter Series evolve and allow so many to enjoy the sport of CTR.

The committee and wider volunteer group who have dedicated their time to the events should be very proud of their achievements,

together with the wonderful competitors you have made the events what they are.

Winter Series Winners

10km Senior – Dawn Morris and Ka Pai Katie

10km Junior – Adam Enstrom and Fernglen Basheera

5km Senior – Nicola Frame and Floss

5km Junior – Haylee Frame and Skibbereen Versace

5km Junior LR – Anya Holdaway and Chocolate

ESNZ members abroad

The Tom Quilty Gold Cup 2019 was held recently in Australia. Five Kiwi riders left the start line, all on Australian horses. Jenny Chandler and Emma Tylee ultimately both successfully crossed the finish line to claim the coveted Quilty buckle. Andrea Smith, Georgia Smith and Pip Ireland all rode well but all unfortunately pulled up lame during the event.



AGM and Forum in Christchurch

Forum

The forum began with a presentation from ESNZ.

- Financially ESNZ has made a small positive this year. This has been done by diversifying income streams, cross organisational funding and membership benefits.
- The database remains a work in progress and will require ongoing investment to keep it current.
- The High Performance strategy has a trickle down benefit for all members as the learning improves around increasing performance.
- Sport NZ provides community funding and has \$10 million allocated to Women in Sport programmes
- Its time to review the ESNZ coaching strategy
- The constitutional review is progressing. “Everybody wants the world to change but no one wants to change”. All the constitutional and administrative changes are happening because we need to be compliant with health and safety regulations required by government. These affect everyone, its not just about our sport.

Vicki Glynn and Jenny Weston gave a presentation on their recent experience with the FEI at Lausanne, and asked for feedback from the membership on expected upcoming rule changes. FEI have proposed that rule changes be moved to a four yearly cycle. This means that any rule changes would be set for the next four years, so its imperative that we have an influence in the current round. There was a long discussion, which

carried on after the AGM around 16 proposed rule changes so that Vicki could gain an understanding of what is important to NZ endurance riders and react accordingly at the FEI general assembly. Since this forum the proposed rule changes have been released and feedback on them follows. Its imperative that members send in their feedback in good time for us to have some influence on our sport.

Warren James spoke briefly about the constitution review. He said that an organisation has to be sustainable to continue. It must have structure and its constitution needs to be flexible but stable. He stressed the importance of members giving feedback. In particular for endurance is article 17.2, which allows endurance to operate a club structure. This works well for us and allows us to retain our history and individual voting rights.

Warren also stressed the advantages of clubs being Incorporated Societies. These advantages are related to changes in the Act and provide protection to club members around money laundering and liability. To be an Incorporated Society clubs must have a minimum of ten members and must have a constitution. There is a cost of \$150 to register as an Incorporated Society. A financial report needs to be filled out but doesn't necessarily need to be audited (unless your constitution says so), and it can be done online.

www.societies.govt.nz/cms/incorporated-societies

Members Submissions on Proposed FEI Rule Changes

Following on from the feedback received at the AGM forum and the publication of the proposed Draft FEI rules the Endurance Board have discussed the rules and put together a document on the proposed changes. Reminders have been sent out on the facebook page. Please get your submissions in before this Friday.

The Board are asking for submissions on the proposed changes and stress the need to argue only for the changes that are going to have a major impact on endurance in New Zealand. There are other changes that, although we may not like them, implementation of those changes would affect New Zealand to a lesser extent. Clear explanations need to be given on what rules we disagree with so please keep that in mind when providing your submission. As these draft rules are different to what was discussed and commented on at the AGM forum it is important that, even if you commented at the forum, you still put in a submission. www.nzequestrian.org.nz/2019/07/members-submissions-on-proposed-fei-rule-changes

Submissions are welcome from individual ESNZ Endurance members and affiliated clubs. Submissions should state who they are representing. To view the submissions document prepared by the Board click the following link. www.nzequestrian.org.nz/wp-content/uploads/Feedback-about-proposed-FEI-rule-changes-July-2019-1.pdf

Submission Document **Submissions should be sent to Jo Lankow**, Endurance Sport Administrator m.lankow@xtra.co.nz and will close 5.00pm on Friday 9th August 2019 To view the FEI Rules Revision policy that includes the timeline click here [Revision Policy](https://inside.fei.org/system/files/FEI%20Rules%20Revision%20Policy_MODIFICATION%202019_PUBLISHED%20ON%20WEBSITE_0.pdf)
https://inside.fei.org/system/files/FEI%20Rules%20Revision%20Policy_MODIFICATION%202019_PUBLISHED%20ON%20WEBSITE_0.pdf

For information the following is the link to the full FEI Endurance Rules Revision, but it would be most helpful to have members' feedback on the submission detailed from the Board.
https://inside.fei.org/system/files/MEMO%20Endurance%20v8_FOR%20PUBLICATION.pdf?fbclid=IwAR0TgB3-gnEIG1gtvsHHR9t9TChJPteTEFmZusM9Ac_pkPUWCQ9nQxis

AGM in Christchurch

The AGM was well attended and appropriately short. Minutes are now available on the website.
www.nzequestrian.org.nz/wp-content/uploads/AGM-Minutes-2019-6-July-1.pdf

It was confirmed that Paula Adams was elected to the Board with Louisa Muir stepping down. The rest of the Board remained the same. Murray Smith and Heidi Bulfin were reelected to the Technical Committee.

The financial report was delivered. Affiliation fees, ride levies and start fees will remain the same this year. Sharon Nisbett announced that she will step down from the Treasurer's roll as soon as a replacement is appointed. All present thanked Sharon for her years of service.

The ride calendar was accepted, with a change of name for Mt Nimrod club to Waitaki Endurance and CTR.

There was discussion on the proposed timing system which it is planned to have available to all clubs to use. There is a working group being formed to develop a system that all clubs will use. This should create an increased pool of people able to process results and enable results to be processed onto the website sooner.

Immediately following the AGM was a very short SGM to pass a rule change to reduce the quorum required at Board meetings from five down to four. This was done to facilitate decision making in the event of difficulty in getting sufficient Board members together at one time. The proviso was made that a tied vote would need to be referred to the full Board

Prizegiving

Congratulations to all trophy winners

Senior Distance Horse and Rider	Pip Mutch & Mauku Bella
Junior Distance Horse and Rider	Ana Whitehead & Dundevale Nazecca
Senior Distance Horse	Mauku Bella
Junior Distance Horse	Dundevale Nazecca
Senior Distance Rider	Sean Trafford
Junior Distance Rider	Jayden Loveridge
FEI Senior Series	Pip Mutch & Mauku Bella
FEI JY series	Dundevale Nazecca & Ana Whitehead
FEI Championship series	Ana Whitehead & Dundevale Nazecca /Pip Mutch & Mauku Bella
Intermediate Senior series	Sandy Marshall & Jamila Two
Intermediate JY Series	Zoe Neubert & Makahiwi Cercie
CTR Horse and Rider Open	Robyn Hill & Purdak
CTR Horse and Rider Intermediate	Angela Sloan & El Etruscan



CTR Horse and Rider Junior	Grace Blyth & KD Migal
CTR Distance Horse Junior	KD Migal
CTR Distance Horse Open	Colorado Skye
CTR Distance Horse Intermediate	When the Cat's Away
Non Arabian award	Artsfellow (Standardbred)
Scroll of Merit 3000km	Northwinds Apollo
	Roselea Royal Fire
4000km	Tkiwa
4500km	Craig Royston Sonata
	Miro Bay Plenty
Rider Loyalty Award	Patricia Ireland / Emma Watson
Ground Crew Loyalty	Wendy Farnell
Decade Award	Heidi Bulfin & Stonelea Sparkling Rose
	Alison Higgins & Twynham El Desiree

Thank you Sharon Nisbett – from Barbara Avery

At the recent AGM held in Christchurch we witnessed the stepping down of Sharon Nisbett from her long involvement of her association with the sport covering many roles mainly the handling of the finances, of being a TD and an FEI Judge that commenced back in 1982, when she was first introduced to the sport of Endurance Riding.

At the inaugural ride of the Motueka Rodeo Club her introduction was helping the secretary on the ground in a day that could only be described as four seasons in one day, with husband riding, two girls and a 6 month old baby in the pram on the back seat of the car. The family was hooked and from here all members rode - Leo, Simone, followed by Nikki and in later years Ben, while Sharon did



all the secretarial work and ran rides not only for the local Club but helped out the Motueka Valley Riding Club as well, enabling their members to ride.

In 1984 she attended her first AGM at Ngatimoti, which was held the day after the National Ride - distance being 80klms. Gilbert Cooper was President and Hazel McCort Secretary/Treasurer. Over the next few years Sharon was drawn to the secretarial side of the sport and travelled to many Council Meetings of NZE&TR Association as an Observer with the late Lesley Foote. Sharon was always on the ground doing the Secretarial work and in later years, vet gates from the top of the South Island down to Kurow, always helping out at the infamous Reefton Rides and the Club was instrumental in getting the first ride run under the Motueka Rodeo Club at Marlborough and getting that Club off the ground in 1989.

In 1992 Sharon made a breakthrough with the Tasman Forestry Company at Rotorua, in securing a National Sponsorship of \$15k over three years for the Sport and went on to run the 1992 Golden Downs National event which put the Club on the map. This will always be remembered for the Paulette Stannard and Noel Ritchie duel to the end. Sharon was elected to the National Council in 1992 and served a year before taking over the reins from Dave Lincoln as Treasurer. She held that position until stepping down in 1999 to be Secretary for the Organising Committee of the Nelson Lakes Nationals in 2000, which saw overseas riders from South Africa, Canada, Dubai and Australia and was remembered for the huge bonfire, the rain and a few other episodes. While she was on the Council in 1993 she became a TD, followed by FEI International Judge in 1997, in which capacity she officiated at many Island and National Events over both Islands.

1998 saw the first FEI National Ride held at Cave, where Sharon served on the Ground Jury and also that year saw her as an Endurance NZ Selector, along with Ron Guest and Howard Hunter from Equestrian Sports, for the NZ World Equestrian Team that went to Dubai in 1998 and won the gold, putting Endurance NZ on the world scene.

Disaster struck the Nisbett Family in December 2000 when Leo died suddenly at a Marlborough Endurance ride and Sharon stepped away from the sport, before making a comeback in Ground Jury work at the local and Marlborough rides and then travelling to the Canterbury Nationals at Amberley in 2002. The following year, 2003, saw Sharon officiating at the First Masters Ride in South Canterbury. Reappointed to the Endurance Board in 2004 she was back at the reins of the finances, a position which she has held ever since, going off the Board in 2007 but continuing as the Treasurer. In 2007 the Nelson Endurance Club honoured Sharon with a Life Membership of the club for her work. In her 23 years of being involved with the Endurance Board and 37 years in the sport she has served under 12 Presidents, worked with so many people, attended many AGMs, met so many people that have become lifelong friends and seen a lot of changes in the Sport. Her involvement with Equestrian Sports NZ, has seen her working with a great number of personnel, including six CEO's of ESNZ.

Officials

This month I asked Paula Adams about her experience of being an official.

What made you get into being an official?

After being involved in endurance for 26 years, my interest in being an official was sparked by the retirement of my long time endurance partner, Ghost (Makahiwi Nebular). To me he is a horse that could never be replaced and I always said when he retired, I would retire. I thought that I could still be involved by becoming an official and spent a season or two supporting my teenage son Rowan and his horse Martika Fire. My retirement did not last long as Kaye Lancaster definitely had other ideas and asked if I would ride her young horse, Glenmore Nazirah for her. I did this for two seasons and then Sarah Addy offered me SS Shemrani, so I have never really retired, or at least how I thought I would do!

I now combine competing and officiating (and most recently board member) to continue to learn more about the needs of the sport in general, our rides in New Zealand and world wide to ultimately be more familiar with the rules of the sport which seem to be forever changing at the moment.

What do you get out of being an official?

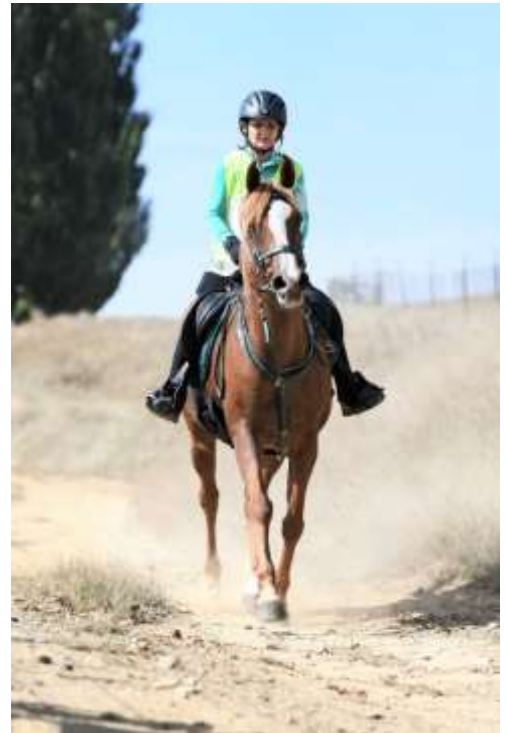
The idea of following a set training programme for officials was a good start for me and I truly get an enormous amount of pleasure in helping people and supporting them to achieve their own goals, which I feel should be at the heart of every official.

I love to see horse and rider combinations making their way from Novice through to Open and onto the bigger distances.

While there is rider camaraderie there is also officials camaraderie - making new friends, supporting each other through the early hours and long days, the problem solving, the accidents, the laughter and the satisfaction of doing a good job and not having too many dramas throughout the day, experiencing the highs and the lows.

Where do you think this might take you?

I hope to continue learning from the more experienced officials that we have in New Zealand and really enjoyed the training courses hosted by overseas officials. You then really get a taste of what officiating is like overseas and I think ultimately that would be the highlight for all our NZ officials, then to bring that experience back to NZ would only lift the standard of endurance even higher.



Seminars

ENDURANCE SEMINAR: SELWYN EQUESTRIAN CENTRE. 19TH-21ST JULY




The first seminar in at the Selwyn Equestrian Centre was very successful and informative. All participants really enjoyed the ridden sessions with Kate Honour and several took the opportunity to book a follow up session on the Sunday. A Masterclass was available to members of the Mentoring programme and Sue Billigheimer made the most of the opportunity.

Alise Yates delivered Nick Page's veterinary presentation in his absence and Hygain's Robyn Mauger gave a presentation on horse nutrition which was very interesting, as was the session on hoofcare given by Rodney King.

ENDURANCE SEMINAR: TAUPO NATIONAL EQUESTRIAN CENTRE. 26-28TH JULY

Following the same format as the Selwyn seminar this weekend in Taupo was well received by attendees, with lots of learning and ridden sessions that identified some early season issues to be working on. For some of us it was the first time riding in the indoor arena. While the weather stayed fine and clear for the weekend it was nice to know we were under cover just in case, and it also removed a few distractions.

Tony Parsons gave a very informative talk about formulating a training plan, electrolytes and diet. He also talked about injury management. He said it is important to assume that damage has been done and treat it, rather than just turning the horse out in the paddock for a few days to recover on their own. He said that treating unseen injuries now will add years to the horse's career at the other end.

After lunch there was a great session on massage (for the horses, not riders ) and then it was back inside for another great talk from Rodney King on hoofcare and injury prevention. After that it was time to head off to rug and feed horses before another shared dinner and Q&A session before heading off to bed on a frosty Taupo night ready for individual lessons the following day.

I thoroughly enjoyed this seminar. They say that any course you come away from having learned one new thing is a successful course. I learned several new things on this course and was reminded about a whole lot of others that I already knew but had slipped out of conscious memory. I'm looking forward to the next one.

Those who were on the development and mentoring programme got a significant discount for this weekend as well as having an individual riding lesson included on the Sunday. The success of this programme depends on members being proactive in sharing information. It's a two way street, and you will get lots out of it if you put the effort in.

NZEQUESTRIAN.ORG.NZ

Chris Hodson Scholarship 2019

Applications are now open to be received for the Chris Hodson Scholarship for 2019.

The Chris Hodson Scholarship was established in 2015 in recognition of Chris Hodson's outstanding service to ESNZ as an ESNZ Board Member from 1998 to 2015 and President from 2011 to 2015.

The Scholarship was for \$10,000 (\$2,000 for the next five years) to be awarded to an aspiring New Zealand FEI Official. The first scholarship was awarded in 2016.

Purpose

The purpose of the scholarship is to support the development of a dedicated New Zealand Official who is deemed to have potential and aspirations of being promoted to a higher level FEI Official. The scholarship is also seen as a long-term investment into an official who ESNZ hopes will continue in their role for many years to come.

Terms of Reference / Criteria

1. The Scholarship is to be used to support:
 - Funding of training for a New Zealand FEI Official to be promoted to a higher level FEI Official.
 - Funding to attend an international seminar / course or conference which will benefit the official and ESNZ.
2. Applicants must be a current financial members of ESNZ and reside in New Zealand.
3. Applicant must provide a course/training programme outline and budget for how the scholarship will be used.

4. Applications may be presented to the Discipline Boards (if more than one application is received) who will forward one application to ESNZ to be considered by the Chris Hodson Scholarship Trustees.
5. Must be willing to write a short report about their experience for the ESNZ website.

Application Process

To apply for the Chris Hodson Scholarship, applicants must provide the following:

1. A short introduction about themselves, the reason for applying for the scholarship and what makes them a suitable candidate for the Chris Hodson Scholarship.
2. An outline of the course/training programme they wish to attend along with a budget for how the scholarship will be used.
3. Send your application once completed to sport@nzequestrian.org.nz
4. Applications for 2019 close on **Friday 6 September 2019.**

<https://www.nzequestrian.org.nz/.../chris-hodson-scholarship.../>

Trans Tasman

Trans Tasman is coming up this season. Selectors have been chosen but we have yet to appoint a Chef for the team. Read what the Chef of our 2017 Trans Tasman team has to say about the Chef and Selectors role requirements.

<https://www.nzequestrian.org.nz/.../endurance-trans-tasman-c.../>

Legging up (<http://southerncrosseendurance.blogspot.com/p/training-endurance-horse.html>)

Everyone will have their own plan for early season training. The temptation is often to go too hard too fast and then not last the season. The following is 'borrowed' from Southern Cross Endurance online.

Training the endurance horse

The following articles are written by various endurance riders and trainers for your information. Training programmes will vary from one horse to another and pending time constraints and prior preparation of the horse as a youngster. For more individualised advice you can contact one of the SCEI members via posting on our BLOG.

For further detailed information follow the links via www.aera.asn.au/vera

Training for 40km endurance ride

The following information is a guide only, and based upon a 6- 8 week pre – ride programme for a horse that has had light to minimal ridden work in the prior months.

A well conditioned horse who has been adequately legged up from 4years of age, could start such a programme after a turn out session, and enter into a 40km ride, with a basic plan to ride slow and steady at around 10-12kph.

Legging up is the process of preparation of an unfit horse to the strains of road and terrain work, with some dressage and trot pole work to assist muscle conditioning and flexibility. This takes 1-2years of slow work and flat work with also trotting poles. So most endurance horses would not enter their first 40k ride until almost 5yo.

An arena session may comprise as an example, 10 minutes lunging warm up, 20minutes ridden trot poles and flat work, 5 minutes jumping and 10minute cool down.

On any given ride session a 5minute walk 5min slow jog warm up and then in reverse cool down is advisable.

Week 1 3 rides this week of no more than 5km each at a walk, on flat to undulating terrain, plus 1 arena session.

(feeding at this stage plenty of hay roughage, introduce an electrolyte and mineral vit mix and use as recommended by the manufacturer)

Week 2 3 rides this week as above with the introduction of trot eg. 1km walk, 500m trot, 1km walk alternating. 1 arena session not ridden (lunge only)

(you may start to introduce a hard feed on work days – specific advice for your horse should be sought from a nutrition company and will depend on available grazing and horse body condition. A good source of information on feeding the endurance horse is available in - An Introduction to Endurance – magazine vol 1-3)

Week 3 3 rides this week as above with an increase in trotting eg 1km walk, trot and short canter and cool down 1km walk at end.

(feeding as above, with slight increases in feed amount and daily feeds may start in wk 3-5 even on rest days pending horse condition and attitude)

Week 4 2 arena sessions and 2 rides of 7-10km walk and trot

Week 5 1 arena session 2 rides 10km and introduce some hills at a slow trot or walk and 1x15km ride

Week 6 1 arena/lunge session 2x 7km rides with mainly trot and canter and hill work slowly and 1x20km ride.

(plenty of roughage in the feed to load the hindgut and don't make any changes now to your regular dietary plan. Some riders may load up with daily salt/electrolyte mix 2-3 days pre competition in week 7)

Week 7 2x7km rides 1x15km ride including some hills

Week 8 1 x light lunge , 2x5km easy rides 1x 40km endurance ride 1-2km walk day after ride

The hill terrain on an average endurance ride can be 180-400mtr over 1-3km. The ride may include 2-3 such hill climbs, occasional short steeper sections which you may need to dismount and walk up or down. The tracks are

generally otherwise undulating, and varying under foot from soft grass verge, to sandy goat tracks, bitumen sections, and dirt road with some rocky patches.

Full conditioning of a horses muscle system and cardiovascular system occurs over years.

A training ride 40km or 60km, is just that, part of your training schedule and preparation, it is not a ride you aim to win or do at speed – to complete is to win.

Pacing a ride at training once basic ground work and legging up is performed over the first 12mths of a horses ridden life is important.

Average novice endurance ride speed is 9kph. You should aim to train your rides in the last 4 weeks of training schedule to a steady pace averaging 8-10kph, and up to 12kph for shorter rides. Most of this is trot work and extended trot with canter breaks and walking to warm up and cool down.

Good monitoring includes measuring heart rate recovery. At this level of riding a reasonably fit horse on a training ride should come back with a heart rate 60bpm or under and recover to resting heart rate within 30 minutes.

Focus on the rules

This month's focus on the rules highlights horse and rider levels. Remember that if you have no plans to ride further than 40km you can still qualify through to Intermediate status and compete for placings at Intermediate distances.

1.2 Horse and Rider Levels

- a) Horses and riders are classed according to which level of the ride they have successfully completed starting out at Novice and thereafter complying with the qualifying requirements before proceeding to the next level of class.
- b) Where a horse and rider combination is of different grades they are restricted to enter the class that the lowest level of the combination allows.
- c)
 - Novice** Horses and Riders that have not yet completed the Novice Qualifying Procedure.
 - Intermediate** Horses and Riders that have qualified in 200km of Novice rides 40-90km.
 - Open** Horses and Riders that have successfully completed the Novice Qualifying Procedure.
 - CEN 1** Horses and Riders that have qualified in an Open ride of 80-119km.
 - CEN 2** Horses and Riders that have qualified in an Open ride of 120-139km.
 - CEN 3** Horses and Riders that have qualified in an Open ride of 140-160km.
 - Graded 1*** Horses and Riders that have successfully completed a CEI 1* ride
 - Graded 2*** Horses and Riders that have successfully completed a CEI 2* ride.
 - Graded 3*** Horses and Riders that have successfully completed a CEI 3* ride.

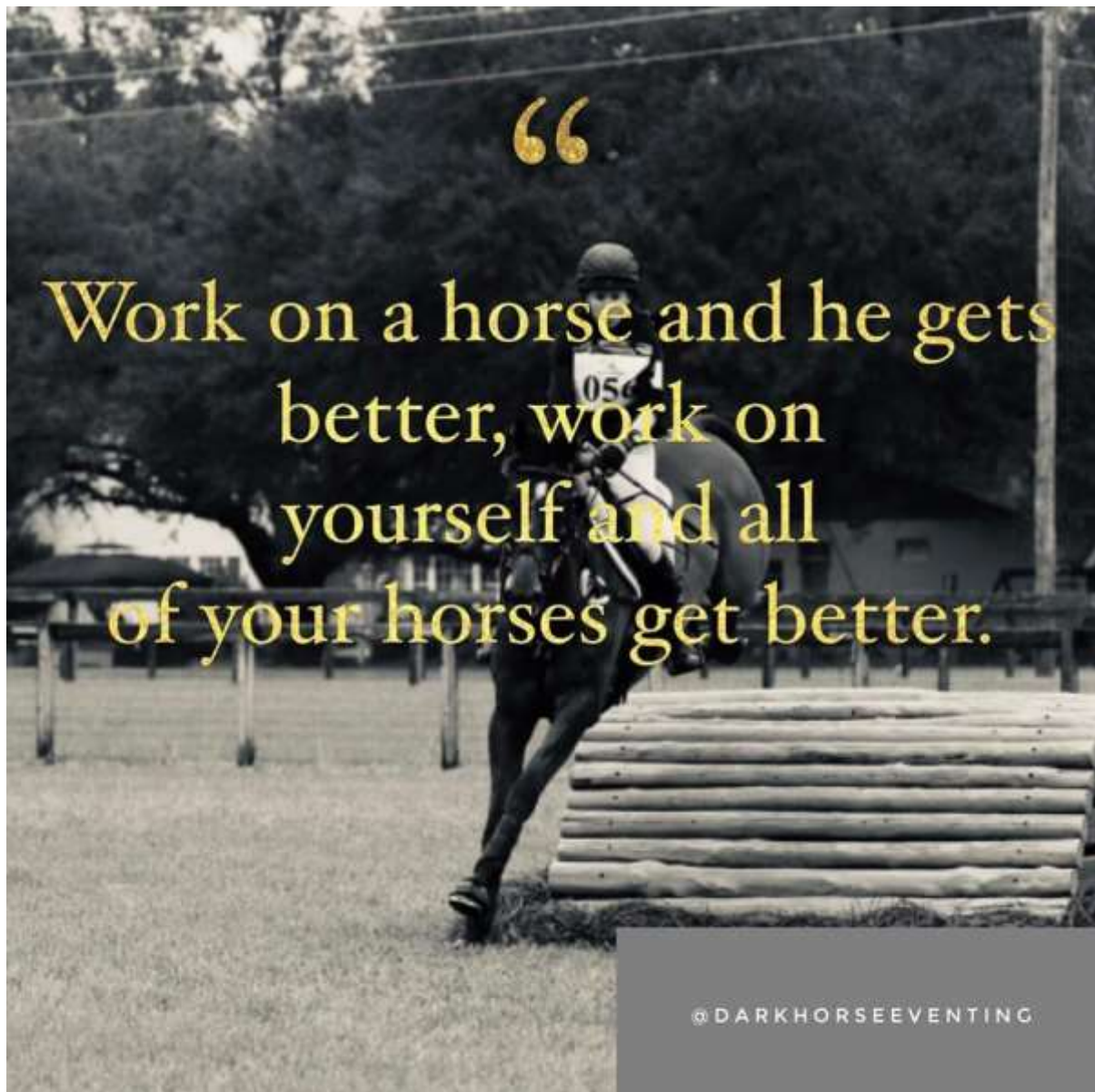
Membership renewal

Less than a month now to the first event of the new season.

Please ensure your ESNZ Membership, Registrations and Club Membership are current before entering any class that requires membership and registration.

Don't miss out on entering your preferred class just because you left it too late to get things sorted.

And finally ...



Have fun, stay warm, enjoy.