

Grade II Para Rider:

ANTHEA DIXON

and

ON TWILIGHT



Hi, I'm Anthea Dixon (nee Gunner) What makes me a para? I had an accident leading my horse in 2006 which resulted in Paraplegia at T10/11 (about where your bra strap sits). I spent 4 months in the Burwood Spinal Unit in rehab and the one thing i refused to give up was riding horses. Since relearning the ropes at RDA and figuring out compensatory aids that can help me I've had some amazing experiences with Huntingdale Incognito at the 2012 London Paralympics, training and competing in Europe including the World Equestrian Games in 2014 with the gorgeous Doncartier and now I am starting a new journey retraining On Twilight to be a Para dressage horse. For me good balance is most important, so I work hard on keeping my position in the saddle as correct as possible, which is not always easy! I use a hard 'handlebar' hand hold, straps with velcro over my thighs, rubber bands on my feet and a strap from the stirrup to the girth. This all helps to keep my legs and feet as still as possible but is designed to give way when things go pearshaped. I work full time as a PA for NZ Post and also am a Dressage NZ listed Judge and do a little bit of coaching in my spare time.

