

# Grade III Para Rider:

## **NICOLA ESSEX** **and** **SUNDAYS FINE'N DANDY**



I live in Waerenga with my partner Peter and joined Para in 2010 after developing Rheumatoid Arthritis 16yrs ago. RA has severely impaired my strength and mobility so to compensate I use bridging reins with ladders and hand loops, carry two whips and use stirrup cages. I ride Danny a 16hh, 7yr old solid Appaloosa X TB by Sundays Sensation. Dan was started for me at 5 and has been trained to my way of riding, I have competed him for 2 seasons and train with Julie Malcolm. He is very narrow through the girth to compensate my hips, has very smooth movement and stands like a rock for clambering on and off. Outside of Para, I work in Auckland as the Claims Manager for a Fletcher's Business Unit and am the National Riders Rep for Para Equestrian as well as an active committee member of the Auckland Manukau Dressage Group. Being allowed my compensating aids with Para means I can once again pursue my love of riding and competing for which I am thankful.

