

LCRC NEWS

FREE NEWSLETTER FOR LAMBERTS CASTLE RIDING CLUB MEMBERS

Stick to blue label

BRC head office has confirmed there is no grace period for body protectors, despite BE having given a 'stay of execution'.

Throughout all BRC riding activities, good safety practices are of paramount importance.

As per the 2024 BRC handbook, and in line with current BETA standards, BRC rules continue to state that participants need to wear a BETA level three body protector which displays a blue 2018 label.

Any old irons call

LCRC member Tony Collins is asking for your old metal stirrups.

He says: "The kind we all learnt to ride in before the magical technical safety options all arrived in recent years! It doesn't matter what size they are, whether you have odd ones or if they have a few dents in them. If you've got them lurking in old corners and are willing to donate them that would be great!" Please get in touch with Tony at TC Leatherwork via tony@tcleatherwork.co.uk or 07929 178273.

Chasing the stars

TWO dozen members returned to the Ridgeway Inn, Smallridge, for the final winter club talk – a very popular event.

After a delicious supper provided by Kevin and his team, plates were cleared and members enjoyed an entertaining and informative talk by Helen West about her life and career with horses.

As a young child, Helen's parents tried to encourage her down the route of tennis, but horses were, and have remained, Helen's passion.

Following a successful childhood in junior and young riders, Helen then progressed to ride up to 5* level before moving to develop and run Bicton Arena securing both national and international competition for the venue up to 5* level.

Having already been invited to join the board of British Eventing, Helen then took on the role of CEO before leaving

to concentrate on the next stage of her career as a cross country course designer, where she is currently one of only two female designers to reach 4* level.


Helen gave a valuable and interesting visual presentation based on research done in conjunction with Exeter University of how horses see cross country fences versus the rider view.

This is a major factor for course designers to incorporate when planning a course, and certainly gave members food for thought when they are next approaching a jump!







Unfortunately, the evening was fast running out of time, so Helen has kindly offered a return visit to share more of her course building experience.

In the meantime, the club wishes Helen every success with her next goal to become the first female 5* cross country course designer.

Fran Summers


THE CHARTER FOR THE HORSE

As responsible members of the equestrian community, we pledge to this charter for the ethical and fair treatment of all horses and other equids under our care.

 Empathy <small>Recognising horses are intelligent and emotional beings, we always prioritise their mental and physical health and overall wellbeing.</small>	 Care <small>Throughout their entire life, during exercise and rest, we offer horses a secure and suitable setting to create positive experiences that address their social, behavioural, nutritional and physical needs for a high quality of life.</small>	 Respect <small>Through compassionate, mindful, patient and empathetic interaction, we foster positive relationships with horses based on trust and respect.</small>
 Consideration <small>Each horse is an individual, and we strive to understand and meet their specific needs, including how they learn. We don't push horses beyond their health, fitness or ability levels, and we never let competitive or commercial influences compromise their welfare.</small>	 Ethics <small>In all our equine interactions, whether for leisure, training or sport, we adhere to the highest standards of equine welfare, safety, equipment, veterinary care and biosecurity, always guided by ethical principles.</small>	 Learning <small>Through continuously improving our equine knowledge, we evolve our behaviours based on education and informed advice from qualified professionals and the broader equestrian community.</small>

MEMBERS taking advantage of Jo Rimmer's experience at a recent club arena eventing training clinic



Images courtesy of Rachel Collins Photography

DIARY DATES...

Sunday, April 14th, 11am-2pm**Polework with Melissa Northwood (Chard EC)**

Members only. 11am-2pm. Groups of 3. Cost £25 pp

Please book directly with Rachel Collins (hello@rachelcollinsphotography.co.uk).

Wednesday, April 17th, 3pm-7pm**SJ Training with Alex Bragg**

(FULL) Members only. Paired hour £45 / Group of 3 £30

Please state what height you would prefer, and if your preference is for individual, paired or grouped lessons. Book with Rachel (hello@rachelcollinsphotography.co.uk)

Friday, April 19th, 10.30am**Charmouth Forest club ride**

Starting from Higher Pound Farm, Monkton Wyld DT6 6DD, Jan Osborne will lead the group on a route around the forest tracks, bridleways and quiet lanes at a slow to moderate pace. £5 payment by Bacs or correct cash on the day. Names to Fran by Tuesday, 16th (fran.summers60@gmail.com)

Friday, May 17th, 10am-1pm**Flatwork with Isobel Goodwin (Chard EC)**

Open to Area 12. Individual 30mins £30 LCRC/£35 Area 12. Paired hours £25 LCRC/£30 Area 12

Please book directly with Rachel Collins (hello@rachelcollinsphotography.co.uk)

Saturday, May 18th, 9.30am-5pm**Simulator Lessons from Posturide (Combe St Nicholas)**

Members only. Simulator lessons Amanda from Posturide. Using 'Ace' her horse simulator, the sessions are designed to help riders improve their body awareness, alignment and movement capacity. We have a very limited number of sessions available. Each lesson is individual, approximately 50mins each. Please book directly with Rachel Collins

(hello@rachelcollinsphotography.co.uk)

Thursday, May 30th, 10.30am**Beaminster Down club ride**

Horn Park Farm, Beaminster DT8 3PT. By kind permission of Bonnie Grant Ives. The ride will be across private farmland and bridleways with limited road work. Ride will be at a moderate pace with some opportunities to canter in open spaces. £5 payment by Bacs or correct cash on the day. Names to Fran by Monday 27th (fran.summers60@gmail.com)

Monday, June 3rd, 11.30am-2.30pm**SJ Training with Jane Rogers (Swallowfields)**

Members only. Individual hour £35 / Paired hour £20 each / Groups of 3 £17 each

Please state what height you would prefer, and if your preference is for individual, paired or grouped lessons. Book with Rachel via hello@rachelcollinsphotography.co.uk but payment is made on the day to Jane directly.

SAVE THE DATE – Wednesday, June 12th**Jane Holderness-Roddam yard visit**

A visit to West Kington Stud is to take place, leaving around 9am. More information to follow.

DIARY DATES continued...

Sunday, June 16th, 10am-2pm**SJ Training with Gemma Hallett (Chard EC)**

Open to Area 12. Group of 3 £25 LCRC / £30 Area 12

Gemma returns to us to focus on lines, rhythm and presentation to a fence. Please state what height you would prefer. Book with Rachel (hello@rachelcollinsphotography.co.uk)

Wednesday, June 19th 10.30am**Longlands Farm club ride**

Southover, Frampton, Dorset DT2 9NQ. By kind permission of Liz Elliott. Enjoy the old turf bridleways of Dorset, nearly all off road at a moderate to fast pace with opportunity to canter in open fields. Liz has kindly offered parking and to lead us on this ride.

£5 payment by Bacs or correct cash on the day. Names to Fran by Friday 14th (fran.summers60@gmail.com)

Thursday, June 27th, 10am-1pm.**Flatwork with Gaynor Lomas (Kilmington)**

Members only. Individual 30mins £20. Individual 45mins £30. Individual 60mins £40

Please book directly with Rachel Collins (hello@rachelcollinsphotography.co.uk)

Wednesday, July 17th, 5pm – evening ride**Beckford Bridge club supper ride.**

Led by Fiona Bengier this ride will be at a slow to moderate pace and ideal for first timers, to include a supper stop at the Tuckers Arms, Dalwood. £15 each (tbc) to include supper. Names to Fran by Friday 12th (fran.summers60@gmail.com)

Thursday, July 25th, 3.30pm-6.30pm**Flatwork with Gaynor Lomas (Kilmington)**

Members only. Individual 30mins £20. Individual 45mins £30. Individual 60mins £40

Please book directly with Rachel Collins (hello@rachelcollinsphotography.co.uk)

Thursday, September 5th, 11.30am-2.30pm**SJ Training with Jane Rogers (Swallowfields)**

Members only. Individual hour £35 / Paired hour £20 each / Groups of 3 £17 each

Please state what height you would prefer, and if your preference is for individual, paired or grouped lessons. Book with Rachel via hello@rachelcollinsphotography.co.uk but payment is made on the day to Jane directly.

Wednesday, October 9th, 11.30am-2.30pm**SJ Training with Jane Rogers (Swallowfields)**

Members only. Individual hour £35 / Paired hour £20 each / Groups of 3 £17 each

Please state what height you would prefer, and if your preference is for individual, paired or grouped lessons. Book with Rachel via hello@rachelcollinsphotography.co.uk but payment is made on the day to Jane directly.

Dates are subject to change at the discretion of the club.

PLEASE KEEP AN EYE ON OUR WEBSITE OR FACEBOOK
PAGE AS TRAINING IS FREQUENTLY UPDATED