

Pony Club Area 3 Endurance 15/3/16

Dear All.

Here we are at the beginning of a new Endurance season. In fact it has already started as I went down to Market Reason last weekend with Caitlin Birkett (Vale of York) to participate in a 42km ride. A surprising number of you have contacted me regarding Endurance and here are just a few thoughts to help you along the way.

Please find attached the new leaflet the Pony Club has produce, (some familiar faces here). This has already proved to be really useful. It contains some useful phone numbers and ideas on starting the sport and is well worth printing out and passing around your friends.

This year we are going back to the old concept of requiring you to successfully complete three rides of the necessary distance to gain a qualifying place at the championships. i.e. for Novice you have to do 3 rides between 20 and 29km, for Intermediate 3 rides between 30 and 39km, and for Open 3 rides of 40km or more. The Championships themselves will be divided into Junior (12yrs and under) and Senior (13 yrs and over) and all your qualifications must be gained at vetted rides. E.G.B. offer free day membership to all Pony Club members and I have written down a list below of rides in Area 3 that can be used.

5/6	Whancliffe Chase	Huddersfield	South Yorks
19/6	Dialstones	Sutton Bank	N. & E. Yorks
3/7	New Marske		Durham and Teeside
10/7	Clifton Castle	Masham	BWY Pony Club
17/7	War of the Roses		South Yorks
14/8	Harwood Dale	Scarborough	N. & E. Yorks
28/8	Aram Grange	Thirsk	BWY Pony Club
25/9	White Horse Wander	Thirsk	N. & E. Yorks

Please check the E.G.B. and BWY websites for schedules. I will be at all of these rides either helping or competing myself and am always available to give you a hand. Please remember that Juniors must have a mounted escort with a ratio of 2 to 1 for all E.G.B. rides.

FITNESS. If you are doing normal Pony Club work, rallies, show jumping, dressage, and you manage to get a fair amount of hacking out them you and your pony should be fit enough for the Novice classes. As you go up the scale to Intermediate and Open your ponies need to be seriously fitter. One of the best and most enjoyable ways to achieve this is participate in as many rides as possible, and from these you will learn the speeds and heart rates required and you will start to formulate a post ride recovery procedure and will get a feed back on how fit your pony actually is.

PC ENDURANCE CHAMPIONSHIPS. This year they are on quite late on the 16th Oct at Milton Keynes. We have tried hard to find a venue with a slightly earlier date. In this we have failed but we hope to be back at Cholmondeley with the other championships in 2017. At least the lateness of the Endurance championships this year gives you all summer to get your ponies really fit and all Pony Club members are invited to join the BWY in the extra hill work we will be doing.

As I hope you have already seen the BWY Thorp Perrow ride is on the 6th April. It is only 7 or 14km but it will be a good start to the season and there will be lots of Easter eggs for those who complete. A schedule will be attached with this letter.

Yours Robert Blane