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Eastern Miniatures: Can You Hear Us Fundraising Show

20th July 2014

Lime Kiln Farm EC, Thursford, Norfolk
Contact Hannah Cook: 01603 270548 or
easternminiatures@hotmail.com

Open to miniature horse and Shetlands under 42"



Eastern Miniatures Fundraising Show

20th July at Lime Kiln Farm EC, Norfolk. Funds raised will be donated to "Can You Hear Us?", an organisation that helps and supports people with NF2.

Classes for all horses and ponies under 42"
MHOYS 2014 Qualifier

MHCGB Finals 2014 Qualifier
S.P.S.B.S affiliated classes
Sponsorship Packages available

Secretaries: Hannah Cook and Sophie Gascoine
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Finn Valley Riding Club qualifies for international tournament



Shirley Stagg

The senior intermediate show jumping team for Finn Valley Riding Club has been selected to represent Great Britain in the Generali World Club Tournament in Lamotte Beuvron, France after winning in their section at the BRC National Championships in Lincoln.

Taking place every summer, the Generali World Club Tournament runs during the Generali Open of France at the Parc Equestre Federal. With 6500 riders and 6000 horses representing

1100 clubs, the event is one of the largest equestrian events in the world.

The Generali World Club Tournament is a friendly international competition for clubs from all over the world. The aim is to create a friendly event in which club members will meet riders from other clubs from all over the world and share their culture. It also offers competitors the chance to taste the atmosphere of an international competition, including a nation parade and national anthems. The competition takes place over two days with two rounds and a final. The fences have a maximum height and spread of one metre. Each rider participates with the same horse throughout the competition and at least three team members have to compete in each round. The final is reserved for the five top teams after the first two rounds. The team has been together since July 2013, where

Team Profile

Julia Sheppard riding Hot Prospect, a 20 year old, 16hh grey mare. Julia has owned her since she was a four year old and they have competed up to BE novice and British Showjumping. They now enjoy going to local shows and regularly representing the club in all disciplines at area and national level. Julia has been a member of Finn Valley Riding Club for 15 years.

Lisa Kenyon riding Cyndaquilm, (Muffy to her friends), 16.1hh, seven year old, bright bay mare. They have competed to discovery level show jumping, BE 90 and in working hunter classes. Most recently Lisa lent her to the Easton Harriers hunt for the inter hunt relay at the Suffolk Show. Lisa is the veteran of the group and joined the team when Amy Curl, who was the original fourth member of the team, had to drop out.

Turn your dream into reality

By Faye Low

Have you ever wondered why coaches tell you to visualise what you want to do and imagine it to be real? It is true that what you can imagine you can turn into reality, but how does it work?

So far you understand that what you think, feel and behave is recorded in the body as a reaction to a stimulus. By using visualisation you are basically pre-programming yourself. Right now I want you to visualise a lemon. Imagine cutting the lemon in half, imagine you are opening your mouth with the lemon held above it and then squeeze the lemon into your mouth. Oooh, I bet there are some sour faces out there right now. Your body just had a reaction to something that you imagined.

Knowing that your imagination is this powerful, we can harness this power for our benefit. Visualise your dressage competition before you ride it, or a show jumping course, or even going out on a hack. Make the visualisation as real as possible so remember to see, feel, hear, taste and smell things within your visualisation. You are pre-programming your body to have a response, so you need to kick in all your senses to make it as real as possible.

Do this visualisation many times, as we know repetition is the key to getting something locked down in the brain as a habit. So, if you are rehearsing your dressage test, you should imagine yourself doing the test in the arena and remember to concentrate on what you are seeing, hearing, feeling, tasting and smelling. Then run through the test every day for at least seven days prior to the test. Good luck.



Julia Sheppard

they won the riding club area qualifier at Geldeston Hall. They then went on to represent Finn Valley Riding Club at the BRC national championships in Lincoln, where they beat 20 teams to win the final. They have help from team trainers Tammy Ruffles and Jonathon Allinson; Rosie also has had training with Bridget Ensten.

The team are raising money for their trip by getting help from businesses and the Mars Milk Fund. "We've been lucky to have support from various

businesses," said Julia Sheppard. "If anyone else would like to support us in any way we would be extremely grateful."

This may be in the form of donations towards transport of the horses to France or equipment for riders and horses. To vote for the riding club, go to www.marsmilk.com/fund2014/clubs/finn-valley-riding-club and click vote. To get more information about the club, visit www.finnvalleyridingclub.com.

Rosie Stevens riding Van Neolux, a 15.2hh grey warmblood gelding. He was gifted to Rosie early in 2013. He had previously been lightly ridden then a field companion for three years due to injury. He is now back on form and they have competed in show jumping and started eventing. Rosie has been a member of the riding club for four years.

Shirley Stagg riding Possibilities,

a 16.2hh, 11 year old, grey Irish Draught x gelding. Shirley has owned Possibilities for three years and competed up to B.E. novice and Pony Club open at areas and championships. They are the current Pony Club Liket open eventing league champions for eventing at level five (1.10m), winning the title in 2013.

Shirley has been a member of Finn Valley for 10 years years.

Photos by Gordon Crane