

# HAMPSHIRE HORSE

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*On-line at [www.petercox-photography.co.uk](http://www.petercox-photography.co.uk)*

MARCH 2009 (Issue 52)

## What's On:

**Mon 2 Mar: Robert Pickles Dressage Clinic**, Crofton Manor EC, Titchfield Road, Stubbington, Fareham PO14 3EW. 45 mins lesson to include test riding and arena craft. Choose from P19, N33, E57 or M75 for your test ride. Robert will judge your test, give you feedback and then a lesson with arena craft techniques. Cost £45 private or £40 semi-private. Please call 01329 667323 to book.

**Wed 4 & 18 Mar: Clear Round Evening**, Crofton Manor EC, Titchfield Road, Stubbington, Fareham PO14 3EW. To book half hour slot pls call 07500 660049. [www.croftonmanor.co.uk](http://www.croftonmanor.co.uk)

**Sat 7 Mar: Table Top Tack Sale**, Westbourne Church Hall, Westbourne, nr Emsworth PO10 8UL. 6-8pm, set-up 5pm. Sellers £8/table. Buyers 30p admission. To book table pls ring Jenny 01243 431249 (advance bookings only).

**Wed 11 Mar: Affiliated Dressage**, Quob Stables, Durley Brook Road, Durley, Southampton SO32 2AR. Tel 023 8069 4657. [www.quobstables.com](http://www.quobstables.com), email [enquiries@quobstables.com](mailto:enquiries@quobstables.com)

**Fri 6 Mar: Fiona Foy Dressage Clinic**, Ipley Manor, Marchwood SO40 4UR. Dressage training for all levels. Individual sessions. Outdoor school with mirrors. Iberian horses welcome but all levels, standards, breeds and ages catered for. Very friendly. For more details, or to book, please contact Fiona on 07968 059434. [www.fionafoy.co.uk](http://www.fionafoy.co.uk)

**Fri 13 & 27 Mar: Fiona Foy Dressage Clinic**, Ladycross, Brockenhurst, Hants, SO42 7QL. Dressage clinic, all levels welcome. Lovely quiet venue, large arena (outdoor), good parking etc. Very friendly. Good for young horses. All bookings strictly through Fiona 07968 059434. [www.fionafoy.co.uk](http://www.fionafoy.co.uk)

**Sun 15 Mar: Stilemans Hunter Trials**, Godalming GU8 4AB. Novice, novice pairs, intermediate, open. Entry forms available at [www.clandchunt.co.uk](http://www.clandchunt.co.uk). Secretary Tiffany Tasney 07775 814078.

**Sun 15 Mar: Indoor Horse Driving Trials** at Sparsholt College, 9am – 5pm. Competitors and Spectators welcome. Contact Brenda May on 01590682356 for entries.

**Fri 20 Mar: Unaffiliated Dressage**, Quob Stables, Durley Brook Road, Durley, Southampton SO32 2AR. Tel 023 8069 4657. [www.quobstables.com](http://www.quobstables.com), email [enquiries@quobstables.com](mailto:enquiries@quobstables.com)

**Fri 20 Mar: Dressage Clinic with Ben St John James**, Little Leigh Farm EC, Prospect Lane, Havant, nr Rowlands Castle PO9 5NJ. £27.50/person 45 min private lesson. Tel 023 9241 3687 or email [lozzie\\_lewisa@btconnect.com](mailto:lozzie_lewisa@btconnect.com)

**Mon 23 Mar: Gareth Hughes Clinic**, Crofton Manor EC, Titchfield Road, Stubbington, Fareham PO14 3EW. Top dressage rider and trainer. £60 per lesson. To book, call 01329 667323.

**Thu 26 Mar: Fiona Foy Dressage Clinic**, Al Kingston Stud, Plovers Barrow, Toms Lane, Linwood, Ringwood. Training clinic. All levels. Outdoor 60m x 20m all weather arena. For details contact Fiona on 07968 059434. Spaces limited. Booking essential. [www.fionafoy.co.uk](http://www.fionafoy.co.uk)

**Sun 29 Mar: WRC Open Unaffiliated Dressage Competition**, Sparsholt College. Tel 01962 774064. [www.winchesterridingclub.co.uk](http://www.winchesterridingclub.co.uk)

**Sun 5 Apr: BHS Fun Ride at Rockbourne**, nr Fordingbridge. Start times between 9.30am -12.30pm. Send SAE to Secretary – Sue Bailey, The Laurels, Forester Road, Soberton, Southampton, SO32 3QG. Tel 01329 835376, email [sue.bailey77@btinternet.com](mailto:sue.bailey77@btinternet.com). Entries open Jan 09. Sorry no entries on the day. Details at [www.BHSHampshire.org.uk](http://www.BHSHampshire.org.uk)

**Mon 6 Apr: Own a Pony Day**, Quob Stables, Durley Brook Road, Durley, Southampton SO32 2AR. Tel 023 8069 4657. [www.quobstables.com](http://www.quobstables.com), email [enquiries@quobstables.com](mailto:enquiries@quobstables.com)

**Wed 8 Apr: Affiliated Dressage**, Quob Stables, Durley Brook Road, Durley, Southampton SO32 2AR. Tel 023 8069 4657. [www.quobstables.com](http://www.quobstables.com), email [enquiries@quobstables.com](mailto:enquiries@quobstables.com)

**Wed 8 & 22 Apr: Clear Round Evening**, Crofton Manor EC, Titchfield Road, Stubbington, Fareham PO14 3EW. To book half hour slot pls call 07500 660049. [www.croftonmanor.co.uk](http://www.croftonmanor.co.uk)

**Thu 9 Apr: Own a Pony Day**, Quob Stables, Durley Brook Road, Durley, Southampton SO32 2AR. Tel 023 8069 4657. [www.quobstables.com](http://www.quobstables.com), email [enquiries@quobstables.com](mailto:enquiries@quobstables.com)

**Fri 10 Apr: Dressage Clinic with Ben St John James**, Little Leigh EC, Prospect Lane, Havant PO9 5NJ, 1-6pm. £27.50 per 45 minute lesson. Ring 023 9241 3687 to book.

**Fri 10 Apr: Unaffiliated Dressage**, Quob Stables, Durley Brook Road, Durley, Southampton SO32 2AR. Tel 023 8069 4657. [www.quobstables.com](http://www.quobstables.com), email [enquiries@quobstables.com](mailto:enquiries@quobstables.com)

**Mon 13 Apr: Winter Series Unaffiliated Show-jumping**, Quob Stables, Durley Brook Road, Durley, Southampton SO32 2AR. Tel 023 8069 4657. [www.quobstables.com](http://www.quobstables.com), email [enquiries@quobstables.com](mailto:enquiries@quobstables.com)

**Thu 16 & Fri 17 Apr: Own a Pony Days**, Quob Stables, Durley Brook Road, Durley, Southampton SO32 2AR. Tel 023 8069 4657. [www.quobstables.com](http://www.quobstables.com), email [enquiries@quobstables.com](mailto:enquiries@quobstables.com)

**Sun 19 Apr: Table Top Tack Sale**, Wickham Community Centre, Mill Lane, Wickham, 12.30-2.30pm. Open to traders from 11.30am. Admission 30p. Refreshments available. £8/table. Tel 01489 790982, email shphpg@hotmail.co.uk

**Sun 19 Apr: Frensham Cross Country Sponsored Ride**, Stockbridge Farm, Tilford, Surrey, 9.00am-3.00pm. 10 mile cross country course with a minimum of 40 optional jumps 2'6/2'9. SAE to Frensham Ride Secretary, Overhill Stables, Sandy Lane, Rushmoor, Farnham, Surrey GU10 2ET.

### Portchester Horse & Pony Association

**Sun 19 Apr: In-hand Show**, Danes Road, Portchester

**Sun 31 May: In-hand and Ridden Show**, Danes Road, Portchester

**Sat 25 – Wed 29 July: Summer Camp**, West Meon

For further details please contact Steph on 023 9261 9408 / 07857 956105

**Sat 25 Apr: Table Top Tack Sale**, Westbourne Church Hall, Westbourne, nr Emsworth PO10 8UL. 6-8pm, set-up 5pm. Sellers £8/table. Buyers 30p admission. To book table pls ring Jenny 01243 431249 (advance bookings only).

**Sun 3 May: Little Leigh EC Fun Day**, Little Leigh Farm EC, Prospect Lane, Havant, nr Rowlands Castle PO9 5NJ. Clear Round Jumping, Intro A Dressage (no cantering)-Dog Classes- Three legged race- Dressage to music – Novice Level – Mountain & Moorland, Prettiest Mare, Handsomest Gelding- Veterans, Youngstock 1,2 & 3 yr olds, Riding horse/pony, Fancy Dress- Horse/pony Judge would like to take home- Ridden and In hand classes. Tel 023 9241 3687 or email lozzie\_lewisa@btconnect.com

**Mon 4 May: Hampshire Horsewatch Spring Show**, Crofton Manor EC, Titchfield Road, Stubbington, Fareham PO14 3EW.

**Sun 17 May: Charity Show Jumping and Dressage Event**, Royal Artillery EC, Thorney Island, Emsworth PO10 8DH. Tel 01243 388323, email raecti@btconnect.co.uk

**Sun 24 May: WRC Show Jumping Competition**, Sparsholt College. Schedule can be downloaded from the riding club's web-site [www.winchesterridingclub.co.uk](http://www.winchesterridingclub.co.uk)

**Sun 31 May: Cadnam Show Society In-hand & Ridden Show**, Terry's Lawn, Petlake Farm, Ringwood Road, Netley Marsh, Nr Cadnam SO40 7LA.

**Sun 21 Jun: Open Hunter Trial**, Dene Farm, Nether Wallop. Schedule can be downloaded from the riding club's web-site [www.winchesterridingclub.co.uk](http://www.winchesterridingclub.co.uk)

**Sun 12 Jul: WRC Open Summer Show**, Polly Glovers Farm, West Meon. Schedule can be downloaded from the riding club's web-site [www.winchesterridingclub.co.uk](http://www.winchesterridingclub.co.uk)

## Peter Cox Photography



If you are organising an event during 2009 we are now taking bookings - No attendance fee - Sponsorships available - All types of events covered large or small - we are also available by appointment to undertake 'Fine Art' Animal Portraiture at locations of your choice.

We can also create your own individual and unique Photo Montage

for further details please visit our web site at

[www.petercox-photography.co.uk](http://www.petercox-photography.co.uk)

or call on 02392 691349 -

all major credit/debit cards accepted.

photographs taken during 2004, 2005, 2006 & 2007 seasons are still available from our archive service photos from 2008 are available on line.



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## Puzzling Loss of Performance?

A veterinary chiropractor offers some clues. By Dr Vav Simon DC MMCA AMC MCC

Apart from an obvious lameness, there are many causes for a loss of performance. Some are very subtle and can escape even long-experienced handlers.

### Loose Ligaments

Kluedo had flu'. He never seemed to recover his form at dressage. Treatment resulted in immediate improvements which lead on to Advanced and then Regional success! The problem I found was that the flu' had loosened his ligaments, allowing his back to misalign, which had trapped several nerves and so impaired his movement.

Pregnancy, especially approaching labour, can do exactly the same thing. Hormones relax the ligaments for the birth, which can affect the body in other places too. A teenage growth spurt can also provoke problems in a similar way.

### Misalignments Matter

These misalignments can be very small, and yet can cause large problems. They are more easily detected by seeing their effects than seeing the spine change. They are often invisible to Xrays. Chiropractors are trained to develop very sensitive detection skills by fingertip touch to find these subtle changes.

Once found, these misalignments can be immediately corrected, by hand, relatively painlessly. Chiropractors treat the whole body in case there are several problems at work. Pain is eased, flexibility and strength are restored and internal organs function better.

### Tummy Troubles

Christy was not herself. Her owner didn't know why and asked me during a regular six-monthly visit. Having seen this horse for many years, I immediately noticed the loss of condition suggesting a tapeworm infestation. Regular use of the best wormers had not worked, and this hid the problem. Eventually herbal wormers proved effective.

Diet can also lead to many problems. Aside from under-and over-feeding, some troubles may be caused by misleading information. For instance, some low protein feeds claimed to be good for laminitis contain alfalfa, a very high protein seed which causes allergic reactions in some types of horses.

### Cycles and Riders

While slips and trips are the more obvious causes of chiropractic misalignments, less well-known are the RSI-types, which I find can be more serious. Asymmetrical exercises like always circling one way round a school can eventually 'bed in' imbalances that impede strong free-flowing movement. A badly fitting saddle can pinch the withers or hinder the shoulder action. A misaligned rider can focus pressure on one side more than the other, or make the saddle twist mid-air during a jump – distracting the horse and maybe the rider too! Even more obscurely, a misaligned rider can confuse the horse with saddle movements that contradict messages through the reins and legs.

Chiropractors can often improve your horse's performance through treatment, or through advice based on a fresh eye seeing holistically. They are independent professionals, who will always refer problems they cannot help back to the vet. They often treat dogs and other pets, having trained first on humans. This is why they can help the horse and rider to achieve best performance as a team.

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*Vav Simon is an experienced and talented chiropractor, and is a competitor's 'secret weapon'. Director of the Natural Therapy Centre for Animals on the Isle of Wight, she also visits yards around Hampshire, Dorset, Wiltshire, Sussex, Berkshire, and Surrey fortnightly. For more details on the short stories above, and other information, visit [www.ntc-animals.co.uk](http://www.ntc-animals.co.uk).*



# EQUI TEACH

Do you have a desire to achieve goals and improve your riding?

Whether it is to master a fear, learn to jump, work through a dressage test or just be able to ride your horse with confidence.

Would you like to be taught by someone who is passionate, reliable, patient and cares enough to help you get there?

If you are interested, please call Ali for further information on:-

Tel: 07824 559426 or (01403) 864161

Email: [alilock8@hotmail.com](mailto:alilock8@hotmail.com)

## PATRICIA'S PORTRAITS

Patricia Fray is a qualified portrait artist specialising in pets and people. Working in pastel, graphite, artist coloured pencils or acrylic to suit the requirements of the client from photographs plus life sketches where possible. Mounting and framing can be arranged. Reasonable prices charged and satisfaction a priority.

Based in Wickham

Email: [patricia@fray.me.uk](mailto:patricia@fray.me.uk)

Telephone: 07842874530

Web: [www.fray.me.uk](http://www.fray.me.uk)



### Classifieds:

#### SADDLES For Sale

**Wintec Equisuede Western Saddle**, black, 15" seat (approx 17" English equivalent) and is a wide fitting. Excellent condition, Doesn't fit current horse. Used twice. Western girth straps have been replaced with English ones, so you can use straight away with your normal girth! RRP £375 – will sell for £175 ovno. Will post for £15 or collect North Hampshire.

**Thorowgood Griffin Pony Club GP Saddle**, 16.5", wide fitting. Used but excellent condition, sadly outgrown. Excellent small adult/teenager's saddle. Leather-look with suede knee rolls. Pre-Fish model. RRP £275 – will sell for £95 ovno. Postage as above.

Email [chesca@handpaintedmagic.co.uk](mailto:chesca@handpaintedmagic.co.uk) or Tel 01256 884040. Photos can be emailed!

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