

# *Endurance Riding – Some Introductory Information*

## **What is Endurance?**

It's one of the fastest growing equestrian Sports in the UK

## **Who's it run by?**

It's run by an organisation called "Endurance GB". There is a Management Committee, and an Office which is based in Stoneleigh.

However it is the local Groups who organise the rides both at National and Local level

## **What sort of distance are these rides?**

Anything from 10 to 100 miles!

## **What type of rides could I do?**

There are basically 3 different types of rides available:

*Non-competitive Rides (NCR's)* aka Pleasure, Training or Social rides

These are often run by the local group for pleasure or training purposes but they can also be one of the classes in a national Ride.

Distances would range from 5 to 20 miles

*Competitive Rides (CRS)*

For these your horse would need to be registered with the society (EGB) and have a Log Book Ride distances from 20 miles to 50 miles (or more). Sometimes there will be a greater mileage over two days.

Your horse would need to be presented to a vet both before starting and after finishing. There are heart rate and speed parameters which would result in a Grade (1,2,3,4) or simply a 'Completion'. National points can be gained from these rides

*Endurance Rides*

These are longer distances (from 50 miles upwards). Vetting is stricter than with CRS and there would be vet holds on route. Unlike CR's there are placing's to determine which colour rosette! National points are also awarded

## **Do I have to have an Arab?**

No! Definitely not! Any fit and sound horse can compete!

### **What about specialised tack?**

Again no! You can ride in any well fitting saddle. Numnahs and girths need to be clean and not rub your horse - just like in any other equestrian sport. There are many saddles designed for Endurance which can benefit both you and your horse, especially over longer distances. Special stirrups can also help and non leather bridles etc are easier to maintain and there are some lovely colours available!!

### **Can I compete my horse barefoot?**

Yes – you know your own horse! All horses are presented to the farrier before starting a CR or ER so as long as their feet are OK on the day shod or unshod you will be able to start.

### **What sort of levels are there for Riders and Horses?**

3 basic levels for competition for which there are ways to progress:

Novice, Open and finally Advanced.

### **How can I find out more?**

You can visit the De Cymru Endurance GB website ..... or contact.....

The Group is a new Group for South Wales covering the M4 corridor and to the north and south of it. The Group will be running Rides and other Activities (Social , training and information events during 2009).

If you want to have a taste of endurance you can join as an Associate member (see the website for form and details). The group aim to be friendly and welcoming especially to new members because we recognise there's a lot to find out about and a lot of people to get to know!

The group will also be offering a range of annual awards and trophies for local members so who knows what you may achieve!