



SERC BORDERS SPRING NEWS



From the editor

Well at last it appears that spring has sprung. The daffodils are out and the ground has dried up and best of all the clocks have changed so we can now ride in the evenings after work. Hopefully your fittening work is well under way and plans are afoot for an exciting season ahead. There are a few ideas in this newsletter to help you set some goals for the season. There are trophies and awards to go for whether you are a pleasure rider or a gold series rider and we are also looking for combinations willing to ride for the Border Branch team at both the inter branch championships to be held at Blairgowrie on the 10th September and at the Scottish Championships on 15,16 & 17 July at Perth Race Course. See details on the Serc website www.scottishendurance.com. In this edition we also have an explanation of the grading system from Francis Bakker who has achieved her Platinum award and some words of wisdom from Pauline Anderson our dedicated vet steward/writer on how best to survive a competitive ride vetting.

Rachel Sykes

Ride reports

Harestanes

The first ride of the season was the Harestanes ride held on 20th March. This was the fourth year that this ride has been organised by our current chair Colin Sykes and the second year in which we managed to put on a competitive distance as well as the pleasure ride. The route is lucky to have some really good quality tracks and access to railway which mean it is fast and flat for a good proportion of the ride but with a climb to the pinnacle and some spectacular views on the way home. The reputation of this ride has grown and we had a fantastic entry of 80 riders with 69 actually riding round on the day. A few drying days just before meant that conditions were perfect. Thanks to everyone who helped to get the ride on.

Winners of the performance awards on this ride were;

30km Jean Weightman and Brysons Chance from Border Branch with 53.1 points
PL Christine Holloway and Cloghera Square with 34.1 points



The Performance award is a new award which will be presented to the best performance in every Pleasure and 30km class. Points are calculated using the formula below and reward both speed and fitness.

$$\frac{((2 \times \text{speed}) - \text{minimum speed}) \times 100}{\text{Heart rate}}$$

Sponsored by Francis Bakker Equine Dentist DVM MRCVS
Francis.equinedentist@googlemail.com

We received a lovely comment from Robert Balderston who farms the venue field and the monument fields on how professional we were to deal with and he was happy for us to run the ride again next year. So we might be back!!



Kelso

Preparations for this ride are almost complete and the route is looking really good. A fast flat ride taking in the railway and a long canter along beside the river Tweed. The distance is about 23kms. Colin pre rode the route last Thursday on good ol Ruby who is back from being on loan. She plodded round all on her own with out batting an eyelid despite the gale force winds. What a good girl! Colin took a couple of snaps from on board.



Railway from the start



Along the river

Campride 20/21st of August 2011

The campride this year is planned for the weekend of the 20/21st of August.

Start will be at Ashkirk, close to Selkirk and from there we are going to ride part of the Buccleugh Country ride. On the Saturday the ride will go towards Selkirk and Ettrickbridge and then returns past Ashkirk to Wiltonburn Farm B&B. Wiltonburn farm has stabling and grazing available for the horses.

On the Sunday the ride continues towards Hawick and will finish again in Ashkirk.

The aim is to do 30-40km a day but this will be at a very leisurely pace with a relaxed lunch break halfway!

Entry per usual to the ride-secretary but accommodation will have to be booked by yourselves!! If you have any queries you can contact the ride organiser Francis Bakker Francis.equinedentist@googlemail.com

www.wiltonburnfarm.co.uk

Rules for Camp Rides

- Maximum distance per day -50Km
- Horse's age - 5 years and over
- Non Competitive
- All horses shall be inspected by a Veterinary Surgeon if available or a competent person appointed by the Ride Organiser, at the start and finish of each day
- Route should not return to the same venue at the end of each day
- Entrants must stay on site overnight
- Mileage awarded to last successful vetting
- Awards - progressive completion rosettes, with the awarding of an overall completion rosette at the discretion of individual branches.

Members Achievements

BTQ awards were achieved by Sue Ravenhall riding Aratahnes Azheni and Judith Allen riding Scout both with SC3 Gold at the Harestanes ride.

Well done to you both.



Border Branch Teams News

YOUR CLUB NEEDS YOU!

Fame, Glory and a huge number of endorphins offered to those who give representing the Borders Branch in a team a go.

We are a small branch and every year we struggle to field full teams at the Scottish championships, Capercaillie Inter-branch Challenge and Hadrians challenge which is a competition between the branches bordering Hadrians Wall.

As a branch we have more than our fair share of high fliers and Scottish team members but novice horses and riders below BTF are thin on the ground.

We need 4 novice horses for the Scottish championships at Perth 15,16,17 July.

One combination at BTF and below and one at BTQ and below for the interbranch challenge on 10 September at Blairgowrie in Tayside.

Two below BTF for the Hadrians Challenge at Newcastleton on 14th August.

If you have no idea what BTQ and BTF means then keep your diary free for those dates as you are probably on my target list.

This is a good chance to have fun and meet some new people. Fast horse not essential. Travel expenses paid. If you are thinking of being at any of these rides then drop me a line at rachel.jay285@btinternet.com

To finish is to win!

Other News

Printed ride omnibus booklet is available free to Border Branch members. You can pick one up at the caravan at Kelso ride or contact Jenny to have one posted to you. jbaird@huntlaw.fsworld.co.uk

Have you got a fabulous route that you ride at home that you would like to share with us all? We are always looking for new rides so if you have a route that might be fun for 2012 then contact Colin at colin.sykes@fuelcardexpress.co.uk

Help!! We are always in need helpers to get rides on. Rides are run entirely by members volunteering their time and we hope that everyone will help at least once. If we don't get enough helpers then rides have to be cancelled. You can also volunteer your family or



friends to help on your behalf. Please let Liz Ross our helpers coordinator know which ride you are willing to help at this year by sending her an e-mail at Liz@greenhead524.fsnet.co.uk

Articles

GRADING EXPLAINED

The most important thing to remember about grading is that you don't have to do it!

It can however be good fun and if you are not careful it can become addictive!

Where to start and what to do:

- BTQ's (Bronze Thistle Qualifiers) - Two 30km classes ridden at a minimum speed of 9.5kmh and ridden at different venues
- BTF (Bronze Thistle Final) - a 50km class to be ridden at a minimum speed of 9.5kmh
- STF's - Two 60km classes at a minimum speed of 11kmh, ridden at different venues.
- STF - One 80km class at a minimum speed of 11kmh
- GT - One 80km class at a minimum speed of 13kmh or two 80km classes at a minimum speed of 11kmh

Grading is done at competitive rides so the first requirement is to get a logbook for your horse.

If you decide to use a ride to grade then make sure you tick the box on your serc entry form and pay an extra £5 to the ride secretary. If you are grading at an EGB ride then you will have to pay the money to the Border Branch Archivist (Nicky Bertham). Remember, gradings cannot be given retrospectively.

Most riders like to obtain their BTF because then they don't have to declare a speed category before the ride anymore. Since last year you can obtain that privilege by riding 6 x 30km rides including 2 BTQ's.

To enter classes beyond 30km you will have to start grading, this also counts for 2-day classes. So to be able to do a 2-60km or 2-80day class you have to have your BTF.

Any more questions then do not hesitate to ask one of the other members.

HAPPY RIDING!

Francisca Bakker



Presenting your horse to the Vet



Vetting at Harestanes

Working with the Vets over the last few years there are a number of points which keep coming up.

Many horses are not prepared for this visit. Some suggestions to make life easier for you and the Vet but most importantly your Horse

In your daily routine, when grooming your horse do the things to your horse that the vet does, like opening its mouth to test for capillary fill, opening the eye to look at the mucous membrane etc.

Get them use to standing so that the vet can take the heart rate, this takes about a minute and a half to lock on the heart rate then a minute to actually count. They also, need to stand with the near fore leg forward to make it easier to get the stethoscope in the right place. Do not just take the heart rate with the various gadgets available, even if you do not have a stethoscope, just stand and press your hand in the right place for a few minutes, just so your horse gets use to the practice.

Before you set out check your horses' legs for any abnormalities, any swellings or heat in joints, check your shoes, especially if there will not be a Farrier present, and do a quick trot up. What is the point of driving all the way to the venue if you are not getting any further than the Vet.

It is, also, very important that you teach your horse to trot up! The Vet needs to be able to SEE your horse trotting not you trotting. Many riders would not pass the Vet anyway! Teach your horse to trot beside you on a loose rope. Trot away in a straight line, turn at the end keeping the horse between you and the vet so that as the horse turns at the end it can be seen, trot back towards the vet with the horse beside you not trailing or being dragged behind you. Practice this at home, do not expect your horses just to do it at the venue.

When you arrive at the venue after maybe an hour or so drive, think about how your horse will feel. He has been maybe standing in all night and then he has been stood still in the trailer for a long time, how would you feel? Bring him out of the trailer let him walk around for a few minutes then a short lunge will warm up his muscles and get him moving. So often horses are presented not warmed up and are stiff and could, and are



eliminated as not sound, all for the sake of a few minutes warm up. All athletes warm up before competing do not expect your horse to compete without being warmed up. When returning from the ride you will be given a time in which to present to the Vet, do not wait until the last second, if you are needing to wait as long as possible to get the heart rate down come near to the Vetting area because, believe or not you are not the only person presenting, there may well be people in front of you, who have just as much right to be vetted when they turn up for vetting. You could easily miss out on vetting and be 'out of time'. If there is a queue come and register with the Vet Steward that you are ready to Vet within your time, if the Vet is then busy you will not be 'out of time'. Make sure that you have control of your horse, if necessary use a bridle instead of a headcollar.



Francis and Sylvan trot up correctly

The tests carried out and why

The heart rate, this of course, is very important. The real proof that a horse is fit is the difference between heartrate at start end finish. In SERC we also use the 'ridgeway test' which means that the heartrate is taken twice with the 2nd heartrate being taken 1 minute after the start of the trot-up. The heartrate is not supposed to rise much if all as this can be an indication of a horse which is exhausted.

Capillary fill, this is to check on circulation, it is taken by pressing the gum above the front teeth as the skin here is thin and over a the hard surface of upper jaw bone. By pressing a finger tip here it momentarily stops the blood flow and turns white, the Vet then checks how quickly this turns pink again, this indicates the circulation and therefore hydration around the body.

Skin Tension is to check for hydration, simple pinch of the skin on the shoulder/base of the neck. The pinched skin will relax quickly if the water level is right. If not, it will take longer to relax. It is necessary that the horse does not become dehydrated, this is a quick check for you to know if your horse is dehydrated.



Mucous Membrane is around the eye ball and in the mouth it should be pink in colour and should be moist, this shows good blood flow and hydration levels.

If your horse is more than 5-10% dehydrated the vet will decide to administer intravenous fluids to get the hydration right again.

Gut sounds the Vet listens to the gut sounds using the stethoscope, the vet can hear the gut working. If it is not working correctly then it can be an indication of an exhausted horse, or is uptight and needs to relax, sometimes he will need to 'stale' but sometimes they need to be in the right place, their own stable for instance.

Is very important that if you decided to retire during the ride, for whatever reason, the horse **MUST BE** presented to the Vet to be passed 'Fit to travel' You should not leave the venue without doing this.

Get this right and enjoy your ride.

Pauline Anderson



Harestanes results

18km Pleasure

			Speed kph	HR	Points
Christopher Wills	EGB	Spirit	8.18	42	19.9
Fiona Penney	EGB	Kali	8.18	38	22.0
Louise Innes	Bor	Rockall Jack	9.91	37	31.9
Alison Downing	Loth	Heathpool Pendragon	9.64	58	19.5
Gill King	Loth	Bangsi	9.39	48	22.5
P. McPherson	Loth	Sonata bint Mizrak	5.90	50	7.6
Evelyn Hardie	Loth	Isa of Kingennie	9.47	37	29.6
Sheila Irving	Loth	Nonie of Skyeview	9.47	42	26.1
Lorna Hogarth	Loth	Troy	9.47	44	24.9
Corinne Mitchell	Loth	Omran	11.61	50	30.5
Andrea Mitchell	Loth	Millie	9.00	45	22.2
C. Newbould	Loth	Zarkhruv	11.61	46	33.1
C. McKerrow	Dumf	Marchwood Pocahontas	8.85	44	22.1
Jeremy Moon	Bor	Whinchat	9.56	38	29.3
Dorrit Moon	Bor	Nun so Great	9.56	40	27.8
Janette Turnbull	Loth	Simon	9.08	42	24.2
David Turnbull	Loth	Finn	9.08	46	22.1
Kathy Trussler	Loth	Tryggur from SiamberWen	9.64	58	19.5
Laura Smales	Bor	Castlebawn Molly	10.59	42	31.4
Joan Lewis	Dumf	Calibra	8.85	46	21.1
Rachel Dewar	Bor	Dunkern Clover	9.91	48	24.6
Anne Kemp	Bor	Silja from Riccarton	9.39	44	24.5
Diana Williams	Bor	Charlie Brown	10.91	46	30.0



Angela Fotheringham	Loth	Jura of Melfort	9.64	44	25.6
Lynda Addis	Loth	Shove on Tommy	9.00	40	25.0
Christine Holloway	Loth	Cloghera Square	10.49	38	34.1
Sarah Lang	Bor	Abby	10.59	40	32.9
Nicola Hawkins	Loth	Billy no Name	10.69	46	29.1
Susan Menellaws	Loth	Rocco	10.69	50	26.8
Ellie Meldrum	NM		9.91	42	28.1
Karen Wardrop	NM	Troy	9.91	40	29.5
Jan Purves	NM	Star	9.91	40	29.5
Mairi Howat	NM	Ellisterislay Harmony	5.90	56	6.8
Carolyn Reid	NM	Boomerang	7.55	42	OOT
Kelly Gibson	NM	Maggie	7.55	58	OOT
Suzanne Kyle	NM	Millie	6.75	44	OOT
Ruth Jardine	NM	Heather	6.75	48	OOT
Beryl Masson	NM	Oscar	9.31	52	20.4
Jane Douglas	NM	Sioux	9.31	44	24.1
Ian Whellans	NM		10.49	50	25.9
Graham Hogg	NM		6.75	48	OOT

30km competitive

			Speed kph	HR	Points
Karen Fairbairn	EGB	Painted Lady	10.69	45	26.4
Janet Lennard	EGB	Linnelwood Digby	12.32	48	31.5
Rachel McDonald	Bor	Gwrtheyrn Ozzy	12.08	48	30.5
Caroline Hales	Bor	Islay	12.08	48	30.5
Steph Neilson	Loth	Red House Islay	11.85	42	33.8
Jenny Baird	Bor	Neil	11.20	46	28.1



Barbara Jordan	Dumf	Jamie-son	12.16	40	37.0
Rhona Matthews	Loth	Rosie	12.08	39	37.6
Dot Ross	Loth	Coco of Caldside	12.16	43	34.5
Gill Main	Loth	Mas Khazeed	14.65	45	44.0
Pauline Pugh	Bor	Autumn Ruby	13.19	34	49.7
Nikki Todhunter	Dumf	Fayre Savannah	12.40	38	40.3
Gill Steven	Loth	Harmossa	11.20	40	32.3
Anne Short	Loth	Another Chance	14.65	40	49.5
R. Fothergill	Dumf	Royal Wonda	11.27	44	29.6
Sue Ravenhall	Bor	Aratahnes Azheni	10.88	46	26.6
Judith Allan	Bor	Scout	10.88	48	25.5
Jean Weightman	Bor	Brysons Chance	15.37	40	53.1
John Campbell	Glas	Delta	11.41	46	29.0
Barbara Austin	EGB	Bonnie Lass	12.32	38	39.8
Alison Wilson	Loth	Piecki	12.16	43	34.5
Elaine Cathcart	Glas	Bailey	11.41	56	23.8
Diane Smith	Loth	Bouncer	11.92	43	33.4
Fiona Kirk	Dumf	Raheeb	11.92	44	32.6
Robert Newall	Bor	Pocket	13.19	41	41.2
Sarah Armitt	EGB	Harlaw Simply Red	13.19	48	35.2
Lesley Smith	EGB	Azad Sharab	13.29	47	36.3
Carolyn Cummings	Dumf	Peterbrook S.Surprise	12.24	47	31.9