

# Keysoe Riding Club Newsletter October 2008

[www.keysoerc.co.uk](http://www.keysoerc.co.uk)



**Training Sessions and KRC Events for October, November and December 2008. Training sessions for KRC Members ONLY and are £15 per session BOOKED AND PAID IN ADVANCE unless stated otherwise**

Friday 3<sup>rd</sup> October, 10.30-11.30am, 11.30-12.30 Flatwork, JHD

Monday 6<sup>th</sup> October, 10.30-11.30, 11.30-12.30pm, XC Training, JHD

Monday 6<sup>th</sup> October, 7.30-8.30pm, Jumping, DJ

Friday 10<sup>th</sup> October, 10.30-11.30am, 11.30-12.30, Flatwork, JHD

**Sunday 12<sup>th</sup> October, BRC Area 7 Cross Country @ Grange Farm Wittering**

Monday 13<sup>th</sup> October, 10.30-11.30am, 11.30-12.30, Jumping, JHD

Monday 13<sup>th</sup> October, 6.30-7.30pm, Flatwork, DJ

**Wednesday 15<sup>th</sup> October, KRC Winter Dressage League**

Friday 17<sup>th</sup> October, 10.30-11.30am, 11.30-12.30, Flatwork, JHD

Saturday 18<sup>th</sup> October, 10.30-12.00, 12.00-1.30pm, XC Training, JHD

Monday 20<sup>th</sup> October, 10.30-11.30am, 11.30-12.30, Jumping, JHD

Monday 20<sup>th</sup> October, 6.30-7.30pm, Jumping, DJ

Wednesday 22<sup>nd</sup> October, TCEC Clear Round SJ, KRC 5.00-6.00pm, JHD Coaching

Friday 24<sup>th</sup> October, 10.30-11.30am, 11.30-12.30, Jumping, JHD

Monday 27<sup>th</sup> October, 10.30-11.30am, 11.30-12.30, Jumping, JHD

Monday 27<sup>th</sup> October, 6.30-7.30pm, Flatwork, DJ

Friday 31<sup>st</sup> October, 10.30-11.30am, 11.30-12.30, Flatwork, JHD

Monday 3<sup>rd</sup> November, 10.30-11.30am, 11.30-12.30, Jumping, JHD (Course?)

Monday 3<sup>rd</sup> November, 6.30-7.30pm, Jumping, DJ

Monday 3<sup>rd</sup> November, 7.30-8.30pm, Quadrille Training, JHD

**Tuesday 4<sup>th</sup> November, KRC AGM, Prize Giving and Social Evening**

**Wednesday 5<sup>th</sup> November, KRC Winter Dressage League**

Friday 7<sup>th</sup> November, 10.30-11.30am, 11.30-12.30, Flatwork, JHD

Monday 10<sup>th</sup> November, 10.30-11.30am, 11.30-12.30, Jumping, JHD

Monday 10<sup>th</sup> November, 6.30-7.30pm, Flatwork, DJ

Monday 10<sup>th</sup> November, 7.30-8.30pm, Quadrille Training, JHD

Wednesday 12<sup>th</sup> November, TCEC Clear Round SJ, KRC 5.00-6.00pm, JHD Coaching

Friday 14<sup>th</sup> November, 10.30-11.30am, 11.30-12.30, Flatwork, JHD

Monday 17<sup>th</sup> November, 10.30-11.30am, 11.30-12.30, Jumping, JHD

Monday 17<sup>th</sup> November, 6.30-7.30pm, Jumping, DJ

Monday 17<sup>th</sup> November, 7.30-8.30pm, Quadrille Training, JHD

Friday 21<sup>st</sup> November, 10.30-11.30am, 11.30-12.30, Flatwork, JHD

Monday 24<sup>th</sup> November, 10.30-11.30am, 11.30-12.30, Jumping, JHD (Course)

Monday 24<sup>th</sup> November, John Thelwall SJ Clinic

Wednesday 26<sup>th</sup> November, TCEC Clear Round SJ, KRC 5.00-6.00pm, JHD Coaching

Friday 28<sup>th</sup> November, 10.30-11.30am, 11.30-12.30, Flatwork, JHD

**Friday 28<sup>th</sup> November, KRC Frock Exchange, 7.00pm,**

Monday 1<sup>st</sup> December, 10.30-11.30am, 11.30-12.30, Jumping, JHD

Monday 1<sup>st</sup> December, 6.30-7.30pm, Jumping, DJ

Monday 1<sup>st</sup> December, 7.30-8.30pm, Quadrille Training, JHD

Friday 5<sup>th</sup> December, 10.30-11.30am, 11.30-12.30, Flatwork, JHD

Monday 8<sup>th</sup> December, 10.30-11.30am, 11.30-12.30, Jumping, JHD

Monday 8<sup>th</sup> December, 6.30-7.30pm, Flatwork, DJ

Monday 8<sup>th</sup> December, 7.30-8.30pm, Quadrille Training, JHD

Training cont..

Wednesday 14<sup>th</sup> December, TCEC Clear Round SJ, KRC 5.00-6.00pm, JHD Coaching  
Friday 12<sup>th</sup> December, 10.30-11.30am, 11.30-12.30, Flatwork, JHD  
Monday 15<sup>th</sup> December, 10.30-11.30am, 11.30-12.30, Jumping, JHD (Course)  
Monday 15<sup>th</sup> December, 6.30-7.30pm, Jumping, DJ  
Friday 19<sup>th</sup> December, 10.30-11.30am, 11.30-12.30, Flatwork, JHD  
Monday 22<sup>nd</sup> December, 10.30-11.30am, 11.30-12.30, Jumping, JHD (Course)  
Monday 22<sup>nd</sup> December, 6.30-7.30pm, Flatwork, DJ  
Monday 29<sup>th</sup> December, 10.30-11.30am, 11.30-12.30, Jumping, JHD  
Monday 29<sup>th</sup> December, 6.30-7.30pm, Jumping, DJ

#### **Monday Morning Jumping Sessions with Jane Hurford-Dawson**

These 10.30-11.30 & 11.30-12.30am sessions are open to all club members to come and enjoy. We try not to have more than 4/5 riders in each session. Jane is happy to accommodate all levels of jumping.

#### **Monday Evening Flatwork and Jumping Sessions with Douglas Jones**

The 6.30-7.30 session with Douglas, for all KRC members for horses/riders of all abilities, working on forwardness, balance and correct way of going for flatwork and control, rider position and balance for jumping. These sessions are for all abilities, Douglas can accommodate all levels of rider/horse. These sessions will be alternated each Monday (One wed will be Flat, the next will be Jumping)

#### **Wednesday TCEC Clear Round SJ KRC 5.00-6.00pm Coached Sessions**

These sessions are for KRC members to have a go round the course before the Clear Round proper begins. They will be coached by Jane or Douglas for those members who need a bit of support. The cost is £7 per round and £10 for two.

#### **Friday Flatwork Sessions with Jane Hurford-Dawson**

These sessions are also open for all KRC members 10.30-11.30 & 11.30-12.30. For horses/riders of all abilities, working on all aspects of flatwork, towards a calm, soft and forward horse.

### **Extra Training**

#### **Cross Country Training**

With the summer coming to an end and therefore the closure of the XC Course, we have organised our last XC training for this year. Using The College facilities with Jane Dawson as trainer, we will aim for groups of 4 for each session - exceptionally, if there is a lot of interest, we may allow 5, but this will be the maximum number. Please book in the normal way and the cost for this is £25 per session

Dates are: Monday 6<sup>th</sup> October 10:30 to 12:00 and 12:00 to 1:30

Saturday 18<sup>th</sup> October 10:30 to 12:00 and 12:00 to 1:30

The earlier sessions are aimed for those wanting to have fun jumping small fences and water playing.

The later sessions are aimed at those happy jumping some bigger fences.

Please note, Body protectors MUST be worn on XC course.

These sessions may have to be cancelled if we have too much rain.

#### **Saturday Training**

Training: Sat 1<sup>st</sup> Oct 2.30 to 3.30 Flatwork and poles/ grid work, Juniors Only. 3.30 to 4.30, Juniors or Seniors

Sat 18<sup>th</sup> Oct 2.30 to 3.30, Jumping- Juniors only. 3.30 to 4.30, Jumping-Juniors or Seniors

Sessions are in the grass arenas behind centre. When booking in please provide tel contact as may get cancelled if too wet. Cost £15 send booking form.

Stable Management Sessions for juniors. (Adults are welcome to come along), Sat 8<sup>th</sup> Nov 2.00 to 3.30 Essential first Aid. What you really need to know. These are hands on sessions where you get to do everything yourself. (From taking temperature, pulse and respiration rates to putting on a foot poultice)

Meet at show stables opposite The College car park. Cost £3.00 to cover box hire and materials.

Clipping, Pulling and Plaiting: Sat 6<sup>th</sup> Dec 2.00 to 3.30 Get to practice pulling manes and tails, try your hand at clipping, doing love hearts, clipping faces etc. Learn how to do a french tail plait, a crochet plait etc.

Meet at The College show stables. Cost £3.00

Tel Jane Dawson if interested and send booking form to the Riding Club Office

### **Winter Camp Sessions**

It has been suggested that through the Christmas holidays for those members who get bored at Christmas we hold a two day camp session for Juniors and Seniors to be run by Jane Dawson. The suggested days will be between Christmas and New Year, two days for Juniors and two days for Seniors, horses can be stabled at the College if required but people camping over will not be necessary.

Seniors: Sat 27th and Sun 28th Dec, Morning Sessions 1030 to 1200, Afternoon sessions 2.00 to 330pm. Come in for 1 session, daily, or leave horse overnight for sessions both days. Lunch provided.

Cost £20 per session, £50 per day.

Juniors: Mon 29th and Tues 30th Dec, Details as above.

Session subjects to be confirmed. If interested please e mail Jane Dawson - jkhdawson@aol.com

If you are interested in attending either of these camps, please phone Jane on 07766 227720 for more details.

## Competitions

We are still hoping to enter teams in British Riding Club's Team Qualifier competitions for Dressage, Show Jumping, Horse Trials, Cross Country, Dressage Quadrille, Working Hunter and Ridden Hunter throughout the next 12 months. We are looking for members wishing to represent Keysoe Riding Club as Team members or individuals where possible in all disciplines. So if you would like to have a go and take part in a team competition, don't be shy, we can all have a go, Senior or Junior in any of these disciplines, please contact any committee member on the contact details page.

**Please be aware that your horse's flu vaccination certificate MUST be UP TO DATE and CORRECT to enter any BRC event!!**

## Winter Dressage League

We are holding another Dressage League through the Winter

The next three dates will be: Wednesday September 3<sup>rd</sup>, October 15<sup>th</sup> & November 5<sup>th</sup> 2008

We will be holding 4 classes, open to RC members and non-members.

There will be rosettes to 6<sup>th</sup> place and prizes for overall winners of each class.

Send your entry in soon as there are limited spaces as it will be indoors.

## Quadrille

Jane Hurford-Dawson has asked Pam Bushell, who used to ride in a quadrille team and has judged some, to come and help us with training for a Quadrille team or teams. She has also asked Natalie Banks to help us put floor plans together, as she did this for Rockingham Forest last year. She is getting some details from the Riding Club office at Stoneleigh. We have put bookings in the diary on Mondays at 7.30pm, after Doug finishes his sessions on the following dates: Mon 3rd Nov, 10th Nov, 17th Nov, 1st Dec and 8th Dec. We could do another one or two before Christmas if it is popular. If anyone is interested and who can commit to attending most sessions, please tel Jane on 01234 782161 / 07766227720. Cost £10 per session.

## Addington Quadrille Trip

The quadrille and dressage to music RC Championships are at Addington on 4<sup>th</sup> and 5<sup>th</sup> Oct.

I was planning to take about 7 or 8 people in my landrover to watch it, leaving Keysoe car park at 10.00am on 4th (quadrille day) and coming back by 6ish. Please tel Jane on 01234 782161 / 07766227720 if you want to come

## Charity Ride

Sat 25th Oct RC hack of 12 miles, or shorter loop, leaving from Keysoe carpark between 1000 and 1200hrs. Cost £3.00 to include rosette and donation to charity. Jane Dawson will do first aid cover at Keysoe and all riders must bring a mobile phone. If you can come please telephone Rosemary Lloyd on 07768 516874 or Jane Dawson on 07766227720

## KRC Frock Exchange

As a social evening for all members, their family and friends, we are organizing a Frock Exchange on Friday 28<sup>th</sup> November. This entails a good rummage in your wardrobe to sort out those good outfits and accessories you no longer wear that are unwanted or no longer fit, clean and tidy on a hanger, bring them along and receive an exchange voucher to swap for the same amount of similar articles you brought (i.e. if you bring a bag full of belts, you cannot take a bag full of dresses). Good riding clothes are also accepted.

Cont...

You then have a chance to sit and chat with your friends with a glass of wine or soft drink and some nibbles while we sort the clothes and hang them up etc. When we have everyone's clothes ready, then you can look through and choose yourself a new outfit for free. Any left over clothes will not be thrown away, we will be giving them to a charity. There will be a small entry fee which will include a free glass of wine or soft drink and then drinks and nibbles will be available. Tickets for the evening are £3 each (this includes a free glass of wine or soft drink on entry). Please contact Jan Nagel for tickets. 07895 068919. For this event we need clothes rails if you have one we can borrow for the evening, please let Jan know asap.

### **Area 7 S J and Dressage Qualifier**

The area 7 Show Jumping and Dressage Qualifier competition is coming up at the end of January 09' and The College is hosting this event. Please let Jan Nagel know if you are interested in competing and representing Keysoe RC. Junior and Senior members can do either the Show Jumping or the Dressage and even both if you so wish. Let Jan know your contact details and she will send you more information and entry forms.

### Trec Training Report Saturday 16<sup>th</sup> August

Dodging the rain showers we were lucky that Saturday began promising enough and with anticipation we sauntered down to the back field where Clare Day and Jan were designing the obstacles we were to encounter. It looked a complicated maze of electric fence stakes and other odd articles at first, to the untrained eye.

Clare introduced herself and explained how the Trec competitions worked. Every obstacle we negotiated could be related back to what could possibly be met out on a hack.

The controlled paces were very challenging, having to canter as slowly as possible through a long corridor, and then return the same way with the fastest walk you could manage.

Clyde being an ex show jumper could manage the canter admirably after a couple of attempts, but found the fast walk challenging, and our partner who was a ex race horse was the opposite, finding the slow canter challenging but excelled with a long striding fast walk.

The obstacles were fun, bending poles (took you back to Pony Club!) rein back through a narrow corridor of poles, a very small cross pole jump, moving a bottle from one table to another and standing still in a circle were to name but a few!

Clare was an excellent teacher and her enthusiasm for the sport was contagious, both Clyde and I had a great time and this was something so different to do.

At the end of each session a little competition was held between the pairs in each session, putting into practice all we had learnt.

This competition really suits any kind of horse and would appeal to riders who don't want to show jump, hurtle round cross country or dressage and what was apparent; the skills can be practiced at home with little specialist equipment, electric fence stakes, poles, old buckets and a little imagination is all that is needed.

I am certainly keen to give it a go, and I am sure others who came to the training day will be as well.

A big thank you to Jan for organising the day, and for Clare Day for giving up her time and passing on her knowledge, expertise and helpful tips.

### **AGM, Prize Giving and Social Evening**

We are holding a Prize Giving and Social Evening including a Free Jacket Potato and Chilli supper at the AGM this year on November 4<sup>th</sup> in the restaurant, at The College EC. It is open to all KRC members and their families.

The AGM part of the evening will begin at 6.45 for approximately an hour. All KRC members are encouraged to attend, as this an ideal opportunity for you to give us feedback and suggest any additional events or training you would like us to provide. It is also your change to vote on important issues concerning the club.

After that we can get on with the important part of the evening. There will be a fun quiz to get things started then we can sit down and enjoy a lovely Jacket potato and Chilli supper (vegetarian option will be available) and a sweet desert. This will be followed by the Points League presentation of rosettes and awards and then the results of the fun quiz. Please can you let us know if you wish to attend the evening, and how many people you are bringing with you, so that we can prepare enough food. Get your name on a spud now or you may miss out. Phone Jan before Oct 30<sup>th</sup> on 07895 068919

## First Aid Training

It was suggested by the committee that we organize a First Responder First Aid training session. Please let us know if you are interested in attending to gain this certificated qualification. As a club it is imperative that we have First Aiders attending our events and competitions in case of accidents. We are also interested to know who many of our members already hold this qualification. Please be kind enough to contact a committee member and let us know. Date and Cost TBA.

## Committee

We have lots of interesting events etc in the pipeline for our members but we need more help to make it work, thus we are always looking for new members for the KRC committee.

If you or a family member is interested in helping, please feel free to contact any existing committee member. If you would like to help/organize an event but prefer not to be on the committee we are happy to accommodate that too. So please don't be shy, we really do need more help with club activities.

## Club Clothing

Don't forget!! We currently have a selection of Keysoe Riding Club clothing for sale, Polo shirts and Sweatshirts. They are bottle green with the Gold KRC logo. All sizes available. Please contact The KRC office. Polo shirts with KRC Logo £15.00 Sweatshirts with KRC Logo £20.00 (Extra embroidery available for names etc at extra cost).

## RECOMMEND A NEW MEMBER

New for Club Members. Recommend the most people to become new members in 08' and you can win a KRC T shirt. Membership must be confirmed with club Secretary.

## Member Contacts and Information

It would help if we could send you the Newsletter and any important news electronically.

Please make sure we have your correct email address and contact details. Several members have not completed email details on their membership forms. If you have received your Newsletter by post and you do have an email address, please send it to the Secretary, Rosemary Lloyd, (details below) as soon as possible so that we can add you to the email group list. This will save the Club money and will be to the ultimate benefit of all. Included is a form for you to fill in giving our training staff important health and safety information, i.e. if you have any allergies or health issues we should know about and who to call if an accident occurs. Please email or send this information to Rosemary Lloyd, our secretary on [rosemary.lloyd1@btinternet.com](mailto:rosemary.lloyd1@btinternet.com) Or post to KRC Secretary, c/o The College EC, Church Rd, Keysoe. Beds.

## Members News

**Please feel free to let Jan know if you have anything you might like to put in the quarterly newsletter, any interesting information or an equestrian item or horse to sell/loan or a related service you can offer. Please note Jan's change of phone contact. 07895 068919. email [jan.krc@airvehicles.net](mailto:jan.krc@airvehicles.net)**

## Riding Boots For Sale.

Aigle Long Rubber riding boots size 7, med leg fit. Good condition £15

Airowear body protector, size small (34-37in chest) hardly used. £40 phone, 07702 707880.

### Marksway High Fibre Horsehage

New crop High Fibre low sugar Marksway Horsehage available at wholesale prices for Keysoe Riding Club members only.

Excellent quality fodder for good doers, laminitics or those that suffer from COPD  
£6.50 per bale

Collection preferable but will deliver locally for a small charge if need be.

contact Veronica on 01234 376029

I am offering light therapy sessions for horses, which is a complimentary therapy designed to help the body heal itself.

It is a two part session, where the horse is scanned to pick up areas where the electrical flow in the tissues is disrupted and then the light therapy to encourage healing.

I have used this on horses with a canter lead difficulty for my college research project with 70% success rate. It is beneficial where the horse is just "not right" and maybe needs a boost or is a bit stiff. The horses usually find the session relaxing and it is non invasive. The science behind it is backed by NASA research and no side effects have been reported in any scientific papers. It is used in human medicine for a wide range of conditions such as ulcers, post plastic surgery muscular conditions and hit the headlines recently as a potential therapy for dementia!

I will charge RC members at a rate of £35 plus travelling with discount for more than one horse in a yard. If anyone would like more information or to book a session please can you ring on 01462

711622 or email [juliemwright@msn.com](mailto:juliemwright@msn.com)

## Contact Us

### Chairperson

Patsy Bates 07788 913449, or via the office at The College. 01234 708400.  
Email: [patsy@thecollegeec.com](mailto:patsy@thecollegeec.com)

### Treasurer

Caroline Kent  
Email. [Caroline-falling@hotmail.co.uk](mailto:Caroline-falling@hotmail.co.uk)

### Secretary, Memberships & Merchandise

Rosemary Lloyd  
Email [rosemary.lloyd1@btinternet.com](mailto:rosemary.lloyd1@btinternet.com)

### Open Show & Newsletter

Jan Nagel 07895 068919 PLEASE NOTE NEW NUMBER  
Email [jan.krc@airvehicles.net](mailto:jan.krc@airvehicles.net)

### Specialist SJ & XC Training

Jo Driver 07973 694043  
Email [KRC@JoDriver.co.uk](mailto:KRC@JoDriver.co.uk)

### Points League

Veronica Zwetsloot  
Email: [zwetsloot@btinternet.com](mailto:zwetsloot@btinternet.com)

### Web site

Ali O'Neill [ally.oneill@hotmail.co.uk](mailto:ally.oneill@hotmail.co.uk)  
[www.keysoerc.co.uk](http://www.keysoerc.co.uk)

### Junior Representative

Annabel Bates 01234 708400

### Committee Helpers

Jane Hurford-Dawson,  
Sue Reynolds,  
Lesley Coy,  
Patricia Farnbrough,  
Hannah Martin,  
Avril Ijsselmuiden.

Training session booking forms

Please fill in separate form for each person booking sessions

**PLEASE FILL IN ALL THE INFORMATION REQUIRED, ESPECIALLY THE EMERGENCY CONTACT**

Training Session	Date/s	Time Required	Membership No.
Standard of Horse/Rider ( any relevant information of use to trainer)			
Name Address	Phone number		Cheque enclosed, amount £
Signed	<b>Cheque payable to Keysoe RC. Payment will be forfeited if less than 24 hrs notice given for cancellation.</b>		
Emergency Contact Name and Phone Number.			

Training Session	Date/s	Time Required	Membership No.
Standard of Horse/Rider ( any relevant information of use to trainer)			
Name Address	Phone number		Cheque enclosed, amount £
Signed	<b>Cheque payable to Keysoe RC. Payment will be forfeited if less than 24 hrs notice given for cancellation.</b>		
Emergency Contact Name and Phone Number.			

Training Session	Date/s	Time Required	Membership No.
Standard of Horse/Rider ( any relevant information of use to trainer)			
Name Address	Phone number		Cheque enclosed, amount £
Signed	<b>Cheque payable to Keysoe RC. Payment will be forfeited if less than 24 hrs notice given for cancellation.</b>		
Emergency Contact Name and Phone Number.			

Keysoe  
Riding  
Club



Unaffiliated Evening Winter Dressage League Competition  
Indoors At The College EC , Keysoe, Beds.  
October 15<sup>th</sup> & November 5<sup>th</sup> 2008  
Starting at 1800 hrs prompt  
Open to KRC members and non-members

### **Schedule**

#### **Class 1 - KRC Walk trot test.**

Open to Novice horse or rider having not taken part in dressage before.

#### **Class 2 - Prelim 18**

Open and restricted sections (restricted combination not to have competed at Affiliated Novice or represented RC at Novice level)

#### **Class 3 - Novice 25 (2007)**

Open and restricted sections (restricted combination not to have competed at Affiliated Elementary or represented RC at Elementary level)

#### **Class 4 - Elementary 44 or Medium 69**

Open to all.

Rosettes 1<sup>st</sup>- 6<sup>th</sup> both sections , prizes in kind for the overall winner of each class.

**Entries to:** Jan Nagel c/o Keysoe Riding Club, The College Equestrian Centre, Church Road , Keysoe Beds. MK44 2JP

Please include;

Rider's Name, Horse's Name, Class/es entered, Open or Restricted Section.

Address, Phone Number Membership Number and Cheque for Entry Fees.

### **Entry Fees**

KRC members £7.00, Area 7 Riding Club members £8.50 , Non Members £10.00  
£2.00 levy for late entries. & **£1.00 per Rider for 1st Aid cover.**

Cheques made payable to '**Keysoe Riding club**'

**Entries close October 11<sup>th</sup> , & November 1<sup>st</sup> 2008**

Phone for times October 13<sup>th</sup> & November 3<sup>rd</sup> 2008 between 6.30-7.30pm please on 07895 068919

Limited spaces in each class so enter quickly!!

If you haven't already sent in one of these, please fill in and send to Rosemary Lloyd at the KRC Office.

**KEYSOE RIDING CLUB MEMBER'S DETAILS for Training Sessions.**

**PRIVATE AND CONFIDENTIAL**

**(This form will be kept privately by Club Secretary)**

**Membership Number.....**

(In case of accident)

Name of member ..... Sex M/F.....

Address.....

.....

.....

**Email.....**

Tel No.....

Date of Birth.....

Please give 2 addresses for next of kin

.....

.....

Tel No (Work).....Tel No(Home).....

.....

.....

Tel No (Work).....Tel No (Home).....

**Do you suffer from?**

ASTHMA            yes/no

EPILEPSY        yes/no

MIGRAINE        yes/no

DIABETES        yes/no

HAY FEVER       yes/no

OTHER.....

Are you taking regularly any form of medication?

If yes, What and when?

Doctors name, address and Tel No.....

.....

.....

Any other allergies ( please list)

Any other medical problem that we should be aware of ?

If yes please give full details. ( Please use a separate sheet of paper if required.

## Members Questionnaire

The club committee has been discussing training requirements and activities that we think our members want. We feel it would be best to ask our members to tell us what they want.

Could you please spend a couple of minutes filling in the form below and either leave it in the Riding club office or email it to Rosemary Lloyd at [rosemary.lloyd1@btinternet.com](mailto:rosemary.lloyd1@btinternet.com)

If you can do this before the end of October that would be great!

<b>Name:</b>	<b>Current level of horse &amp; rider</b>	<b>Happy with what is already provided</b>	<b>Would like more Advanced / Specialist clinics</b>	<b>Would be interested in taking part in team competitions</b>
<b>Show Jumping</b>				
<b>Dressage / Flat work</b>				
<b>Dressage to Music</b>				
<b>Cross Country</b>				
<b>Le Trec</b>				

	<b>Happy with what is already provided</b>	<b>Would like more of</b>	<b>Suggestions</b>
<b>Pleasure Rides</b>			
<b>Social /non riding activities</b>			
<b>Showing clinics / training</b>			

**Any other suggestions:**