

# Hello!

Hello and welcome to the RDA East Region e-newsletter. Please feel free to share this widely – it can be downloaded online from the RDA East website ([www.rda-east.org](http://www.rda-east.org)) and from Facebook ([www.facebook.com/RDAeastregion](http://www.facebook.com/RDAeastregion)).

*Lizzie Bennett (East Region Participant Representative)*



Clare Balding and Zebedee addressing the crowds (see page 4)

Inside you will find...

1	Participant Spotlight: an interview with Aynsley Calvert from the Magpie Centre/West Norfolk RDA)
3	The Big Ride: fundraising for the National Training Centre
4	East Region Fundraiser Lunch: a fabulous event attended by Clare Balding and RDA Communications Manager, Caroline Ward
5	Report from the Regional Show and Qualifier: <i>Countryside Challenge</i>
6	<i>Qualifier Dressage</i>
9	<i>East Region and Freestyle Dressage</i>
10	<i>Showjumping</i>
11	<i>Arts and Crafts and Stable Management</i>
12	News in brief
13	Competitions! (sponsored by Cambridge University Riding Club) <i>Large wordsearch</i>
14	<i>Colouring competition</i>
15	<i>RDA Quiz</i>
17	Competition entry form
18	Puzzles: Just for fun (not competitive)
19	Next issue and contact details

## Participant Spotlight *with Aynsley*

In this, the first of our participant interviews, we meet Aynsley Calvert from the Magpie Centre in Norfolk. Aynsley (or Ayns for short) has been a part of the RDA for many years and is an accomplished carriage driver as well as rider. He currently rides and cares for his own horse, Ruby – you can read on to learn more about the pair of them! Ayns's answer to my final question is a fantastic summary of what the RDA can do for us all.



***Hi Ayns! Could you tell us how you have been riding, and how you first got into it?***

I started riding at Magpie when I was 4 through a local nursery school. Since then I've been riding at Magpie on and off over 26 years.

***What can you tell us about your own horse, Ruby?***

Ruby (Snowboots), who I own and loan to Magpie, is a 7 year old piebald Irish cob. She was 16.2hh when I first bought her in February 2015 but has recently been measured as 17hh and is thought to be still growing!! We compete in RDA dressage competitions at Magpie which form part of a Winter Dressage League. We also go out on hacks around the Estate and have started jumping over cross country fences.

***I know you also are an experienced carriage driver – how long have you been carriage driving, and what kind of events have you done?***

I started carriage driving about 4 or 5 years ago. I have taken part in a display at the Royal Norfolk Show where I drove Pudsey Bear around the arena. I have also taken part in a display at the Downham Market Festival, a local event near where we are based and at a couple of Magpie Centre Open Days.

***What's your favourite thing about RDA?***

My favourite thing about riding at Magpie is being able to practise and compete in dressage competitions.



***I know you also do a lot to help out at the Magpie Centre too – can you tell us a bit about the work you do for the RDA there?***

I help out with fundraising events and help lead ponies when we do pony rides.

*[ed. He also has an inspirational attitude, is a regular of the Grand East Anglian Run, and is hugely supportive of other members' activities!]*

***Is there anything you'd like to change about RDA or do more of?***

I would like to be able to compete in RDA carriage driving competitions which they don't currently have in the eastern region.

***What do you hope to achieve in 2017?***

In 2017 I hope to become the first person from Magpie to compete in the carriage driving at the Nationals. *[ed. Unfortunately this wasn't possible this year but Aynsley did qualify in first place in both Countryside Challenge and dressage!]*

***What's your best RDA memory?***

My best RDA memory was competing in my first ever Nationals on my first horse Murphy, who I lost last year, in the Countryside Challenge. He was a 17.2hh Irish Draught who was spooked by a plastic chicken! But we still came 7<sup>th</sup>.

***Is there anything else you'd like to tell us or you'd like people to know?***

Riding at the RDA has helped me make friends, has helped me be confident talking to other people and has helped me find something I can do and love doing and I meet lots of people who love doing it too.

***Right: Ayns with a very chilled-out Ruby!***



# The Big Ride! (#BigRideRDA)

RDA National launched a new fundraising programme this year to support the National Training Centre that will be built in Warwickshire. The new Centre will provide opportunities and facilities for more advanced training covering disability awareness, equine welfare, volunteer management and safeguarding. It will also continue to be the home for four existing RDA groups. Planning permission has now been approved so fundraising is all the more important! To meet some of the demands, RDA Chairman Sam Orde is taking part in a series of fundraising rides, where she will ride alongside RDA participants and volunteers who are also raising money for the Centre.



The East Region was very proud to host the first of these rides anywhere in the UK back in April at Abbots Ripton near Huntingdon. The ride was organised by the Woodhurst RDA Group and was a great success! Most of our riders completed the 6-mile loop in hot and sunny conditions. Louis was the youngest rider and, thanks to



a cheeky pony who refused to be caught in the field, completed all six miles on a pony he'd only ridden once before! Other riders came from Cambs College RDA, including Claire Cooper (see photo – riding Dan, with helpers Heather, Gillian and Cathie) who completed two miles in what was her first ever pleasure ride.

We don't yet know the total amount of money raised, but please do head to the web to find out more and to donate to the cause.

- Information on the Training Centre: <http://www.rda.org.uk/about-rda/national-training-centre/>
- Information on Sam's Big Ride: <http://www.rda.org.uk/join-sams-big-ride/>
- Donations: [mydonate.bt.com/events/bigride2017/432482](http://mydonate.bt.com/events/bigride2017/432482)

# East Region Fundraiser Lunch



On the 5<sup>th</sup> June the region held a hugely successful fundraising lunch, featuring Clare Balding as guest speaker. The event was kindly hosted by Gillian and Jeremy Newsum at their beautiful home. Local businesses also attended, offering various products ranging from Indian jewellery and clothing to stylish stationery, impressive sculptures and fragrant toiletries and cosmetics.

Despite these diversions, Clare's speech was undoubtedly the highlight of the day! She spoke engagingly about her experiences growing up and in sport, recounting tales of afternoons at home with her brother in which they repeatedly threw themselves off their ponies in an attempt to speed up the process of 'becoming a real rider'! She also recognised and explained that the RDA's riders sometimes want to experience a degree of risk, and that having the opportunity to make mistakes and to push ourselves is as important for disabled people as it is for the able-bodied. Before and after her speech Clare was available for book signings and to chat (including to RDA East mascot, Zebedee – see photo) before heading off to Bermuda for the America's Cup!



The meal itself was also a huge success and credit must be given to the small army of volunteers who prepared the chicken, various salads and (especially popular!) the strawberries, meringues and chocolate pots. Catering for around 200 people is no mean feat but it was managed with apparent ease by the committee and other volunteers.

Thanks must also go to the volunteers from Lloyds Bank who spent the day cheerfully running all kinds of errands!

The final count is yet to be confirmed but it is believed that the day raised around £10,000, including £1033 from the raffle and a £1000 donation from Lloyds Bank. Well done all!

# Regional Show and Qualifier

The sun shone all day for us at the College of West Anglia in Cambridge for the 2017 RDA East Region Show. With plenty of immaculately turned-out horses, ponies, riders and helpers, the event was a brilliant showcase of the work that the RDA does throughout the region. Many riders enjoyed fantastic success, with plenty of rosettes and trophies to take home (see photo, right, of Barrow Farm RDA).



## Countryside Challenge

This year's Countryside Challenge featured former winners alongside plenty of first-timers, the latter of whom demonstrated all that they have learnt in a relatively short space of time. The large Senior class for riders with one helper was won by newcomer, Kodie Lawrence, from Cambs College RDA with a score of 85.8%! (Photo shows Kodie with helpers, Helen and Kathryn, whilst Danny snatches a mouthful of grass!) Qualifying in second place in that class was fellow Cambridge rider, Rebecca Lawes, who came 6th at the National Championships in 2015.



The Junior events were as competitive as ever, with not only rosettes and qualifying spots being won but also some enormous trophies which dwarfed the young winners! Special mention goes to Jack Atkinson, Isabelle Cox and Charlotte Jessop who won the 2-helpers class, 1-helper class, and VI class respectively. All three ride for Barrow

Farm and were riding Tawny, a lovely little Exmoor pony who is clearly a pro! The photo shows Isabelle and Tawny.

At the 2016 Championships Charlotte came a very close second in the Countryside Challenge with a huge score of 93% before winning the Combined Training with a dressage score of 66.94%. This year for the first time she will be competing solely against other visually impaired riders and, with her uncanny ability to get the apple in the bucket with a perfect shot, it should be very exciting to see how she gets on!

Other senior qualifiers were Aynsley Calvert from the Magpie Centre and Anne Hunt (see photo) from Cambs College, both of whom rode independently, and both of whom also qualified for Hartpury in the I/D trot test. Aynsley pipped Anne to first place in the regional rounds with some skillful riding but Anne is a great competitor, calm under pressure, so the rivalry continues!



## Qualifier dressage

Whilst the Countryside Challenge event was being fought over in the paddocks, the indoor arena saw all the qualifying dressage action. Huge credit must go to Kim Darlow (judge) and Val Parker (writing) who endured the somewhat stuffy atmosphere all day. All the riders looked rather hot as they finished their tests!

First to ride in the dressage was Chris Bradley on his own horse, Quintus. Chris is an experienced and confident rider who has achieved multiple placings at the National Championships over the years, as well as in Special Olympics events. He qualified for Hartpury with a score of 66% in the I/D canter class, where he will be joined by Lucy Warne (see photo). Lucy qualified automatically with an emphatic victory in her class at last year's Championships. Her score of 78.52% was the highest in all the National Championship dressage classes across the three days of competition!



With Aynsley and Anne representing the East region in the I/D trot class, two more qualifying spots were up for grabs in the walk only class for newcomers. This saw three Cambs College riders attempting their first ever unled tests. The highest score was achieved by Claire Cooper on Rolo, who also successfully sat her first ever canter just before the test began! Unfortunately after Rolo's caper around the arena it was decided that Claire would compete on the lead rein, so her performance could not qualify for Hartpury. However, Jodie Williamson – who just missed out on a qualifying spot in the Countryside Challenge – did qualify after coming in second and scoring 60%.



This is the first year with graded dressage riders competing in the new categories (Grade Ib has become Grade II, Grade II has become Grade III, and so on) and there were brilliant performances all round. The two Grade I riders – Claire Humphrey and Michelle Alflatt – both qualified and were pretty well-matched, although it was Claire who took the win with an impressive score of 69.4% (see photo).

Two riders from the BEF Para Entry Programme, Eleanor Currington (pictured below at the prizegiving) and Olivia Cornick, competed in the new Grade III and Grade IV classes respectively, as well as in the Grade 6 Walk/trot class. As in previous years, Eleanor demonstrated impressive horsemanship and qualified in both events. She will ride in the Grade III Championship class at Hartpury, meaning that Olivia's third place finish in the Grade 6 Walk/trot test, in which she scored 64.4%, was more than enough to secure her a trip to Hartpury too. Olivia's qualification is all



the more impressive given that she is riding a new horse, Ya, who is more accustomed to the point-to-point life and had never done a dressage test before! Although her score in the Grade IV class was not high enough for Hartpury, Olivia should still be proud of all that she has achieved with Ya so far, and it will be exciting to watch them as they develop their partnership, in particular as they represent the East region at Hartpury in the Grade 6 class.



First place in the Grade 6 Walk/trot class went to Lizzie Bennett riding Rolo (pictured). They scored 70.8% and were awarded the East Region Cup for the highest dressage score by a senior rider in the qualifying events. Lizzie hopes to ride Rolo at Hartpury in this class – side saddle! Lizzie also won the Grade 6 Canter class with 68.7%, riding Minstrel. She was joined in this

class by Jennifer Phillips–Campbell riding her own horse, Carrie. Jenny scored 62.9% and will be representing the East region at Hartpury. This is the first time that Jenny has been able to compete in the canter class at Hartpury: despite having qualified in 2009, her mount at the time was unavailable for the Championships; more recently, she has ridden in the trot class but is thrilled to be competing in canter this year having put a lot of work into perfecting Carrie's canter!

The Grade 6 walk only test featured senior rider Alex Turley (pictured left), riding Rafferty. Alex, from Barrow Farm, has previously competed successfully in Dressage Anywhere events including the recent Dressage Anywhere Online RDA Championships. This was her first test away from home, but you wouldn't have known it from her fabulous qualification score of 66.8%! The regional show also hosted her second test away from home when she contested the Freestyle class (see below...).

The Grade 6 walk only junior winner was another new rider, riding her first ever dressage test: Jodie Gunton from Stevenage & District, riding Bonnie (see photo). Bonnie is a lovely cob who lives at the College of West Anglia, who kindly hired her



out for the day so that Jodie could take part. Fortunately, Bonnie was also free for that all-important weekend in July, since Jodie has qualified for the National Championships with a score of 65.3% – a result which also won her the trophy for the highest-scoring junior dressage rider. To achieve this in her first ever test, ridden on a borrowed horse, means there must be plenty of exciting things in the future for Jodie.

## East Region and Freestyle dressage

This year there were four pairs waltzing around the indoor arena in the Freestyle class. Despite some technological hitches, it was a thoroughly enjoyable event to watch and all the horses and riders gave wonderful performances. Highlights must include Chris Bradley's superb demonstration of counter canter on Quintus (and his determination to continue despite an unhappy CD player!) and Aynsley Calvert charging across the arena as the Kaiser Chiefs yelled out 'Ruby, Ruby, Ruby!' (coincidentally, his horse is also called Ruby!). It was certainly a good song to sing along to! (Chris and Quintus pictured)



It was Barrow Farm's Rafferty, however, who clearly had the snazziest dancing shoes: with Claire Humphrey he achieved a score of 71% which was beaten only by Alex Turley, who rode him to a fantastic 72.5%. These two scores were the highest dressage scores of the day and both Claire and Alex should be incredibly proud of their achievements. In particular, for Alex (pictured) to compete against experienced competitors and take away such a convincing victory is hugely impressive.



Out in the paddocks, there was more dressage action for the East Region event - a competitive show with non-qualifying classes. The Juniors' Walk Only test was won by Jack Atkinson (Barrow Farm) who was able to top off a good day in which he won an enormous trophy for Countryside Challenge with another trophy in the dressage! The Junior Walk and Trot class had six entries who were separated in the end by less than 10%. Barrow Farm again took top honours, with Ryan Lynch



(pictured) coming first and Isabelle Cox second – reversing the order of their Countryside Challenge class. Ryan’s score of 65.3% led to him winning the trophy for the highest score from a junior rider in the non-qualifying classes. It’s lovely to see Countryside Challenge competitors being so successful in dressage too – well done all!

The Senior Walk and Trot class featured three Cambs College riders. Nia Watkins (pictured right) took the win with Beethoven – a lovely but sometimes rather reluctant cob who certainly makes his rider work hard! This was Nia’s first ever competition and she topped it off by winning the trophy for the best overall senior rider in the non-qualifying classes.



## Showjumping

This year there will be four showjumpers heading to Hartpury from the East Region. Chris Bradley was awarded a bye after successfully competing in Level 4 events in the past, but Eleanor Currington, Olivia Cornick and Lizzie Bennett had to prove their worth!

Like last year, this year’s qualifier was done via video and all three riders were filmed at the College of West Anglia in early May. Eleanor participated in the Level 2 class in what was her first showjumping competition. Riding Minstrel, she successfully negotiated the 30cm trot course without a hitch, scoring a huge 92%. Not bad for a first try!

The Level 3 class has jumps up to 60cm and is taken in canter. Olivia Cornick (pictured) introduced Ya to an arena for the first time, and although he was clearly quite excited by the pretty poles she remained calm as always and put in a really tidy clear round, with a 78% score for style. The enormity of this



achievement with an inexperienced horse should not be underestimated – it was a very classy performance by them both. Lizzie and Rolo also jumped clear and received a score of 99% – 1 mark dropped on the approach to the spread!

# Art & Crafts and Stable Management



The RDA encourages educational activities as well as ridden ones, and each year hundreds of participants enter the Arts & Crafts competition. This is always a highly competitive event and only those who impress at regional level will qualify for consideration at Hartpury. This year the East Region is represented in four classes:

- Paint me a Picture - 'Ponies in Moonlight', *Ewan Drake*, Barrow Farm RDA
- Drawing - 'Me and my Shaddow', *Amanda Helen Ogden*, West Suffolk Group RDA
- Collage (Individual) - 'Tea Time at Shelley', *Rebecca Page*, Shelley Centre RDA
- Collage (Group) - 'Chill out Day at Barrow Farm', *Kate Potter, Hollie Potter, Bobby Potter, Ewan Drake, Joey Drake, Christopher Reid, Jack Atkinson (pictured below), Codie Chamberlain, Sam Johnson and Charlie Johnson*, Barrow Farm RDA

Congratulations to all these artists, and best of luck for the final!

There was also an art competition on the day of the Regional Show. This was won by Isabella Jones, with Emily Harrison coming second.

Each Regional Show also includes a popular Stable Management event in the form of a quiz. The questions cover various aspects of horse care and

general equine knowledge - anything from finding the frog,

the bit and the surcingle to identifying hazards in a field or a pony's favourite breakfast! This year's top scorer was Isabelle Cox (pictured left) from Barrow Farm RDA - well done to Isabelle!



## News in brief

- Congratulations to Isabelle Holgate (right), who volunteers at Cambs College RDA. She recently took part in her first CVI (international vaulting competition), representing Team GB. After only training at international level for two months, she finished in an impressive 8<sup>th</sup> place!
- The Shelley Centre recently held their first endurance event, with six riders completing the 2km distance at the end of a long day of yard work!
- Congratulations to Rebecca Jackaman, from the Shelley Centre, who achieved her Grade 4 in Horse Care.
- An enormous well done to Jamie Newstead, who raised over £1500 for Barrow Farm by running the London Marathon – what an achievement!
- Some of Barrow Farm's finest dressage riders were put through their paces by Paralympic legend, Sir Lee Pearson, at a special event in April. This was made possible by the generosity of student volunteer, Lainey, and Barrow Farm rider, Charlotte, who chose to spend their award from the Jack Petchey Foundation on coaching opportunities which would benefit the wider group.
- Olivia Cornick, from Cambs College RDA, has taken part in her longest endurance ride yet – 32km! Despite it being one of the hottest days of the year, Olivia's careful riding meant that her horse, Ya, started and finished at the same heart rate. They were awarded a Grade 2 – well done Olivia!
- Emily Lodge (Cambs College RDA/Cambridge Vaulting Club) has competed at her first para vaulting competition, winning the Walk Individual class on Dax, lunged by Nett Wight (see photo, right).
- On Sunday 2<sup>nd</sup> July, the Magpie Centre will be holding a horse show and 'horsey car boot sale'. On August 20<sup>th</sup>, they will also host a Craft and Country Fair. Please see their website for more information.
- The Elisabeth Curtis Centre is looking for a new instructor to teach on Saturday mornings in term time (BHS AI standard or equivalent).



*If you have news or events you wish to see publicised here, please get in touch via Twitter, Facebook or email ([rda.east.region@gmail.com](mailto:rda.east.region@gmail.com)).*

# Competitions!

For volunteers, participants and their siblings

V T L F Y P O M M E L C T E M L E H  
 A E G U L E G H S A L F A S T E E R  
 U N R N L N E P A S T E R N K C I P  
 L Y E L I A T A B U C K E T T R O T  
 T A Y P F M B D N A L T E H S E A A  
 E H M O V E O D R R I D E A V P R D  
 R U T L P F O O H I I A E N R I E R  
 J N A E O A T C R S V M N M O E A E  
 D T H A N D S K Y G F I S U S R R S  
 A E D E Y U E R E W H I N N E Y P S  
 N R R A C K T L O C W A I G T N O A  
 D A A L L N L S T A B L E K T A L G  
 Y E Y A U A A A O N I C R A E O O E  
 B L W O L L O D A R T M O O R R R E  
 R T C H A F F D C U A A A B F O I L  
 U N N B R I D L E G C R T A C K D P  
 S A L T G F I E L D K E S Y R E E P  
 H C I N S P I H C D O O W A T E R A

Kindly sponsored by



Find all the words, then take the letters left over and read them across and down to find an instruction you find at the end of a dressage test. This phrase is your final answer!

- |             |             |         |         |            |
|-------------|-------------|---------|---------|------------|
| Apple       | Dandy brush | Haynet  | Pick    | Shetland   |
| Arena       | Dartmoor    | Helmet  | Pole    | Stable     |
| Bay         | Dressage    | Hoof    | Polo    | Steer      |
| Bit         | Driving     | Hunter  | Pommel  | Tack (x2!) |
| Boots       | Field       | Jumping | Pony    | Tail       |
| Bridle      | Filly       | Linseed | Rack    | Trot       |
| Bucket      | Flank       | Mane    | Rear    | Vaulter    |
| Canter      | Flash       | Mare    | Reins   | Walk       |
| Cantle      | Foal        | Move    | Ride    | Water      |
| Chaff       | Frog        | Numnah  | Rider   | Whinney    |
| Clip        | Fun         | Nuts    | Roan    | Woodchips  |
| Cob         | Grey        | Oats    | Rosette | Yard       |
| Colt        | Grooming    | Paddock | Rug     |            |
| Countryside | Hands       | Pastern | Saddle  |            |
| Dam         | Hat         | Pat     | Salt    |            |



# Horse Rider

## Colouring competition

Follow the instructions on the entry form for sending your entry.

Good luck and have fun!

Kindly sponsored by

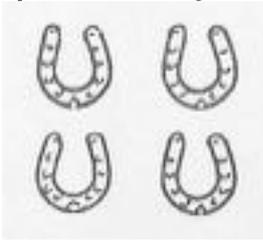


# RDA Quiz

Kindly sponsored by



1) How many hooves does a pony have?



a) Four - 4

b) Three - 3

c) Two - 2

2) Where is the pony's mane?



a) at the top of the tail

b) along the neck

c) under the tummy

3) What would you use to clean a pony's hooves?

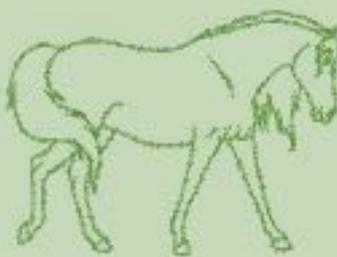


a) a hoof pick

b) a body brush

c) a metal curry comb

4) Which of these is the fastest?



a) trot

b) walk

c) canter

5) What country do Exmoor ponies come from?

Kindly sponsored by



a) France



b) England



c) Brazil

6) What colour is a pony with a brown coat and a black mane and tail?



a) Palomino



b) Dapple grey



c) Bay

7) Which of these must you never feed a pony?



a) acorns



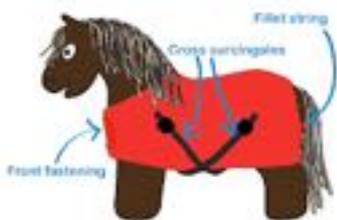
b) hay



c) apples

8) What does the pony wear when you ride?

Parts of a pony rug



a) a stable rug



b) saddle and bridle



c) Father Christmas hat

Write all of your answers ('a', 'b' or 'c') in the slots on the competition entry form.



# Competition Entry Form

**Competition 1: The big wordsearch! The hidden phrase is:**

.....  
.....

## Competition 2:

### Colouring competition

Please post or email your picture(s) with this form.

## Competition 3: Quiz

Fill in your answers (a, b or c) here:

1) .....

2) .....

3) .....

4) .....

5) .....

6) .....

7) .....

8) .....

**Name of entrant (1 per form):**

.....

**RDA Group (optional):**

.....

**Age:** .....

**I am a...**

- Participant
- Volunteer
- Sibling or friend

Please return this form and any colouring to:  
**RDA East Competitions,  
65 Castle Street,  
Saffron Walden,  
Essex,  
CB10 1BD  
or scan/email to [rda.east.region@gmail.com](mailto:rda.east.region@gmail.com)**

### Terms and Conditions (if you have any queries please get in touch!)

If you would like to keep original colourings, feel free to send a colour photocopy or an email instead. Assistance is permitted in all three competitions but please help and encourage participants to do as much as they can! Siblings and other young relatives or friends without impairments may enter but please indicate this on the entry by ticking the appropriate boxes.

Entries to Competition 2 will be judged by RDA East committee members. Correct entries to Competitions 1 and 3 will be placed in a hat and drawn at random.

Please note that this is meant to be a FUN competition! The judges' decisions are final.

Prizes will be rosettes, which are kindly donated by Cambridge University Riding Club.

**Closing date for all entries: end of Monday 18<sup>th</sup> September**

## Just for fun...

- 1) Apart from a saddle and bridle, what might a pony wear when you go for a ride?
- 2) What must you wear when you go for a ride?
- 3) What is the maximum height for a pony before it's called a horse?
- 4) Where or when might you find a cross pole, an oxer and a wall?
- 5) What is 'piaffe'?
- 6) How tall was Stroller, who won a silver medal in Olympic showjumping?
- 7) Which three eventing competitions make up the Rolex Grand Slam of Eventing? How many people have won this?
- 8) What country gives its name to a type of rug a horse might wear in the field?
- 9) When might you plait a horse's mane?
- 10) Which part of the horse is affected by laminitis?

Check your answers at an RDA session!

B L A Z E B R A

U X H O W A L K

E P O N Y A R D

L P R I D E D T

B S S A D D L E

A J E A T I I F

T R O T C Z P L

S O C K N R S A

Blaze

Eat

Horse

Lick

Lips

Pony

Ride

Saddle

Sock

Stable

Trot

Walk

Yard

Zebra

Just for fun – can you find all the words?



## Next issue...

- Participant Spotlight: Alex Turley, Barrow Farm RDA
- Report from the RDA National Championships at Hartpury College
- Horse welfare article
- Competition ideas – how to provide your riders with opportunities to compete if your group struggles to transport horses or to use them on a competition day, inspired by East Region groups
- ‘From the horse’s mouth’ – news and views from RDA East mascot, Zebedee
- Plus further interviews, features and news

## Get in touch!

- Email: [rda.east.region@gmail.com](mailto:rda.east.region@gmail.com)
- Facebook: search for @RDAeastregion
- Twitter: @RDA\_East
- Via the contacts on the website: [www.rda-east.org/contacts](http://www.rda-east.org/contacts)

If you have a news story to share – whether it’s about a participant, a volunteer, a horse or anything else – or you or someone you know would like to be interviewed or appear in a feature, please let us know.

If you have any other ideas of what you’d like to see included here, we’d love to hear them!



*Cambs College horses, riders and volunteers celebrating with their winnings!*