

# WESSEX ENDURANCE NEWSLETTER

Spring/Summer 2014

## Committee Members

Chairman – Samantha Mowatt  
Vice Chair – Janthea Newman  
Treasurer – Claire Richards  
Secretary – Geraldine White  
Young Riders Representative – (Required)  
Trophies Steward, Ride Equipment, Merchandise – Lisa Langrish  
Chef d'Equipe Wessex Teams – Carol Legg  
Safeguarding Officer – Debbie Edmond  
Chairman, Golden Horseshoe Committee – Barbara Wigley  
Website and Wessex Progression Award – Liz Hinings  
Newsletter Editor – Amanda Tovey



## Chairmans Note

The 2014 season is well on its way and it has suddenly dawned on me that we are almost halfway through the competitive season.

We have had 3 of our 6 Wessex rides, each which have run with their own successes. First, on Easter Saturday, we had the Hardy's Ride. Organisers Liz Ashmead and Lynn Harvey did a brilliant job of organising their first ride; they even managed to arrange the weather! Easter Eggs were kindly provided by Richard Read Recovery Services for every competitor and were much appreciated by all. Next came the iconic Golden Horseshoe, which had 'fair' weather, for what can be thrown at us down on Exmoor. I certainly saw many happy faces on the Sunday, it has made me think even more about the possibility of riding there myself one day, hopefully next year! You will find a full report on Horseshoe in this edition.

Then we had glorious sunshine at Cerne Giant. With many usual riders choosing to go to Berkshire Downs instead, Cerne was unfortunately not as well attended as it has been in the past; but most of those who did attend had a wonderful day riding around the Dorset countryside. Many thanks to Anthony, Mark and their team for all their hard work, I'm still amazed at how Anthony and his family manage to mark (and de mark!) the entire 60 mile course themselves without the help of the TRF.

In April we also said goodbye to one of the Wessex Groups most loyal members, Olive Linge. Some of you may not have known Olive, as she attended fewer rides in the last two years, but her service to Wessex and EGB nationally will never be forgotten. Olive played a part in my training to becoming a Technical Steward and I served on the committee with her for a number of years, I learnt a lot from her and will fondly remember the days we spent together. RIP Olive Linge.

As I write this I have just finished finalizing most things for the Piddle Ride, I have made some route changes for some of the classes and feedback on the new bits would be great. I hope to see lots of you there!

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## Challenge and joy at Golden Horseshoe 2014

Endurance rides come in all shapes and sizes, but for very good reasons Golden Horseshoe stands out as 'something special' to aim and train for. Traditionally staged in mid-May on a Monday and Tuesday, many members ask why it isn't just a usual weekend ride, run in the summer when the weather is better, and horses fitter? Set in the heart of Exmoor at Exford – to showcase the best of challenging Exmoor- there is no fast main road in or out. Historically many riders have decided to make a holiday break, staying on after the ride. Renting a holiday cottage/stable/turnout for the week (Saturday to Saturday) can be more cost effective, and give more freedom, than B&B (or youth hostel) for rider/family/crew for the duration of the ride. Camping at this time of year is only for the very hardy, and only permitted at certified locations within the National Park – so no camping/corraling at the venue – as one of the highest and most exposed points you wouldn't want to anyway! The month of May has been judiciously chosen – between winter hunting/shooting and summer holiday makers.

For those who just can't stay on Exmoor/take time off work' Sunday 11<sup>th</sup> May 2014 offered both the **25km Pleasure Ride**, **40km GER** (including Novice and 'Try Before You Buy') – as well as the first day of **Exmoor Extra (3x40km)**. The ever-popular PR continues to attract big numbers of local riders, and EGB members and non-members from further afield in the South West. All really enjoy the chance to ride parts of the Golden Horseshoe route – the easier bits of course!

### *DATE FOR YOUR 2015 DIARY- THE GOLDEN HORSESHOE RIDE 50<sup>TH</sup> ANNIVERSARY – 17<sup>th</sup> to 19<sup>th</sup> MAY 2015*

For those with novice horses, or from flatter parts of the country, the PR, or 40km, are a useful introduction to the steep hills, stoney and boggy going of Exmoor, together with river crossings, wild cattle, sheep and ponies - sorting out if rider/horse have the resilience and resourcefulness to be a 'successful Horseshoe competitor' in subsequent years. Exmoor is a challenge in itself, as Organiser Barbara Wigley will attest. Renowned for its high rainfall, rain/mud/vehicles at the venue, 2014 was no exception! But every cloud has a silver lining.... riding from stable to venue proves good protection against tying-up, high heart rates and initial stiffness...

The table below shows final results after penalty points of this year's Golden Horseshoe with a good numbers of entries in the **Exmoor Experience (40+40)** and the **40km** classes but disappointingly few riders in the 'big classes' – **The Golden Horseshoe 2x80km**, **The Exmoor Stag 80+40km** and **Exmoor Extra (40+40+40)**. The awards, unique to GHS (**Gold/Silver/Bronze/ Completion**) are based on riding speed (lower for Novices) with a penalty for pulse over 55bpm which reduces the award level (Gold to Silver, Silver to Bronze etc).

Class	Starters	GOLD 12kph+	SILVER 10.5kph+	BRONZE 9.5kph+	Completion
Golden Horseshoe	3	-	-	-	0
Exmoor Stag	5	-	-	-	1
Exmoor Extra	5	1	2	1	
Exmoor Experience	30	12	4	9	1
40km	18	9	4	2	
Novice parameters		GOLD 10.5kph+	SILVER 9kph+	BRONZE 8kph+	Completion
40km Novice	28	14	4	2	1

**As Becca Northover tells below -Joy** was shared by the vast majority of those involved (competitors, crew, helpers and spectators alike) who for their own reasons enjoyed GHS – in parts or whole – not necessarily those who went away with awards. We hope those without the 'hoped-for' awards this year, together with those who want 'to go further' will be back in 2015 for the 50<sup>th</sup> iconic Golden Horseshoe.

"I love riding at GHS, not only the scenery and route challenges but the camaraderie and support from the organisers and all the helpers is amazing (also the Church ladies cakes are amazing - take some pennies!). The route has the most wonderful views, although you do have to remind yourself to look up at times! The route is tough, challenging but not impossible, I was warned off attempting the GHS as the route would be 'too challenging' for me, and yes it's great if you can hop on and off for gates, but it is achievable, even for a disabled rider! The sense of achievement for having made it round (pass or fail, gold, silver or bronze) is immeasurable; I am still glowing inside from the ride. You make great friends at GHS on the route and off, your crew really are made to feel part of it as well. But don't treat it like any other ride, it deserves respect! Try and make a holiday out of it if you can, go down for a week, a few days beforehand to acclimatise and a few days to recover before going home and you will enjoy it even more. Train at home as best you can, stony tracks, steep up and downhill's, river crossings, gates with rope over them, wet, deep ground will all help to get you and your horse as ready as possible - then go there and enjoy, breathe the fresh moor air, take in the stunning scenery and be at one with your horse".

Sally Toye (who calls herself an 'almost Wessex member' as she enjoys the routes and atmosphere of Wessex rides so much) writes about her Exmoor Extra (3 days of 40km) experience. She came to Wessex 2013 BAM to talk about her Tevis Cup experiences in USA – fascinating – and she has attempted to draw parallels between GHS and Tevis. (For those who missed her first time around, we have twisted her arm to tell us more at our Annual Awards Dinner.....we will not be bored!) Anyway, Exmoor Extra experiences first.....

## Golden Horseshoe versus Tevis by Sally Toye



All photos in this article courtesy of Judy Phillips

With an excellent third endurance season so far, I entered my 9 year old mare into the Exmoor Extra class. 120k over three days. I wasn't sure how it would go or if "we" were fit enough and after last year's 80k over 2 days. Exmoor can throw at you curved balls and I hoped our preparation work on a variety of hills and with gates would all come together. This ride is a great test for any combination and we had come away from the previous year having so learnt. Time to see if she was a three day horse.

At the venue before the start there was a bit of time to hang out before the evening briefing. Here some people asked if I was going to the Tevis Cup again after my previous successes (and failures!) And then I get the inevitable question, "is Golden Horseshoe as hard as Tevis?"

These two rides are very different and also very similar. These rides both involve terrain and a time limit and yet there is no fog, sleet, wind or sideways rain in California and no mountains in Somerset!

At Tevis you will see your crew just twice for an hour and it will be over in one day, albeit a very long one. Plus mentally doing 50 miles then having a break overnight before doing another is hard: with Tevis you just keep going on this linear ride! At GH you are vetted every 40k whereas at Tevis it is almost every 10 miles sometimes less. Both rides have a huge number of helpers and how the organisers make it look so flawless has to be down to a huge amount of work and dedication on their part. That takes a lot of work.

For me endurance is about a tough ride and riding my horse to those conditions that the day dictates with our combined strengths. I hope to start fit for purpose and to take care of my horse using whatever water and doing whatever pace for the terrain which means that we both finish in good condition. This means I do get off my horse and sometimes "tail" up the hills and jog down them with her, she loves this as if alone this means I take the lead from her which will give her a break. Both rides test me and both rides I love.

So back to Exmoor and day 1 started a hilly south loop of 40k. This had lots of water and chances to use my sponge to cool her down in between the hills. The winds were so strong a few gates had to be shut on foot, the noise of the wind above the moor seemed to stop my brain from thinking! Just prior to the venue was a rather concave hill which we tailed up before arriving at the venue and vetting with a nice 44 pulse on silver time. Crew and rider had done well. Another briefing and bed for all of us.

Next day a fresh looking mare and off to the north and some staggering views of Porlock, moor and yet more sloshing water from many sources. The devastation in the forest we had seen from previous winters making a great recovery and riding on old paths and quintessential English countryside. Due to some rather heavy going we went slower and this I paid for in a vetting where she was not tired enough and shivered with so much excitement at the fun we were having. We got a pulse penalty and our precious silver time dropped to a bronze. Bother! Briefing and bed though and happy to be still in the game. We would see how the morning trot up would go.





A great trot up for the vets and away on day 3. Back to the south route with a hotter day. And a much fresher pony who cantered out of the start! I was glad for the lower ring on the bit to calm that pace down and we had a lovely day just enjoying ourselves knowing we could as this was the final day and the finish was not far away. On this loop we saw the bravery of an Exmoor Stag Class rider who had a crashing fall and she just got on again and continued. She never showed her pain and the pair went on to finish to well-deserved accolades. Meanwhile we just jogged around and cantered over the finish, this time to a better vetting of a 50 pulse and a calmer pony.

I learnt so much about my mare and the work it takes to bring a pony out for 3 days competition. The aftercare, stretching and massages she gets seemed to really help. I wish I got the same...

And to compare Tevis with our version...



## Bring your Ponies to the Horseshoe by Nesta Oliver

When you decided to go into Endurance riding and started to think of what kind of horse to have, was your first thought, 'I need an Arab'? or was it, 'My cob/pony/hunter/shire or anything else I've got can do that'?

Back in the nineteen-eighties 'my cob (etc) can do that' is what most of us thought. The Arab as the ideal endurance horse had not been thought of. And those who thought 'my cob can do that' were right. In those days the Golden Horseshoe Ride was what everyone aimed for there was only one class, the one that is now called the Exmoor Stag: eighty/forty kilometers over two days. We worked in miles in those days so it was fifty/twenty five: it sounded easier with smaller numbers. In the eighties there were consistently between eighty and a hundred starters for that one class and everyone rode whatever horse or pony they had and knew how to get them fit. So what happened? How did we get to entries of four or five horses for a competition that used to be thought of as the pinnacle of Endurance riding, available to all riders and all horses, not just the super brave and the elite?

A lot has changed between then and now. There are far more competitions available nowadays so that is one reason perhaps, but here are a few others, and perhaps I can show you some reasons to come instead of not.

In the early nineteen-eighties, the minimum qualification for the Horseshoe was to complete one forty mile ride (sixty-four kilometers) and that was it. Nowadays we have to do more than just one ride to qualify, and sensibly so, because that makes sure that horses are fit enough by proving it in competition instead of just putting the miles in training on our own. But there is a difference in how we think of it. Now we call it 'upgrading from Novice to Advanced', and 'Advanced' sounds like something only the top people do: those with racing or international competition in mind. Remember those eighties? When anyone with any pony aspired to do the Horseshoe? Let's look at the reality of upgrading because it's not really so awesome. To get to Open you need three Novice completions; to get to advanced you only have to do two more rides, one of over sixty-four kilometers and one of eighty or more. That progression to advanced doesn't sound huge when put like that, but we get frightened by that word 'Advanced', and we think it is.

The other side of why people don't upgrade is reflected in a question often asked by EGB members: 'What advantages are there in moving up to Advanced if I'm not going to do CERs?' Let's start with the disadvantages: that's easy, there aren't any! At Advanced level the speed and pulse parameters are exactly the same as when you compete at Open, so you don't have to go any faster or hope you can get your horse's pulse down further than you did before. But the advantages are huge if you want to take them: you have the chance to do longer rides if you want to and, much more important, you can enter the Exmoor Eighty, the Exmoor Stag and the Golden Horseshoe itself. If one of those is the only ride you ever do that you need that Advanced qualification for, it will be worth it.

Do we need Arabs to achieve that exalted, Advanced status? Of course not. To get there you only need successful completions in your qualifying rides, not Grade Ones, so you don't have to fly around at CER speeds and go to the vet with the same pulse that your horse has at breakfast time in the stable. Arabs are fast, versatile and gutsy but on Exmoor they have no advantage over any other breed or type of horse. And that brings us to the second reason for the drop off of entries in the longer classes on Exmoor.

Approximately half of Advanced horses are pure-bred Arabs and I suspect that a large proportion of the rest are either part-bred or other similar breeds.\* Of those Advanced horses the majority have qualified in order to do CERs and many, not all of course, are trained to do only that, with winning races in mind. Some of them are going to be international team members and their focus is on training to go far and fast over easy, flattish ground. The Horseshoe is different. It requires slower speeds and a different attitude, it is not a race and there is even a prize for the horse who achieves his grade nearest to the optimum time: an award designed to discourage excess speed. So, many Advanced Arabs don't come: they have not had the right type of training and their owners are reluctant to take the risks that have become associated in people's minds with the rough terrain of Exmoor.



All photos in this article courtesy of David Saunders

The results at the Golden Horseshoe show that Arabs on Exmoor have no advantage over other breeds in the way that they do in CERs where their effortless speed is such a huge advantage.

And here is the last reason: Exmoor has gained a fearsome reputation and people have been frightened off. Yes, Exmoor has hills that are longer and steeper than in most of the rest of the country, and the ground is hummocky and spongy and in places stony and very wet – deep ford kind of wet. And sometimes the weather sees us coming: just bring your waterproofs and woolly jumpers. But it's not scary. It's a better marked course than any I have ever seen: up on the high moor where the tracks are not so obvious, you are never out of sight of the next marker flag. You can't get lost; the ground is rough but no worse than many people have to train on. All that matters is that you have a sound horse or pony who wants to see what's over the next horizon and can look where he's putting his feet at the same time. If the Arabs are race horses who do best on level grass where they can complete a CER at 16kph, then the ponies are the keeper goers, over any terrain, with an 'I'll go anywhere' attitude.

So let's make next year's fiftieth anniversary Golden Horseshoe Ride, and possibly the last one ever, one to remember. Let's fill those longer classes. Take the plunge (the rivers on the moor will help with that) and get up there. Bring your ponies, your cobs, shire horses, hunters, spotties, skewbalds, hairies, Haffies (Oh, you do it already, I'm preaching to the converted!), Icelandic (I'd love to see them on Exmoor), and of course, bring your Arabs to where they can compete on equal terms with all the others.

\*The fifty percent advanced Arabs is correct, but other figures are assumed. I hope to look at it in more detail to confirm (or not) the realities and perhaps do another article where I can try to make boring statistics be interesting and useful looking to the future of EGB.



And from Jane Greatorex about Horseshoe....

Rusty and I first went to the Golden Horseshoe in 2010, the year after I bought him. We got a bronze in the Exmoor Experience (40:40) and I found out then that he was something of a bog specialist. In 2011 we did the Exmoor Stag (80K) in horrible conditions, lost a shoe, ran a couple of miles to reach the farrier (Rusty wearing a shoof) and got a bronze again – we'd been on silver time before the shoe came off. So, Development Squad and 2\* qualification later we returned to try the real thing – the Golden Horseshoe (80:80). What can I say? We had a blast, great company consisting of Rebecca Kinnarney and Ellie, fantastic crewing and a marvelous ride. The views were stunning, the hills were as steep as ever and I enjoyed virtually every stride apart from the end when we ran out of steam and the odd really deep bit of bog. Exmoor is about really challenging yourself and your horse. It's about getting it absolutely right and knowing when to call it a day. My horse is fighting fit and even better for his trip. I know he can do it and with some ideas in our heads we'll return next year. Roll on 2015!



## And finally a view from one of the lovely ladies helping at the Horseshoe...

Photos and article courtesy of Claire Ryall

I was a helper on The Golden Horseshoe Ride, Sunday event. I got to the field at 7.30, having stayed the night at Porlock with a good friend. The wind was blowing a gale and as soon as I opened my car door a MVF bag launched itself out and across the field, much to my embarrassment! I helped with some car/4x4 parking, mostly waving my arms frantically to keep my hands warm as I had forgotten my gloves, and another helper (very nice gentleman) did the actual 'very organised space allocation'. Everyone was really friendly and could make sense of our multi-lingual sign language, I was rewarded by a much appreciated hot drink and very tasty pasty at 10am, then drove off to my next stop. Comer's Gate was just down the road and I was protected from the wind by a lovely hedge! I actually found it really exciting, waiting for the riders to come in to sight as I am hoping to start doing PR's this year. I managed to hold open the gate, whilst taking some photos, and sometimes stopping traffic from clattering over the cattle grid whilst horses and ponies were walking alongside all at the same time! I religiously closed the gate after letting riders through - just in case some crafty sheep were waiting to charge through behind me, and this was mostly because I was having such a great time, enjoying being outside, the sun was shining and it was stunning Exmoor. Later in the afternoon, my good friend and host came to keep me company - and took over whilst I wandered across the moor looking for a suitable clump of bushes.....I didn't like to ask the horsebox drivers behind me....After the last...and then the proper last riders (I think) had come through, I went back to the carpark and was again offered a very welcome hot drink and a huge torpedo roll (thank you very much), before a walk around the stalls then back to Porlock to gather my overnight bag, then a drive back to the Yeovil area, with suntanned cheeks and wind weary bones, I cannot imagine how the competitors felt! I can honestly say that it was a brilliant day for me, really inspiring and the riders and crews showed their appreciation continuously. It was a really fantastic energy to be around, such positive attitudes, people doing what they love and people helping each other too. I didn't get to see so much of the longer distance endurance riders and horses, maybe next time.

I have a smile whilst writing this, it really was an enjoyable day for me, as I am desperate to be able to ride across fields and open moorland, and this is my summer goal, to build confidence with my pony to take part myself.

**DON'T FORGET NEXT YEAR IS THE 50<sup>th</sup> ANNIVERSARY OF THE GOLDEN HORSESHOE WE HOPE TO SEE LOTS OF YOU THERE!**



And after that it was time for the CERNE GIANT RIDE.....



Paul Simmons and Sakeena Sky

**Free to a good home**

(Or as my husband Charles says 'any home')

Left over from amalgamating Wessex Ride equipment we have piles (which keep falling over!) of white painted boards (tongue and groove 4.5x 58.5 inches)- useful for marking out dressage arenas etc. Collection required from Cullompton, Devon.

Call 07917 230118

**Woodrow Feeds Sponsored Cerne Giant**

Many thanks to Woodrow Feeds who sponsored two classes at Cerne Giant. All pleasure riders were entered into a raffle to win a £50 voucher to spend at Woodrow Feeds. This was won by Jane Stock.

The 80km GER was judged on performance formula and the winner was also awarded a £50 voucher to spend at Woodrow feeds. Winner of the 80km Performance Formula was Paul Simmons and Sakeena Sky Zayin with speed of 12.7kph and heart rate of 46. 2nd was Nicky Sherry and Silver Zourra with speed of 12.8kph and heart rate of 49, 3rd was Stevie Jones and Early Election with speed of 12.7 and heart rate of 57.

Photos courtesy of Helen Light, prizes awarded by Emma from Woodrow Feeds.



## We still have plenty more events to come this year.....

### PLEASE SUPPORT WESSEX RIDE ORGANISERS - RIDERS REQUIRED - & HELPERS too

Wessex rides need YOUR entries if they are to continue (if Ride Organisers don't cover costs they won't run the ride next year).....so if you decide to defer entering, the ride just may not be there in 2015!

PLEASE support Wessex rides FIRST before travelling further afield – offer to help if you can't ride. Wessex has End-of-Season awards to encourage you to fully participate.

***Whether riding or helping it's amazing the people you will meet and the things you will learn.***

Already past are Hardys, Golden Horseshoe, Cerne Giant and Piddle.....

So get your entries in NOW for

**Barbury Castle, Bonham and Three Rivers.**

Barbury Castle gives us the opportunity to enter a Wessex Team for the Inter-Regional competition. The Team Manager Carol Legg needs to see you out-and-about in order to select our very best riders – we aim to WIN this year!

Combinations still wanted for the Wessex Team to compete at the Inter-Regional Championships at Ridgeway Barbury Castle on the 9<sup>th</sup> /10<sup>th</sup> August 2014. All levels needed, no experience necessary help will be given to those who would like it!

Wessex are offering to pay for 1 nights camping/corralling and are hoping to have a team Barbeque on the Saturday evening.

Please put your name forward to Carol Legg on [carol@arabianracehorses.co.uk](mailto:carol@arabianracehorses.co.uk)

### Ridgeway Barbury Castle Ride this year runs over the weekend of the 9<sup>th</sup> and 10<sup>th</sup> of August

- 1) Entries open from 12th June with an absolute Closing date of 28th July - no late entries
- 2) A full programme of classes on both days including FEI, CER, GER and PR - all of various distances including Elevator status for 100kms, 120kms and two day 160kms CER
- 3) The Champion of Barbury and the Southern Championship is the top national class sponsored by our main sponsor Saracen Feeds
- 4) All of the longer distances from 80kms upwards are sponsored with quality prizes plus prizes for Best Shod kindly donated by Goddard Farrier Services and the AHS - Best Condition for AHS members / registered Premium status Grateful thanks also to our sponsors Performance Equestrian, Equine Magnetix, Torq, Redmond Rock, Equizest, Plas Equestrian and Chelwood Rosettes
- 5) The ride is also hosting the Inter-Regionals so looking forward to welcoming competitors from across the country to this very special ride.

As regards helpers I am in need of helpers for both days for all roles including vet writers, stewards, time keeper assistants, If people wish to ride one day and help on the other day they can benefit from free camping and corralling. Offers of help for part -day, for a few hours or a full day are all greatly appreciated. Contact me on [linda.kidd@outlook.com](mailto:linda.kidd@outlook.com) or mobile 07850 619557.

### Calling all Young Riders!

Wessex currently do not have a Young Riders Representative on the committee and we are looking for you to put yourselves forward for the position. It is important to have a pro active Young Rider committee member that can keep the other Young Riders informed of matters that affect them, regionally and nationally and also to be a contact if they have anything they would like to be raised. It would also be great if they could organise an event to bring the Young Riders in Wessex closer, you never know you may make friends for life!

If you are interested in becoming the Young Riders Representative please contact Geraldine White on [gawhite49@hotmail.co.uk](mailto:gawhite49@hotmail.co.uk)

### Could you help with Public Relations & Media for Wessex?

The Wessex committee are looking for some help with the PR&M in the Wessex group. You would not have to be on the committee, just be willing to write some articles and circulate them to some magazines. If you think you could help, please contact Geraldine White on [gawhite49@hotmail.co.uk](mailto:gawhite49@hotmail.co.uk) for more details.

## *Still to come in 2014*

### ***WESSEX DIARY DATES- 2014***

Date	Location	Ride or Event Title	Contact/Notes
9 <sup>th</sup> /10 <sup>th</sup> August	Marlborough, Wiltshire	RIDGEWAY BARBURY CASTLE Inter-Regionals (Pleasure Rides both days)	Contact Jill Kent on 01793 740303
31 <sup>st</sup> August	Bonham Airfield, Mere, Wiltshire	BONHAM RIDE	Contact Janthea Newman on 01884 266731
6 <sup>th</sup> /7 <sup>th</sup> September	Tenantry Farm, Rockbourne.	THREE RIVERS RIDE Mid South/Wessex Ride	Contact Pauline Beach on 01202 825010
December TBA	Donyatt	BRANCH ANNUAL MEETING	Contact Sam Mowatt on 07825581811

Further details of all these events may be found on the Rides and Events page of the Wessex website <http://www.wessexendurancegb.co.uk/html/rides.asp> or by contacting the person named in the last column of the table above.

**Our rides could not run successfully without helpers. Please consider if you could spare some time to help at one of more of the above rides and contact the relevant organiser.**

