



# North Wales 3 Mountains Endurance Challenge

**10 or 20 mile pleasure rides and a 25 mile competitive ride at each event**

**Ride 1 : May 13<sup>th</sup> 2007 The Beautiful Betws Ride**

**Ride 2 : July 8<sup>th</sup> 2007 The Clwydian Range**

**Ride 3 : August 5<sup>th</sup> 2007 The Berwyn Ride**

To include rosettes for all pleasure ride completions and placings for the competitive class.

**Also:**

## **The North Wales 3 Mountains Endurance Challenge 2007**

- Challenge Trophy – awarded to the horse/rider combination gaining the highest continental formula points combined across the 3 rides.

## **The North Wales 3 Mountains Pleasure Challenge 2007**

- Commemorative medal and rosette to all finishers of any combination of the 3 rides.



# North Wales 3 Mountains Endurance Challenge

**13<sup>th</sup> May, 8<sup>th</sup> July and 5<sup>th</sup> August 2007**

10 or 20 mile pleasure rides and a 25 mile competitive ride at each event

## FAQs about Sport Endurance

1. ***Endurance – isn't that all about bombing around on an arab ?*** – Definitely not - horses of all breeds do well in endurance, and enjoy it. There is a minimum speed requirement of 5mph for the pleasure ride but this is easy to manage at a fairly steady pace (humans walk about 3-4mph).
2. ***Do I have to be good at map reading ?*** – No – you are given a map to help you follow the route and give you some idea how far you have gone but we take great pride in good route marking with chalk and day-glow- ribbons.
3. ***Do I have to go for miles and miles?*** – The shortest distance is approx a 10 mile pleasure ride – no more than your average local fun ride. The only difference is that you wear numbered bibs, we have extensive back-up on course if you get into difficulty, we insist on considerate behaviour so your horse can learn that it is a marathon not a sprint (see below), you get a real sense of achievement at the end of the day, and of course we give fabulous rosettes.
4. ***What if my horse hasn't done this before, will I have to put up with other riders racing passed me ?*** – absolutely not, we have a strict code of behaviour which requires all riders to be polite and considerate to each other. Passing is done in walk and only when it is safe to do so and after calling out the intention to pass. Any rider seen to behave recklessly will risk elimination.
5. ***Do I have to have my horse checked by a vet ?*** – The vetting procedure is only compulsory for competitive classes. You do not need to see the vet for a pleasure ride (but you might like to do so just for your horse to gain the experience).
6. ***If I decide to try a competitive class what will the vet do ?*** – Vetting takes place for the welfare of the horse – we want to know that horses are fit and sound enough for what you are asking them to do. It is not nearly as nerve-racking as you might think though, the two main things the vet will be looking for are a normal heart rate and no lameness. Very few horses that are hacked out regularly and are in good general health have difficulty with this.
7. ***Are the rules for the competitive class complicated?*** – no, in fact they are very straight forward. Placings are decided on a formula that takes into account your horse's final heart rate and the time taken to cover the route. This formula has been devised to give credit to the fitness of your horse and not just how fast it can run. Very often it is not the fastest horse that wins.
8. ***Are there any other benefits?*** – yes, there are many benefits to joining Sport Endurance. We have annual trophies based on all your rides over the season and you collect 'miles' over the lifetime of your horse, receiving awards at regular milestones. See our Website or email [y.harrison@livjm.ac.uk](mailto:y.harrison@livjm.ac.uk) for more details of Sport Endurance in North Wales.