



Offa's Dyke Group
Of Endurance GB
Newsletter – February 2008



Chairman's Comment

Comment from the Chair

Happy New Endurance Year to you all!

I have just about recovered my voice from the AGM, and hope you have also recovered from having to listen to me. Once again, I think that the venue at Monmouth Golf Club was enjoyed by all (perhaps assisted by the food and beer)! Thank you to Nick West for presenting the Awards, and also to those who braved the experience of the "Question of Endurance" panel, being Nick again, plus Lesley Dunn, Pam James, Sarah and Rachel Rogerson.

By now, most of you will hopefully be preparing for the upcoming rides, or maybe have already done the Christmas Cracker, which certainly lived up to its name this time. Let's hope that the good weather we had for this ride continues for the many other rides that we have planned this year. In addition to the rides, the Committee is also planning a number of social and training events, based on the wishes (or the printable ones anyway!) expressed by those of you who responded to the Questionnaire distributed by Carolyn at the AGM. See this issue for more details.

Sharon
(Looking forward to Maryland, and hoping that I do not need my skis this year)...

This newsletter is free to Offa's Dyke members of Endurance GB. Annual subscription for non-members is £5.00. If you would like to subscribe, please complete the form on the back page.

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**Others Belinda Josephi, Gina Harris, Roger Brown, Janet Bitmead,
Chris Wray, Rachel Williams, Mark Holland**

Editor's Comment

Well my first newsletter was finished on time thanks to massive input from Carolyn and Rob Edwards. This one should be easier (?) but after 2 weeks complete mental holiday drinking in the beauties of Antarctica I think my brain is still in switch off mode.

The AGM at Monmouth was well attended. After a good finger buffet the business part of the meeting was efficiently conducted by Sharon Parr. (Minutes p8)

The Prize giving followed (results on p 10). It was good to see some new faces among the trophy winners, some of whom have kindly responded to my request for a report to the news letter! Lesley Dunn wants me to put the record straight. She is the owner/breeder of Chantelle who won the Madoc Trophy but Chantelle was ridden by Maria Stapely, Sarah Rogerson, and Mary Stubbs. Special congratulations to Sue Box with Robbie who won the EGB National Veteran Horse Championship.

Rosettes were also presented to those who had taken part in the Welsh Inter Group Trophy for Offa's Dyke Team. Sadly this year we were only Runners up. We did come first in every event except Red Dragon where a fall by a key team member proved crucial.

The Prize giving was followed by 'A Question of Endurance Panel', which produced some lively discussion, and then the drawing of the raffle. Many thanks for so generously supporting the raffle and also the auction of the team sweat shirts

A few people have responded to my request for articles, but please keep sending them, remember it is your news letter and without your input will not be successful. Articles for the next newsletter should be sent to me by the end of April preferably by email margaret.mckiddie@btinternet.com If you have just done Maryland PR as your first ever ride what about sharing your experience with us !

IMPORTANT INFORMATION TO NOTE

EGB office telephone number now 02476 697929

Ludlow Ride now 1/2/3 August

Cranham Ride now 13th July

Margaret McKiddie

Welcome Back Barbara Bond!

Many of you will remember Barbara as a long term member of Offa's Dyke group and organiser of many events and rides – particularly the Forest of Dean ride. I am very pleased to say that Barbara has re-joined the group, although she is now living in Chesham, Bucks.

Barbara says she and Doug are enjoying the free time that retirement brings, have almost finished their barn and now have time to travel and visit friends. They are going to holiday in Exford for the Golden Horseshoe ride and also get to the Red Dragon, so hopefully will have a chance to catch up with some of us.

Training Day 1st June

Flatwork Lesson & Use of Gallops

We have arranged the use of the marvellous facilities at the Caradoc Farm racing yard between Ross and Hereford. We have the use of an indoor and outdoor school (depending on the weather) and all weather gallops.

You will have an hour shared lesson in a group of 4-5 with Carole Broad BHS Fellow followed by use of the gallops and circular all weather track. This means that if you feel your horse is not ready to gallop, you can make use of the circular track for steady work.

Carole Broad is chief instructor at of Huntley School of Equitation and has been a BHS Fellow since 1996. She has a vast knowledge of all equestrian disciplines including endurance and has taught several endurance riders. She was even once persuaded to ride one of Pam James's horses in a 65km Golden Horseshoe qualifier at the Forest of Dean!

Sessions will last up to 2 hours in total and will be in groups of 4-5 throughout the day. Your horse will need to be vaccinated, as this is a racing yard.

Cost £25.00 per person.

Numbers will be limited to 20 places and priority will be given initially to Offa's Dyke members. Please book your place early to avoid disappointment. Telephone Carolyn Edwards: 01452 857352 or Email: carolyn@edwardsglos.fsnet.co.uk I will then send you a booking form to complete.

Novice Afternoon Training Seminar Sunday 6 April

Are you new to endurance?

Do you have questions you would like to ask more experienced endurance riders?

- What to do at a ride
- Training your horse
- Feeding
- Crewing

This is a chance to meet other Novice riders and chat and ask questions in an informal afternoon session at the home of one of our members. (Venue to be advised when we have an idea of numbers and what area you live)

Free of charge – everyone welcome

To book a place please contact Carolyn Edwards Tel: 01452857352

Email: carolyn@edwardsglos.fsnet.co.uk

Group Survey

Some of you will already have completed a survey form handed out at the AGM or sent by email before Christmas and we are most grateful to those of you who have already taken the time to do so. If you have not already completed a survey, then hopefully a form is included in this newsletter. If you have been missed, please let me know & I will send you one.

The committee will be very grateful if you can spare some time to complete the survey & either send it to me, or hand it in at any of our rides/ social events & hopefully it will get back to me. If you would prefer to type it as a WORD document & email it to me to save postage, please email me & I will send it to you electronically.

The 25+ surveys completed so far have been full of useful information about what you want from the group in the way of rides, training, social events and some really great suggestions for training topics, speakers etc. This provisional information has already been fed back to the committee and we have begun to act on it already by arranging a couple of training events (see above).

Hopefully in the next newsletter, I will publish some of the ideas & information from all of the completed surveys.

Meanwhile, please feel free to contact any member of the committee at any time if you have any ideas you would like us to consider.

Carolyn Edwards

Treasurer's Report 2007

The 2007 Accounts have been finalized and sent to E.G.B, a full report will be given at the December A.G.M.

Briefly:- We gave E.G.B. £400 and spent money on glow tape, spray paint and bib repairs also have made the caravan roadworthy. We ended the year with a surplus of £355.81p for the entire year.

We owe thanks to Pleasure Ride Organisers and helpers who put on rides despite the weather and bureaucracy.

The A.G.M. raffle made £100 and the older type sweatshirts made £39 which almost paid for the A.G.M. of £175.

We start 2008 with £719.42 (in the black) with only the A.G.M. rosettes to pay for.

Delwyn Hall

Report from Abigail Tennant Young Rider Representative

Hey All,

Start of a new year and new season, so best wishes for 2008!!!

Hope all you and your horses have had a nice Christmas and are ready for another season.

This year Rosemary has two camps planned at her place in Essex. It is a fun packed week and a great way to meet other young riders and get tips on training for you and your horse so well worth coming too.

It is also the Young Rider European Championships this year in Oviedo, North Spain in September. So fingers crossed for our team, and I can't wait to find out who goes. Good luck to you all hoping to get selected!!

At the AGM we discussed having a new Young Rider jumper and have come up with the design for it. If any of you want to get in touch about details of this jumper and wish to order one give me an email abbi_tennant@hotmail.com My dad prints these jumpers so can put extra's on such as horse name if you wish. Or if you would like a t-shirt, jumper, coat, or any other garment printed onto with any design, don't hesitate to give me an email as I'm sure he'll print for you.

Anyway good luck with everything for this year!!!

Abbi Tennant

Fund Raising for Young Rider Squad

Some Offa's Dyke Members may not know that Abbi Tennant, who is a member of the Young Rider Squad is the grand-daughter of our treasurer, Delwyn Hall.

Delwyn is planning to organize a 'Bean-Feast' possibly with rounders, at her home later this year and possibly also a Pleasure Ride to raise funds for the Young Rider Squad

Details in next newsletter

CHILD PROTECTION LAW

Ride Organisers, and those with children who ride, need to be aware of the rule changes which have had to be made to comply with Child Protection Rules

- 1) Children until their 13th birthday (not 1st January) must be accompanied by an adult (18 or over) One adult per child. It is the parents' responsibility to arrange this and Entry form MUST have name and signature of accompanying adult
- 2) If the adult is eliminated, the child will have to withdraw unless the parent finds another adult to accompany the child.
- 3) Any minor helping at a ride must be included in the risk assessment document.
- 4) If a child is helping at a ride e.g. at a Check Point, there must be a minimum of three people at that site

THE OFFA'S DYKE GROUP OF ENDURANCE GB

MINUTES OF THE ANNUAL GENERAL MEETING HELD ON SATURDAY 15 DECEMBER 2007 AT THE MONMOUTH GOLF CLUB

The meeting started at 7.40 pm

1. APOLOGIES

Delwyn Hall, Louise England, Abigail Tenant, Krissie Jones

2. MINUTES

The Minutes of the last meeting were approved by Mary Stubbs and seconded by Lesley Dunn.

3. MATTERS ARISING

None

4. CHAIR'S REPORT

The Chair reported that after 20 years as a Group we had enjoyed a successful season in spite of difficult circumstances. Offa's Dyke ran 12 days of rides and lost only Cranham due to Foot and Mouth. There were 8 national rides and 4 social rides, including one new one at Blaenavon kindly organised by Belinda Stewart. Sharon thanked all the organisers and helpers. She encouraged new ride organisers to come forward.

The group had organised a good programme of social events – pub social nights, a training day in the spring and the excellent pig roast in June.

Riders had enjoyed success both nationally and internationally during the year. The Chair gave special mention to some of the most notable and added that Offa's Dyke members had won both the Southern and Northern Championships.

Membership has slightly increased during the year due largely to the efforts of Carolyn Edwards, our new membership secretary. It would be excellent if we could encourage more junior members to join.

Forthcoming events include the Christmas ride on 6th January and Maryland on 10th February. There is to be a pub social evening on 26th January at Whitchurch and possibly a tack sale early next year. The Chair encouraged suggestions from membership as to what events and training they would like.

5. TREASURER'S REPORT

Heather Evans read the report in Delwyn's absence.

The year to 31 December 2006 finished with a yearly deficit of £119.49 after taking into account monies paid to National. This also included the cost of the December 2006 AGM supper.

The Group had risen to the challenge of raising funds to offset the effect of the free newsletter and all rides have showed a profit. The 20th Anniversary Pig Roast had covered its costs and was a great success. We have paid National £800 during 2007 and with only the cost of tonight's AGM to settle the Group continues to be on a sound financial footing.

We look forward to another good year in 2008.

6. ELECTION OF COMMITTEE

There have been two resignations from the Committee – Penny Cavill and Dennis Cavill. The Chair thanked them for their hard work, especially Dennis in producing the newsletter. This has now been taken over by Margaret McKiddie.

Committee members wishing to stand were returned unopposed.

Nominations for new members were invited. Hilary Cumings proposed Janet Bitmead and Mark Holland this was seconded by Paul Bitmead and Carolyn Edwards respectively.

7. ANY OTHER BUSINESS

Margaret McKiddie announced that during the past week it had become necessary to change the date of Ludlow. It would now be held on 1st, 2nd and 3rd August and Cranham may be swapped to July. The members were in agreement and also supported a proposal to organise a bar at Ludlow.

Carolyn Edwards explained about the introduction of the associate membership scheme for 2008. This offers very good value for money and it is hoped will bring in much needed new members. She asked that we circulate application forms. Half yearly rates will also be available.

Carolyn had also brought along a questionnaire for completion that evening and Heather had flyers advertising the forthcoming rides.

Debbie Williams showed the Group some new style sweatshirts and Offa's Dyke merchandise that is now available.

8. DATE OF NEXT MEETING

Provided there is no clash with the National AGM (date yet to be fixed) it will be on Saturday 6 December 2008

9. PRESENTATION OF AWARDS

Nick West kindly presented the awards for 2007

Trophies and Awards 2007

Bonanza Trophy Arab(Pure/part/Anglo) most pts from 10 EGB rides

1st Ground Kontrol Sue Rich

2nd Chantelle Lesley Dunn (owner) Maria Stapeley,
Sarah Rogerson, Mary Stubbs (riders)

Madoc Trophy Most pts from EGB rides - Rider must have helped at a ride

1st Chantelle Lesley Dunn (owner) Maria Stapeley, Sarah Rogerson,
Mary Stubbs

2nd Chador Abigail Tennant

Shimara Cup Most Group points from rides and helping

1st Hilary Cuming

2nd Debbie Williams

Committee Shield Unsung Hero Decided by OD Committee members

Wendy Brown

Starlight Trophy High Point Novice Horse

1st Ischcol Charisse Anne Marie Pelc

2nd Ionian Extreme Chris Wray

Mistress Harriet Trophy Best Junior Rider

1st Abigail Tennant

2nd Louise Rich

Cindy Trophy High Point Veteran Horse

1st Robbie Sue Box

2nd Beluga Hilary Cuming

Rough Close Lady Trophy Rider with most points in first season of ERs

1st Amanda Price

Pandora Trophy High Point Novice Rider - Steve Cowell Beluga

Thoroughbred Rosette - Clinwil Charmaine Debbie Williams

Native/Neddy Rosette - Lady Dancer Jan Rath

Junior Pairs - Louise Rich & Abigail Tennant

Senior Pairs - Jan Rath & Tracey Reynolds

Pleasure Ride Rosettes

Tracey Reynolds, Heather Evans, Delwyn Hall, Denise Payne, Desi Davies, Jan Rath & Hilary Cuming

Pandora Distance Rosettes**240km**

Shuwaman Al Bahrain	Amanda May
Al Reeh Janoob	Amanda May
Ionian Extreme	Chris Wray
C.S. Kabira	Sarah Rogerson

320km

Fablioso	Ann-Marie Pelc
Oakleaze Farm Czaro	Sue Rich
Quantum Leap	Janet Bitmead
Seren	Desi Davies
Gryphon	Rachael Rogerson
Benzuga	Hilary Cumming

400km

Ischcol Charisse	Ann-Marie Pelc
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Chantelle	Lesley Dunn
Ground Kontrol	Sue Rich
Lady Dancer	Jan Rath
Midnight Star	Rachael Williams
Clinwil Charmaine	Debbie Williams
Chador	Abbi Tennant

	Margaret McKiddie
Scotch Mist	McKiddie
Robbie	Sue Box
Starfire Boy	Steve Cowell
Beluga	Hilary Cumming

Grade 1 Rosettes**400km**

Fablioso	Ann-Marie Pelc
Quantum Leap	Janet Bitmead
Chantelle	Lesley Dunn
Scotch Mist	Margaret McKiddie

800km

Bonnie Anne	Margaret McKiddie
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1200km

Midnight Star	Rachael Williams
Robbie	Sue Box

First 80km

Martin	Neil Pickering
Ground Kontrol	Louise Rich

Shuwaman Al Bahrain	Amanda May
Al Reeh Janoob	Amanda May
Clinwil Charmaine	Debbie Williams
Scotch Mist	Margaret McKiddie
Lady Dancer	Jan Rath
C.S. Kabira	Sarah Rogerson

Quantum Leap	Janet Bitmead
Siiberia	Sue Loveridge

**Members of the Offa's Dyke team in the 2007
Welsh Inter-group Challenge**

Congratulations in being runners up! (Let's win next year)

Janet Bitmead	Hilary Cumming	Margaret McKiddie
Ann Marie Pelc	Neil Pickering	Liz Taylor
Vicky Brown	Priscilla Lewis	Chris Wray
Heather Evens	Rachel Williams	Lesley Dunn
Sue Box	Steve Cowell	Tracey Reynolds
Debbie Williams	Sarah Rogerson	Becky Jones
Mary Stubbs	Sharon Parr	

Associate Membership Scheme

This new scheme is now up and running for 2008 and will hopefully prove very popular, as it provides very good value for money and a great way to introduce new members into the sport of endurance. As we go to print Offa's Dyke already have three new associate members and I hope that we may attract many more as the season progresses!

Benefits:

- Discounted members entry fees at social rides organised by ANY group of EGB
- EGB insurance when competing at group social rides only
- Offa's Dyke quarterly newsletter
- Ride record card to earn a pleasure ride rosette at the AGM
- EGB national magazine
- EGB members handbook with schedule of ALL rides held
- £10 Joining fee waived if you join EGB

Cost: £15 per year single
£20 per year family at same address
Half price if join from July onwards

The discounted member's entry rates apply only to social /pleasure rides and not to any rides listed in the national schedule. For these pleasure rides(NCR's) associate members will still have to pay the £5 temporary day membership.

If you are interested in becoming an associate member or have a friend who would like more information, please feel free to contact me.

Carolyn Edwards Tel: 01452 857352.
Email carolyn@edwardsglos.fsnet.co.uk

Next Pub Social Evening

**15 March 2008
The Crown Hotel, Whitchurch**

The January pub social evening was a great success at the new venue of the Crown Hotel. 23 people contacted Debbie in advance to say they were coming and would like to eat and the landlord gave us free use of his function room with tables and chairs set out for us, but we had to rustle up a few more chairs, when eventually 27 people turned up. The room was private and quiet enough to have a good chat and a nice size for us with the space to expand in future & even make use of the skittle alley! The only criticism was that the roaring log fire didn't quite reach the furthest away tables and we will have to make sure the landlord turns his heating up a bit next time.

Most people chose to eat this time, but you can of course just come along for a drink and a gossip.

The pub does a good range of food, from cheap & cheerful bar snacks (e.g. burger & chips £4.00, jacket potatoes, baguettes & wraps) or a comprehensive restaurant menu with all home cooked food.

**To give us a rough idea of numbers to warn the pub to expect(so he can dig out some more chairs), please email or call Debbie Williams before Tuesday 11 March
clinwilcharmaine@hotmail.com Tel:01600 891029**

Please come along for a drink and a gossip any time from 7.30pm. The pub is very easy to find. Just off the A40 at Whitchurch. Grid ref 162/551176. Coming from Monmouth signed left Whitchurch. Coming from Ross also signed left & then over bridge to pub.

The Crown Hotel, Old Ross Road, Whitchurch HR9 6DB

Come and ride out with other Offa's Dyke members!

In the last newsletter we asked if you were willing to have other members come along and ride out from your yard. Several of you have responded with offers – thank you very much. Please contact any of the members below directly to make arrangements.

If anyone else would like to be added in the next newsletter, please let us know. Just give brief details of how many trailers / people you could accommodate, your location & riding & telephone number.

Gee Powell (Age 10 years) and Caroline Johns-Powell (mum) Tel 01446 781212
Although my mother & I are not fortunate to have fab riding on our doorstep, my sister does. Her farm (between Cardiff and Cowbridge) can accommodate one trailer. It is a hillside sheep & beef farm with access to open mountain, forestry tracks & bridleways. Fantastic scenery on a clear day. The farm animals are used to horses riding through. I think this would be a great way to get to know other EGB members

Alison Knight Tel 07950072505
I am only 10 mins hack from the Forest of Dean ride venue- so all that wonderful forestry riding. Would love some company to ride out with. I can accommodate one trailer

Gill Talbot Tel 01291 689639
I would be happy for anyone to come and hack out with me, no limit to numbers really. I would also be pleased to welcome baby horses needing an outing to accompany my baby horse - so obviously these would be shorter hacks. Area is Tintern ride area, plus Chepstow Park woods and surrounding. I can do 2 - 3 hours hacking out if anyone wants to, or just take folk on my training route, which is about an hour and a half of intense hill work with short, sharp canters.

Margaret McKiddie Tel 01452 813670
Good riding – from Cranham near Gloucester. I can accommodate one trailer – but you need to be good at turning on my drive!

Debbie Williams Tel 01600 891029

Whitchurch, Ross on Wye. I'm happy to take anyone probably two max. The riding is byways and forest tracks after approx 20 mins of roadwork but good hill work.

Louise England Tel 01594 823400

Plump Hill ride tracks. Parking at Plump Hill (plenty of parking, turning etc)

Chris Wray Tel 01600 860938

I normally train on the Tintern and Maryland riding, and would welcome someone else to ride with. I could meet people who unload at forestry car parks, or I have room for about 2 vehicles and trailers at home - with less than a mile of road to get into fields/forestry. I have many other routes as well

Novice to Endurance? Are you unsure how to get started? Are you confused over what you've seen and heard?

If you are novice to Endurance, there may be aspects of preparing for Rides and undertaking Rides that you are unsure about, or even unaware of! One of our committee members, Chris Wray, has taken 2 new horses through Novice seasons in the last 3 years - and is happy to help anyone getting started in Endurance with advice and assistance - so they can attend their first rides confidently prepared and knowing what to do!

Chris can help with advice including completing the EGB forms, getting your horse fit, how to prepare for and plan your ride, what you need to do at the Venue, how to manage your ride and build judgement of pace, all about crewing, what is grading and factors you should consider to improve your grades, vetting - how to prepare and what to do, and how you can help your horse to recover from the Ride.

He is happy to talk over the phone, meet in a pub or home, or just to chat out on a training hack. Chris's normal training hacking is the area around Trelleck, and he is happy to show you the area if you'd like to use it for training rides.

Chris can be contacted on: c_wray@tiscali.co.uk or 01600-860938 (home).

See also Novice Seminar on page 5

Who does what rides?

The 'try before you buy' scheme has been abolished. So now what rides can non-members do?

Types of rides

Who can do them?

- | | | |
|-------------------------------------|--------------------|----------------------|
| • Social /Pleasure rides | Unregistered horse | Non member |
| • NCR (non competitive ride) | Unregistered horse | Non member |
| • CR (competitive ride) | Registered horse | Member & Non member* |
| • ER (endurance ride) | Registered horse | Member |

* Non member can only ride in Novice CR upon paying £5 temporary day membership (**TDM**)

What do you pay?

Social rides	Non members	Additional £5.00 TDM
	Associate members	Members rates
	Members	Members rates

NCR	Non members	Additional £5.00 TDM
	Associate members	Additional £5.00 TDM
	Members	Members rates

CR Same as NCR above N.B. horse must be registered

For full details of the Associate membership scheme, included discounted members entry rates to group social rides – please see information in this newsletter

Endurance jargon – “To be padded up”

Official definition

Rubber pads used with shoes to help protect the horse's frog/sole over rough terrain

Unofficial version

Fluffy padding added to all endurance riding tights to protect their rider from sudden, unplanned contact with the ground and from long periods of time sat in the saddle discussing what direction to go in.

Christmas Cracker Ride - Dave Fruin

I tend to get notified of the rides I'm expected to participate in (usually as crew) a week or two before the event. However, sometimes I am "persuaded" to ride. The previous ride had been Margam Park, where I'd have completed the course quicker in my dinghy. It had rained for days prior to the ride and for most of the way round. In fact, the muddy water reminded me of the River Severn at Lydney where I sail! To be fair, it did brighten up a bit for the pretty section through the Rhododendrons.

The Christmas ride was a different matter from every perspective. I didn't need to be coerced at all as the riding is good, the scenery is spectacular and it's always well organised.



This Christmas was no exception; the marking was crystal clear, the helpers knew their roles, everyone was cheerful and there was a lovely winter's sun. Oh yes, and the mulled wine (both glasses) and the mince pies went down very well too.

I was riding Sharon's old horse, Kaz (Forge Quest), who has retired from the bigger events. We make a good pair of senior citizens – well almost. He doesn't seem to act his age though, and pulled all the way round, particularly coming up the long final incline from where Rob took the photograph. I apologise to anyone we muscled off the track towards the finish line; I blame the horse!

Thanks very much to Belinda Josephi and all her helpers for laying on a fantastic ride.

Amanda Price Pearl Island Arabians **2007 Endurance Season**

With two of our stallions becoming eligible for race rides during 2007 it was decided that it would also be my first season of race rides. During the early part of training we had foaling to contend with and we got off to a very slow start due to the surprise arrival of twin colts Harry and George. Much needed sleep was lost helping the twins through their first few weeks of life and their story can be read on www.pearlislandarabians.co.uk.

Early in the year we managed to get a few Pleasure Rides under our belts as part of the training programme and then it was a step up in distance in Graded rides at the Berkshire Downs. I took Al Reeh Janoob on the Saturday and Shuwaiman Al Bahrain on the Sunday, thankfully the weather was kind to us both days! Both stallions got round safe and sound. Then we felt it was time for Al Reeh Janoob and Shuwaiman Al Bahrain to have a go at their (and my) first Race Ride!! I got on the phone to Lesley Dunn and asked for her help. I needed a second rider and as Al Reeh Janoob is by Chatanz and therefore her 'grandson' who better! With Lesley advising we upped the training programme. We confounded the TB riders on Sue Johnson's gallops by flying up and down a dozen times to their one, then hacking 6 miles to get to the nearest hills for some hill work. We were aiming for both stallions to complete 50 miles a piece at Cirencester. The two stallions are half brothers and work shoulder to shoulder always happy in each others company.

On the day we set off for Cirencester at some ridiculous hour of the morning but I was used to getting by with very little sleep as three of our mares had decided to foal a couple of days before the ride!! We got to the venue in plenty of time and found Lesley there raring to get started. Lesley took charge of Al Reeh Janoob with Ray helping whilst Jenny helped me with Shuwaiman Al Bahrain (Big Al). The boys easily passed the vet with my vet jokingly asking me if Shuwaiman Al Bahrain was still alive as his pulse was so low. The going at Cirencester was pretty bad, really slippery. Al Reeh Janoob gets very worried when he slips and will steady his pace to look after both himself and rider, Big Al copied his younger brother. After the first loop both boys vetted together within a few minutes, then they had a good drink, some dinner and were tacked up again. Back out on the circuit the boys were both still in good form. After the second loop once more they vetted together presenting within a couple of minutes. Water, food, tack back on, the boys were a bit confused by this point but happily went out to complete the final loop. We were thrilled

when both returned safe and sound and passed the final vet check. It was a super day and I learned a lot from Lesley on my first race ride. Our placings were 14th and 15th.

The stallions then went to Ludlow to do a graded ride, both boys got around safe and sound. We were entered for the Race ride at Barbary Castle but that was cancelled as was the Three Rivers, so we kept the two stallions ticking over in the hope that the Red Dragon could go ahead.

At the Red Dragon Al Reeh Janoob did a 50km Graded on the Friday, it was lovely, the sun shone and we both had a lovely time, it also gave me the opportunity to see what the going would be like for Shuwaiman Al Bahrain as we would be there on Saturday to do the 80km Little Dragon. Al Reeh Janoob got around with a Grade 2.

On the Friday Big Al vetted with a very low pulse again and was put back in his stable ready for Saturday. Jenny and I slept in the back of the horse lorry which was alright until torrential rain hit the roof at 3am, it was like trying to sleep under a waterfall. I got a bit too excited and set the alarm clock for an hour earlier than we intended to get up, so at 4 am we were woken up again. Saturday morning came round all too soon. I had a cuppa, tacked the boy up, jumped on and joined up with the Race Riders.

This time I didn't have Lesley to hold my hand and it was only my second race ride!!!! HELP! It was fine I didn't have to worry Shuwaiman Al Bahrain looked after me a treat. The going again was wet and very slippery but Shuwaiman Al Bahrain cantered along beautifully and did all I asked of him. When we came to the first vet gate we made up time as Shuwaiman Al Bahrain just switches off as soon as we come in so we can present straight away. Fantastic! We passed the vet, gave the boy his dinner, dates and carrots, tack back on and off up the hill, when we got to the top the rain was like pins stabbing your face but Shuwaiman Al Bahrain kept going. Apart from the rain the going was lovely and we were soon back at the vet, passed again with flying colours, more dinner and dates and headed for home. I think Shuwaiman Al Bahrain must have a homing device as he was like a steam train on the way back. As we were coming down the steep hill at the end I could see a couple of green bibs (race riders!!) so we headed to catch them and we passed them just before the finish line. I think we took them by surprise! Shuwaiman Al Bahrain passed the final vetting with a pulse of 42. The vets asked how he was bred and were genuinely surprised when they saw he was a

stallion. We weren't in the top ten but we got around and Shuwaiman Al Bahrain was also awarded the Best Presented Award.

We had planned for Shuwaiman Al Rais, full brother to Shuwaiman Al Bahrain and half brother to Al Reeh Janoob, to compete in a few graded rides but with the flooding and Foot and Mouth all the rides we had entered him in were cancelled. BUT we did manage to get him to the Tintern ride, accompanied by experienced older brother Al Reeh Janoob for moral support. At his first ever vetting Rais passed the vet with a pulse of 37. Both stallion got around with no serious problems (except for getting lost!) and both passed the vet at the end with Rais getting a Grade 1 at his first proper ride.

I would like to say a BIG THANK YOU to everyone that helped me though the season they were: LESLEY DUNN, GABY FRANKLIN, MARIE, HUSBAND WILLIAM, MY MUM (for staying at the farm horse-sitting and bottle feeding "Harry") and most of all my mother-in-Law JENNY. And thank you to the people out on course who offered me water when my crew support was limited due to twin foal feeding. Thank You!!

BEST OF LUCK TO EVERYONE IN THE 2008 SEASON

The Highs and Lows of 2007! - Anne Marie Pelc

When I was in the Army it was always drilled into us to follow the 6 'P's – planning & preparation prevents p**s poor performance – however, I've yet to find that planning and horses mix.

We started 2007 with high hopes, I had Ali, my own horse that I wanted to achieve advanced level with and Charisse, the Barbie pony I have on loan, that I just wanted to get around a ride!

Training started well with both but after the first ride Ali didn't feel quite right. First vet out said he was fine, just his odd action (and it is odd). He still didn't feel himself so I got a second opinion and he was deemed unsound. Off we went to the hospital for xrays, they came back clear, nerve blocks followed and the diagnosis was eventually foot pain. That was Ali out for the season whilst he had joint medication, corrective shoeing and physio – thank goodness for NFU. I shall have his 'special shoes' framed and wall mounted they were so expensive!

So now all focus ride-wise was on Barbie pony. I'd always wanted a palomino since I was a child and now I finally had one, this was my chance to dress her

up. Ali had already been subjected to his tack being customised with sequins – if he was human he'd be a successful drag queen.

Sequins and glitter were sewn and glued on where I could; even her rugs were carefully chosen to match the theme. Now I just had to get her to some of the rides....

Barbie pony is what I would call a 'stress head' and the complete opposite to the laid back, sometimes lazy Ali.

We had several issues at the start to deal with:

Loading: I love standing on a ramp for an hour watching time go by.

Vetting: all vets attack

Corralling: forget that, the grass is greener on the other side.

The ride: let's pull as much as possible; I know how fast I should be going.

Needless to say the first rides were a learning curve and we were really happy to get completions.

Now I had to try and keep the crew happy. I thought for 2007 I'd buy a 'pop up' tent, quick and simple. Ok, except 1). They might pop up in 2 seconds but take 3 hours to fold back down. 2). My husband is very tall and both me, him and the dog equalled no sleep and I was getting those stares that don't require words from the pair of them.

3. Cerne Giant and Margam Park - both brilliant rides but relentless rain – I didn't realise the pop up came with its own indoor swimming pool. This did all go in my favour though because crew then agreed to let me get a trailer with some form of living!

In May a major low hit when our old pony took a rapid decline in health. The vets didn't know what was wrong, his breathing had become difficult and he wasn't responding to treatment. After 2 days staying with him and administering his medicine we were given the choice of boxing him to the hospital for tests or administering a strong steroid and leaving him with his field mates to let nature make its decision. We decided on the latter knowing that travelling and tests would have upset Toffs no end. I went home that evening but inevitably couldn't sleep and headed back out there at 4.30am. An hour later Toffee laid down and passed away peacefully. All the horses came and stayed with him a while as if to say their goodbyes and, after a 19 year friendship Toffee was laid to rest in our own style. He was placed on a bed of straw with some of his favourite treats. Daisy chains were woven into his mane, a friend bought pale gold roses and they were scattered around him. I have to say I always thought of farmers as tough but our local one, whom I will always be grateful too for helping, was quite overcome.

Several rides then didn't happen for us, I broke down on the way to Cirencester and then we were hit by the floods followed by the terrible Foot and Mouth.

Like most people, I often wondered when the bad luck would end. Any 'plans' went out of the window. We managed to get some rides in though and Barbie pony continued to improve each time. Then more bad luck. I'd felt unwell for some time but put it down to too much going on etc until I found myself in hospital. Great. This couldn't be happening – I had the Red Dragon the following Saturday! There was no way I was missing it, it was a ride I'd never done and always 'planned' to. After being discharged on the Thursday prior, and, against my family's wishes off we went. And I'm so glad I did it. We had our first and only grade1 doing the 50km. We finished the novice season with 10 clear rides and I was so proud of Barbie (her owner was over the moon!).

It was a bit of a disappointment to find the National results deducted over 300 points from us for successfully completing 3 rides over 45km but we were so chuffed that the Regional Group acknowledged those achievements!

So what's for 2008? Well I'm not going to use any 'P' words so I'd say my 'hopes' are to ride a now sound Ali again, attempt to go advanced with Barbie pony and as fate would have it...I now have ANOTHER palomino that is going to test me some more I think!

Good luck for 2008 everyone and apologies in advance for all my glitter and sparkle.

Offa's Dyke Stars at Your Horse Live 2007! - Louise Rich

Thursday the 8th of November I left home to go to Stoneleigh Park in Coventry. We left at 11.30am and got there at about 3pm, by the time we had found where to go we had met Colin and Debbie with Just Jack. We got into the stables and unloaded the horses for the vet ... it was raining!! Once the vet had seen the horses we put them in their stables and went to sort out our rooms and waited for Jill Kent to arrive. Ground Kontrol and Just Jack were both looking around thinking "We're not at a ride - where are we??!!". By 6pm Jill had arrived and we had to have a practice, so that we knew what we were doing, this was great fun! The horses loved it, some being 'scared' of the sloshes, as they had water in them and it was cold!! We did our practice and it was just as Maggie and Andrea had planned, including the start, a few questions and the vetgate - then the fun bit ... the racing finish for the 160km FEI.

After our practice, we went back to the lodge for dinner. We all sat together and discussed what questions we all would be asked, and at about 10pm we went and checked the horses and went to bed, ready to be up at 6am so the horses could be exercised, then have their breakfast while we had ours and get

ready to be first on at 10am. The time went very quickly and before we knew it, we were on and being asked questions. As Friday was an extra day this year there weren't very many people, which was good in a way because it gave us some practice with a small audience.

We did our performance in ½ hour instead of 50mins so we had to make it longer for the afternoon performance. By the time we had a look around the shops it was 2pm, time for us to get ready again, this time we had a few more people and we filled the whole 50mins!

On Saturday we had our first performance at 11.05am, after the police horses. We got up at 7am and fed the horses and had our breakfast. Jill Kent had two extra people helping and I had Natalie so we had to go and find them, that was easy done in minutes, bearing in mind I didn't know Nat and she didn't know me - only over email!! We gave the horses some grass and took them for a walk, 11.05am came and so did LOTS of people. As soon as we entered the arena Ground Kontrol was on form, being as good as gold thinking he was going to trot around the arena and win again, but he had a shock as he wasn't winning today, the racing finish was between Jill and Colin. We varied the placing every demo to make it fair. After the demo we had to go to the EGB stand for a bit so people could ask questions! Mum had pizza in the oven cooking and we all fitted in the lorry for lunch, (11 of us!) Natalie and I left as soon as possible to do our shopping; we had to be back for 3pm as we were on again at 3.30pm. By this time we had our demos going to plan, we had help from Kirsty Wiscombe and her friend on Friday and four others on Saturday, the horses started to become pro's at the demos. We had a new idea for the end, which was to stand at the sides of the arena for people to see the horses and ask questions! This worked very well!

On Sunday we had to be up early again as we were on first, at 9.45am

The performance went really well again and we had lots of questions at the end! Some people missed the morning performance, so we had to make sure the afternoon one was 100% and we did. Andrea added in questions and told Jill and me to make the finish interesting so we did. Neil from the Offa's Dyke group was in the audience with sashes and the horses were brill 100% professionals, Jill and I raced in but Jill got it by a nose, but it was so much fun!! After the performances we all had group photos and packed the lorry and trailers to go home! We all left and again went home in the rain!



The Your Horse Live team

I just want to say a very special thank you to Your Horse Live for inviting us, to my Mum and Dad for letting me go! To Ground Kontrol for being SO well behaved. BUT the biggest thank you and well done is to Andrea and Maggie for EVERYTHING, you made a dream come true happen for me!!

THANK YOU!!

Lou & Ground Kontrol (Bonks)

Getting There - Hilary Cuming

I did my first Pleasure ride on Carn (Starfire Boy) in 1995 and was hooked! I had Beluga 'on loan/view to buy' in February 1996 and after snow and strangles (rather unwisely), bought her. We did Pleasure Rides in 1996 and started Novice for 1997 and 1998, getting to know the ropes In 1999 and 2000 we kept to shorter distance EHPS 'CTRs' Each year we achieved Offa's Dyke Mileage Awards even though she went off to the stallion in May of 2000!

2001 was a great year to choose to have a foal but 2002 arrived with the New Society and New Rules, so that was the year we increased our mileage, became Advanced, and achieved our first 50 miles

Next we moved on to shorter ERs Bel's the sort of horse (well pony really) that is often in the top ten but never in the top three, but she always surprised me! Never an easy or consistent ride, I can't say it's been an effortless few years, too much native blood!

After coming fifth in the Dragon's Tail in 2005, she had a tendon injury and didn't return to work until August 2006. 2007 left one final achievement, 4000 km. This seemed easy enough but we did not get to Wiltshire Drovers or Margam Park due to lameness, then of course FMD and cancelled rides Back to the New Forest and we seemed back on track, but then the following week, a sprain, necessitating the vet. His verdict? No Red Dragon, it would take longer. So much for my 'Plan' (why do we do it?) to have achieved the 4000km and had fun at our favourite ride!

That left Tintern then, last ride of the season – quite a risk –not our type of going-but YES we did it.

The next hurdle was checking the Archive - What? Only 3990km??? I knew that was not right and found that 0 km had been awarded for one ride in 1998!

Phew! We did it –against all odds. Next year it's off to the stallion again. Will we compete again? Who knows? She's NOT designed for Endurance and she doesn't need to prove anything else (to me) so who knows?

HH Shk Mohammed Endurance Cup Dubai 12 January 2008

Offas Dyke member Liz Taylor was invited by the UAE host nation to represent Great Britain in the Sheik Mohammed Endurance Cup, along with Janice Cockley-Adams of the Cotswold Group and Anna Williams.

Liz and Falaina did fantastically well in the race, but were unfortunately eliminated at the final vetting on pulse. Liz says 'unfortunately when you fly the ponies they go downhill until their lowest ebb on day 5 and then recover again. Falaina was fine, got to day 5 and her temperature went up a degree and she stopped eating and drinking normal amounts - just the bare minimum. Unfortunately she didn't start again until day 8 (the day after the ride) - she just ran out of fuel in the tank, and although she was willing and able on the last loop when crewing her at the end her pulse just stuck at 70bpm. She recovered well and by the next day was jogging round like she'd won the race!' Falaina is now at home in the field chasing the other horses around, she is absolutely fine for her travels (I personally think she prefers racing in Dubai to the UK - sensible pony!) she currently has her shoes off but will be working again in a month or so.

Liz was due to fly home with Falaina, when she received an invitation to stay on a few days and ride in another race on 18 January. She says '**The other race I did was on 18th January, a 100km** FEI Ladies Race at Al Asaeyl Farms, Abu Dhabi.** I was riding for the Seeh Al Salem Stables on a lovely (but completely mad and unstoppable) 14.3hh 6year old Australian Bred arab - Zeyn Sha Ghaza. This was a serious experience, being part of a UAE stable for the weekend, and just jumping off the horse and throwing the reins to the grooms! I came 11th in this race.

A full report from Liz on her fantastic experiences in Dubai will follow in the summer newsletter!

The following statistics about the race were compiled by Iain Cockley-Adams. His full article is on the EGM website
<http://www.endurancegb.co.uk/html/item.asp?ItemId=1196>

The HH Shk Mohammed Endurance Cup revisited - or Dubai for the Anoraks

Some statistics from the 12 January 2008 endurance ride. Make of them what you will:-

- The winner set a new world record with a ride time of 6 hr 28m 28 sec (24.71 kmph) bettering the previous best by 13 mins.
- 24.71 kmph = 15.35 mph
- The winner's fastest loop was the final 19km stage completed at 30.29 kmph.
- The top ten finishers all averaged faster than 20 kmph. 10th place had a ride time of 7hr 57m30sec – 20.50 kmph.

Vet Gates

- The fastest horse to present to the vets was the runner up. Across the entire ride he averaged an impressive 1m33sec from arriving at the vet gate to presentation to the vets. A total recovery time of 9m17sec.
- The first 10 finishers had an average time to present of 4m 36 sec.

Offas' Dyke Social Rides 2008

Blaenavon Ride, Whistle Inn, Wales Sunday 15 June.

Plenty of cantering over open hills with fantastic views. An alteration has been made this year to the beginning of the route to avoid the 5 gates and initial short climb. Incorporates part of the National Cycle Network. (16km & 32km routes). Pub open all day. Non riding members can visit Big Pit National Coal Museum within walking distance of the venue.

Entries: Belinda Stewart, Ty Jarrett, Brunant Rd, Clydach, Abergavenny, Monmouthshire, NP7 0NG. Tel: 01873 832272 Email: Belinda@kolvox.net

Black Mountains, Wales, nr Abergavenny Sunday 17 August

Mixture of quiet country lanes, forest tracks and spectacular open mountain. (approx 18 or 25km). Entries: Karen Jones, Red House Farm Cottage, Govilon, Abergavenny NP7 9RT. Tel: 01873 830215 or email: karen@pentrefslife.co.uk

Plump Hill, Drybrook, Forest of Dean. Sunday 7 September

A ride through Northern Forest of Dean with minimal roadwork(10, 15 or 20 mile routes)

Entries: Sharon Parr, The Granary, Silverstone Farm, Drybrook, Gloucester, GL17 9BP. Tel: 01594 544559. Email: silverstonefarm1@tiscali.co.uk

We hope to also have a brand new social ride in the Autumn in the Ludlow area – More information in the next newsletter

Group Social/Training Rides Other groups

Heart of England Group Endurance GB

Wyre Forest – Group Social Ride.

Saturday 23rd February 2008.

Location : Bewdley, Worcestershire. OS Map No. 138, Grid Ref: 752 740

Distances: 24km + shorter distance on the day.

Entries: Limited to 80. Entries will close when full!

Facilities: Toilets, water and refreshments at Visitor Centre at Venue.

Ride Description: Forest ride, mixture of hard and soft tracks. Road crossing (out and return) on long route.

Ride Organiser: Camilla Mascal

Contact details: 01299 823806 / 07974 751899 / cjmascall@sky.com

Wessex Group www.wessexendurancegb.co.uk

Quantocks Social Ride

Saturday 1st March 2008

For details contact Margaret Swords Tel: 01278 732406

South West Wales Group www.endurancegb-south-and-west-wales-group.org.uk

Valentines pleasure ride

16th & 17th February 2008 max 22km

Brechfa Forest

Contact Candy Williams (01994 448623)

Cotswold Group www.endurancegbcotswold.co.uk

Cleeve Hill Ride

Sunday 18 May 2008

New barn, Charlton Abbots Glos 8km.19km or 27km.

A pleasure ride over delightful countryside with minimal roadwork

Organiser Margaret Barry

Greenacres Gate, Oaksey, Malmesbury SN16 9&L Tel: 01666 577633

Mid Wales Group www.midwalesendurance.moonfruit.com

Ynyslas Beach

Sunday 16th March 2008

Ynyslas sand dunes social ride 11am. Contact Pat Conn Tel: 01974 298584

Pembrey Beach & Forest

Sunday 11 May 2008

Contact Mary North on 01974 821622 Sassy Williams & Kim Sinnott

Brynfro - Crychan Forest

Sunday 18 May 2008

in support of the Welsh Endurance Team. Contact Mandy Jones 01550 720288

L Plate ride - Trawscoed forest & old railway

Sunday 8 June 2008

Mock vetting for those who would like a practice, particularly useful for any pony club members planning to ride in regional competition. Contact Jane Fazakerley : 01974 261538

Talsarn Bridleways, fields

Sunday 27 July 2008

Contact Heather Davies on 01974 821436

The NEW Longwood ride

Sunday 24 August 2008

Fields & Forestry. Contact Chris Jones Tel: 01570 493498

Do you have a handy hint you could share with us?
 Have you bought something you are particularly pleased with and would recommend to others?
 If so, please email the editor with details for future newsletters.

Handy Hints & Tips

My Green Bag

Those of you who know me, will know of my 'Green Bag' that comes to every ride & holds a wealth of miscellaneous knick knacks. The bag was originally a free gift from Hilton Herbs to entrants to the Golden Horseshoe ride & is actually (I think) a document case. I put everything in that I think can possibly be of use & it is continually added to. This includes gloves, sun tan cream, pen-knife, hoof pick, biro, insect repellent & sting relief, tissues etc. In addition I have a veritable pharmacy of pills & potions from leg aid, ibuprofen, plasters, to Hilton Herbs 'triple jollop' - cures all- horse or rider! (contains Arnica, Ruta Grav & Rus Tox) Added to all this goes anything useful to come out of a Christmas Cracker (you know the kind of thing – mini sewing kit type of stuff). If you are ever short of a safety pin, paracetamol or calculator – you know who to come & ask – you never know - it might just be in the bag.

Carolyn Edwards

Cotswold Farm Park rides

Heart of England group have arranged a discount for EGB members at this popular farm ride. Members, with their membership cards, may enter on the day for £13, giving a discount of £5 on the normal price.

This is a 12 mile ride on very good going, being old turf which rides well in all weathers. There is minimal roadwork and lots of jumps for those of you who are brave enough! Arrive early enough and you can do it twice. The ride will not count towards the pleasure ride trophy.

Details of the Cotswold Farm Park can be found on www.cotswoldfarmpark.co.uk. GL54 5UG. I know that several endurance riders from the Cotswold Group and Heart of England have already discovered this gem of a ride and use it regularly for training. It is a rare treat to find such a ride at this time of year and is well worth travelling to!

17th February 2008

9th & 30th March 2008

20th April 2008

11th May 2008

1st & 22nd June 2008

Offa's Dyke Sweatshirts/ Polo shirts

Those of you who were at the AGM will have seen Debbie with examples of the sweatshirts and polo shirts with our logo embroidered on them. She also had the catalogue to show the extensive range of clothing and accessories available, any of which could have our logo embroidered on them. A large range of colours is available and the group provide this as a service to members - not to make a profit.

Polo Shirts £16 Sweat Shirts £17 Fleece Jackets £20 Bumbags and Baseball Caps £8 each

For more details contact Debbie Williams - Tel 01600 891029

Warrens Hill Arabians have **FOR SALE** a selection of exceptional young Arabians closely related to outstanding Endurance Horses
 Prices from £2000.

At Stud: AHS Premium Stallion, CHATANZ and his half-brother WARRENS HILL STAR.

More details at www.wh-arabians.co.uk

Tel: Lesley Dunn 01600 860746

For Sale Standardbred gelding, 9 year old, bay, 15.2h, good to shoe / box / clip, travels well, low mileage, 5 PR's + 3 novice rides in 2007, deserves good home, lack of time forces sale. Please ring Tracy on 01981570327.

Wanted Good home for very pretty 14.2 7 year old chestnut mare by Khairo, bred for endurance, ideal for Junior/Young rider. Professionally broken but only lightly worked due to lack of time.

Offers around £1800. Home more important. Please phone for more details.

Lyn/Vicky Brown 01452 856828. 07943723923(Vicky)

Dates for your diary

This is a quick reference guide to events around our area in the next few months. All rides with NCR & CR classes are detailed in the national EGB schedule & on the website. Details of all social rides and other events are given elsewhere in this newsletter.

Date	Event	Classes	Group
16 February	Valentines	Social	SW Wales
23 February	Wyre Forest	Social	Heart of England(HOE)
1 March	Hopwas Hop	NCR CR	HOE
1 March	Quantocks	Social	Wessex
9 March	Forest of Dean	CR	Offa's Dyke (OD)
15 March	Pub Social evening		OD
16 March	Ynslas beach ride	Social	Mid Wales(MW)
30 March	Tresham	Cr	Cotswold
6 April	Novice Seminar		OD
19 April	Forest of Dean	NCR	OD
20 April	Forest of Dean	CR	OD
27 April	Margam Park	NCR CR ER	MW
11 May	Pembray beach & Forest	Social	MW
18 May	Cleeve Hill	Social	Cotswold
18 May	Brynfro Crychan Forest	Social	MW
1 June	Training day		OD
8 June	Trawscoed Forest	Social	MW
15 June	Blaenavon	Social	OD
22 June	Cirencester	NCR CR ER	HOE
13 July	Cranham	NCR CR	OD
27 July	Talsarn	Social	MW
1 August	Ludlow	NCR CR ER	OD
17 August	Black Mountains	Social	OD
24 August	Longwood	Social	MW
7 September	Plump Hill	Social	OD
21 September	Sabrina Valley	CR	HOE
27 September	Badminton	NCR CR	Cotswold
5 October	Red Dragon	NCR CR ER	MW
12 October	Chedworth	NCR CR	Cotswold

NEWSLETTER SUBSCRIPTION FORM - 2008

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TEL. NO.....EMAIL.....

Are you willing to have your name, address and phone number circulated to ALL members and newsletter subscribers? Yes/No.....

Would you like receive up to date news about the group by Email? Yes/No.....

Are you willing for your details to be held on the membership secretary's PC to aid administration within the group? If so, please sign below in order to conform to the requirements of the Data protection Act

Signed.....

SUBSCRIPTION £5.00 per annum. **Please send cheque made payable to OFFA'S DYKE BRANCH OF ENDURANCE GB** with form to: Carolyn Edwards, Duart House, Brookfield Road, Churchdown, Gloucestershire, GL3 2PF. Phone 01452 857352

Please note that Membership of the Group is OPEN and FREE to members of EGB who have indicated a wish to be members of Offa's Dyke Group. For non members of Endurance GB, we ask for £5.00 subscription per year for the newsletter