

# 60 SECONDS WITH ABDULLA AL MARRI



**COUNTRY:** UAE  
**DATE OF BIRTH:** 22/6/1984  
**STAR SIGN:** Scorpio  
**PROFESSION:** Officer in Dubai Police and National Team Show Jumper

**When did you start with horses?**

Actually I started riding very late in my career back in **2000** when I was **16 years old**. Before then as a teenager I was playing football and tennis.

**Describe your typical day.**

I work as an Engineer in Dubai Police, but I also go to the stables nearly **every day**. I am based at the **Emirates Equestrian Centre** which is considered one of the best equestrian facilities in the country and the region.

**Where is your favourite place for practice?**

I love spending time in Europe for competing and learning new skills in our sport. I usually spend at **least 3 months every summer in Europe** and I usually like to learn

from everyone there.

**Tell us one or two things in your training that contributed to your success.**

I think **patience and consistency** are two of the main necessities in our sport. Getting quick results is never easy and it could affect the mentality of many riders in the sport. *I believe in setting short-term achievable goals*; that helps boost your confidence in achieving the bigger goals

**What was the best advice you were given?**

I have received a lot of advice throughout the years, but I have to say that the best one came from my trainer **Alice Debany**. And it was to **always believe in myself and my abilities**. I believe that self-doubt is a person's biggest enemy and it's all in your head. So it really helps a

lot when you surround yourself with people who believe in you.

**What advice would you give to young athletes?**

**Work hard!!** And do not ever think things will be handed to you on a silver plate. It's a mentality that you need to have at the beginning of your career. **Work on improving yourself every day** and always be ready for the opportunity that might come to you at any time.

**What is your best achievement?**

I am proud of a lot of my achievements, but I have to say the latest one is the greatest one to date, **winning the Challenge Cup in Barcelona and jumping a clear round for the team** which contributed to our team's performance. And I am proud

to say that I produced that horse since she was 4 years old.

**What are the goals that you aspire to achieve?**

The next milestone would be the **Asian Games and WEG** in Tryon next year. I would love to participate in both and win medals.

**Who has been your greatest support?**

For sure **my father** is my biggest supporter; he was an athlete and he always encouraged me and my brother to find our passion and follow our dreams.

**What is your greatest motivation?**

I think I fell in love with **producing horses** and it's by far my greatest motivation. I truly believe I could do a good job with them and eventually win a title of some sort with those horses that I produce. Winning titles is fulfilling, but producing horses to the greatest level is a very difficult trade that only the minority can do.

**Who is your sporting hero?**

I do idolise a few riders and for sure the following three are my favourites: *Marcus Ehning, Scott Brash and McLain Ward*. They all have an elegant way of making the most difficult things look very easy, and I

always strive to do the same.

**What is your second favourite sport?**

Tennis for sure!! It's a top sport that keeps me sharp and fit.

**What is your favourite genre of movies?**

Action and drama, but any good movie is always good to watch.

**What kind of music do you enjoy listening to?**

I can't say I do listen to music much, whatever is on the radio or at the show.

**What is your favourite book and who is your favourite author?**

Simon Sinek – *"Leaders Eat Last"*.

**What is your favourite food?**

I love Italian and local Arabic food.

**What is the most memorable place you ever visited?**

*Mont-Saint-Michel* – France.

**What is your strength and what is your weakness?**

**Being patient** is a good and a bad thing sometimes, and I would say

it can be my strength and at other times my weakness

**What is the biggest challenge you have ever faced?**

The **World Cup Final in 2008** where I had to go with a new horse that I started riding 10 days before the event.

**What is the biggest reward you ever got?**

The *UAE Sports Excellence Award* 3 times.

**If you had the power to change something in this world, what would you change?**

Bring World Peace and Reduce Global Warming.

**If there is something about yourself that you would like to change, what would that be?**

I would like to be a professional in the sport and maybe do it one day as a full-time job.

**If you weren't who you are today, what would you rather be?**

I would be a professional Tennis Player. 🎾



*The Challenge Cup in Barcelona 2017*