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USA TAKES FIRST PLACE IN \$100,000 WELLINGTON NATIONS' CUP

WELLINGTON, FLORIDA – THE UNITED STATES SIMPLY COULD NOT BE CAUGHT, WITH ONLY EIGHT FAULTS IN THE SECOND ROUND, IT WAS ENOUGH FOR AN AMERICAN WIN WITHOUT MCKLAINE WARD HAVING TO JUMP. CANADA WAS ABLE TO POST A SCORE OF 12 FAULTS AND CAME IN SECOND PLACE. THE IRISH PLACED THIRD WITH A TOTAL OF 16 FAULTS, FOLLOWED BY VENEZUELA IN FOURTH WITH 20 FAULTS. MEXICO TOOK FIFTH POSITION WITH 28 FAULTS WHILE FRANCE ROUNDED OUT THE TOP SIX WITH 30 FAULTS. 🏆



Photo by Sportfot

FIXING BACK PAIN TIPS

Many riders suffer from back pain. Generally, maintaining suppleness in the hip area and strength in the core will help a rider keep a correct alignment and take unnecessary pressure off the lower back. A simple exercise to get tension out of the inner thigh area is the splits. If you are just beginning, you can lean on the back of a couch or a higher object. Only go as wide as is comfortable (about 510/ for discomfort), and hold the position for several minutes. Gently moving side to side with much less width between your feet is a better option if you are really tight.

To strengthen the muscles in your lumbar area, try face down leg raises supported on a ball. For a rider, working with the ball serves a dual purpose of also helping you with balance and strength in your core generally. You want to raise your legs to about level with your spine, and have a feeling of pulling your stomach muscles up at the same time to support your lower back.

You may want to start out by lifting your legs only until your feet are just off the floor. This exercise works small muscles very close to your SI joint. You will feel a burning low in your back when you have done enough repetitions. You should stop at that point. If you raise your legs too high or allow your lower back to hollow and do all the work, you will be putting more strain on your lower back. 



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**SPORTING
GLORY FOR
BRITISH
LEGEND
IN
HONG KONG**

With some of the best show jumping in the world on display, the 59-year-old show jumping legend John Whittaker, wasn't about to disappoint. Riding his faithful 13-year-old stallion Argento, Whittaker finished in a blistering time of 42.54 seconds.

Last year's winner, Henrick von Eckerman, placed second with 0 penalties and a time of 43.28 seconds, while France's Simon Delestre finished in third place.

All winners were honoured with elegant

Longines watches from Mr. Walter von Känel, President of Longines.

The 2015 Longines Hong Kong masters was an exceptionally fitting way to celebrate the New Year and leave the Year of the Horse behind.™



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DERMOTT LENNON WINS SHARE OF SPOILS IN SPAIN

In an unusual twist, Dermott Lennon had to share first place at the Spanish Sunshine Tour with Briton Robert Bevis as both riders recorded an identical time at the end of the 12-horse jump off.

Former World Champion Lennon piloted his long-time partner, the Irish Sport Horse Loughview Lou Lou, and in a clear round stopped the clock at 37.83, a time exactly the same as Bevin and the chestnut gelding Courtney Z. The Irish and British riders shared the Grand Prix first place prize pot, taking home just under €14,000.

