



FREE

HORSE TIMES

A Complimentary Newsletter For Horse Lov-

ERS

ISSUE # 4 FEBRUARY 1999



SQR GALAL

*(Imperial Madori x SES Marah)
1995 Junior Champion*

Owned By

SAKR ARABIANS STUD

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SR GALAL

1993 Junior Champion

Owned By

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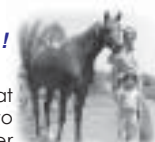


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NOTE FROM THE EDITOR

Dear Readers,

First of all "Happy New Year" and all the best for this last year of the century. From now on changes and advancement during the new millennium are going to be even more abrupt, and for that we have to be more prepared.

At **HORSE TIMES**, we believe that we have to amplify the scope of our articles in order to serve our readers better and that helps in the better sharing of information.

We have added new features that we believe are of the utmost importance such as "The Connection" which is a form of dialogue between riders and the federation. Riders get to ask questions and receive answers by representatives in charge at the federation.

Moreover we have also added a series about riders to give them better exposure in the riding scenes.

In addition to that a page of "Snap Shots" showing incidents and pictures of the latest important events.

We strongly believe that this sharing of information develops a further level of communication and eventually a more positive input by everyone. And as always, awaiting your remarks, ideas and suggestions.

Editor in Chief
Khaled Assem



WORLD EQUESTRIAN GAMES

September 30 - October 11, 1998
Rome - ITALY



By SIMA FARES

Brasilian Show Jumping veteran RODRIGO PESSOA did it again.

At 26, he conquered the World Equestrian Games title - an award his father never acquired, shortly after winning the Volvo World Cup series earlier this year.



This year's show involved 1,000 staff members, 88 show jumping fences, 700 riders, 400 competitors, 33 medals, 18,000 stadium seats and 5 World Team titles and 6 World Individual titles to be won. The Championships included show jumping, dressage, three-day eventing, driving and vaulting. Show jumping took place from October 6th until October 11th. The first day consisted of a training



session with eight obstacles to jump. The next day was the First Championship Class for teams and individuals, fences put up at 1.50m and no jump off. October 8th was the Second Championship Class, team final and second individual competition. Fences were 1.60m and there were two rounds to jump; the first round was open to all competitors and the second round for the best ten placed teams in the first round. The next day was a rest day, followed by the Third individual competition, which consisted of jumping two courses at 1.60m. Finally, on October 11th, was the Fourth and final class for the four best individual competitors. Each competitor jumps the course with each of the four horses at a height of 1.50m and maximum spread of 1.80m.

" Brasilian Rodrigo Pessoa won the Gold medal riding Gandini Lianos, Frenchman Thierry Pommel the Silver on Thor des Chaines and German Franke Sloothaak the Bronze on San Patrignano Joly ".

Rodrigo Pessoa:

About his horse "I got my horse at the beginning of this year. I started the horse in January and did some Grand Prix. To this championship my horse returned in great form with more experience. I had some help from Jos Lansik, the former rider."

Preparation "I watched the other horses on videotape to see if I could find out something. Three minutes isn't a lot of time to learn about a horse (Each of the riders was given 3 minutes to school the other riders' horses.)"

Victory (when Thierry Pommel dropped a rail) "I let go of everything inside. It is a long time that you work for this. Everything was very quick. My life was flashing by. It was only then that I realised what I had done. All the hard work to get there. Only someone who has been there

knows the feeling. Eric Navet (winner in Stockholm 1990) said he knew what I was feeling. Before this, I was watching everything and hoping I could one day be in the final. The most important thing is to always try your best. But even if I had been 2nd, 3rd or 4th I knew I tried my best all week."



Father to son

"My father never had a chance to win this title. Everything came much easier for me: the horses, the teaching and so on. At his time, he had no horses, no teacher. Also, that we ride better horses than he did then, back in the old days. It is not because I ride better. I got from my father all the experience. He went through a lot of difficulties and we can learn not to make the same mistakes. I tried to use everything I've learned over the years and put it into the horses I was riding."

Success secrets "In this sport there are no secrets. It's been in the book for hundred of years. You have to stay with the techniques. Now I just want to keep learning and accepting that I'm not good enough."

Andre Sakakini:

About his horse "I got my horse Eastern Night, an 11-year-old Belgian gelding about a year ago from my sponsor Shiekh Fahd Zahed, to prepare him for this event. I competed in various summer outdoor competitions to keep him fit and be ready for Rome."

Preparation "The atmosphere of such an event is very different than any other. To be able to compete in such a competition you need constant psychological support from your trainer and teammates. Being my own soul mate and mentor, I never let that put me off."

The Competition "I had one fence down the first day, and was satisfied with my position so far. Another 12 and 8 faults followed consecutively the next day as well as the water jump, which was the real turning point. It was fatal. My horse jumped right in the middle of it. However, I am pleased with the overall results. From there on I will resume preparation for the Olympics 2000."

About Rome "The Italians organised the event magnificently. The stadium was well organized and they marveled at creating a most welcoming and cozy atmosphere. The event was a real success. No rider or horse were injured during that time, as the courses designed were fair to both horse and rider."

About Rodrigo's success "When I first when to train with Nelson Pessoa, Rodrigo was still riding ponies and competing at a much lesser level. I watched him excel and ride his way to the World Championships. Besides being a close friend of mine, Rodrigo rode like a real champion and deserved to win."

Advice to Egyptian riders

"The level of riding has tremendously advanced in Egypt, but good, effective and professional training is needed. Even though riders have begun to travel and compete abroad, trainers are still needed at home to help and guide the riders. Also, you have to be able to ride well before you think about buying a top quality horse."



A Racing Day At The Gezira Sporting Club

By RACING COMMITTEE G.S.C
PHOTOS BY NADINE HAMMAM



Before The Race, By Andre Pater

The holy month of Ramadan has just ended. It is customary that during this month people tend to be more spiritual and aloof.

Horse racing in Egypt has stopped during this period and the two clubs in Cairo that run races namely, the Gezira Sporting club and El-Shams Heliopolis club, are engaged in taking all necessary steps to run the races once more during the winter season after Ramadan.

The Gezira club will inaugurate its winter season on Saturday the 30th of January, races will also run the next day (Sunday) at the Gezira. The races will continue to run at the Gezira club every other week thereafter.

The races usually start at 1.30 in the afternoon. There are six races on every racing day. The average number of horses running in each race is about six. There are horse racing journals that analyze the races and the form of the horses.

The tea garden will serve hot as well as cold meals. The Gezira club is looking forward to welcome horse lovers and horse racing fans on racing days where enjoyment and excitement are assured.



Chairman of the Racing Committee
Hani Garana



Mini that is Big

By Faten
ZELIUD

They are beautiful, intelligent, physically strong, and four legged - like any other horse; only one has to look down to catch a glimpse of them!



Sure... they only stand at 86.5 cm from the ground! Miniature horses are truly mini by every means. They carry all the physical, physiological, and psychological characteristics any normal size horse enjoys - only on a smaller scale. Like other breeds, they have their own bewildering history, their refined stud books, and their unforgettable champions. In the Arab world, the Arabian horse has always been the center of attention to all the breeders, however, that also happens to be the case in Europe and the USA. Only in Europe and the USA their miniature horses live glamorous life in the spot light too.

Today, the Arab world celebrates the endeavors of two pioneers. Mr. Khaled and Hatem El Nasharty, two Egyptians brothers whom hold great love and respect to this animal. They materialized their devotion by purchasing some miniatures from North Carolina (USA) in 1996 for breeding purposes. The Nasharty brothers were involved in breeding the Arabian horse and that got them very aware



of the middle East's lack to the breed of miniature horses. Of course, once these close to earth creatures arrived in Egypt they got ill and fell under the weather despite their vaccinations. The Nasharty brothers were well prepared with specialized vet from the police to care for them, and a team of qualified grooms to handle their daily chores.

After our visit to the Nasharty's mini farm - we saw these horses living a healthy and a happy life together running freely in a well sized paddock. Mr. Khaled explained to us that he plans to continue breeding miniature horses as the first step, and the second step will be to establish a competition in Egypt and the Arab world.

From Horse Times, we salute such an effort to uplift the equestrian resources and attempt to broaden its horizon in our Arabian region. The Nasharty brothers are the perfect example of "success begins with an idea."

FOR MORE INFORMATION
Contact The Only Breeding Stud Farm In Egypt

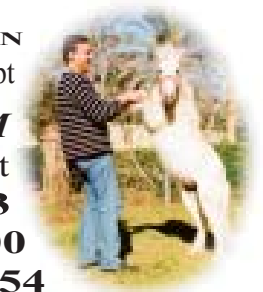
EL NASHARTY STUD FARM

Mansouria - Egypt

Tel: **3412787 / 3401723**

Mobile : **012-2134000**

Mobile : **012-2100954**



THE YOUNG ONES

**They're young
They're talented
And they all love to ride
Sima Fares talks to five of the best!**



Name: **Abdel Kader Said**
Age: 9 years old
Riding Club: Abdel Kader College
Horse: Kouki, a 5-yr. old mixed breed mare
Mow, a 9 yr. old English gelding
Jeremy, a 10 yr. old German gelding

Training schedule: On a daily basis

Competes in: Newcomers (90-100 cm) & Under 14 yr.old (100 - 105 cm) - Dressage "D"

Began riding in: 1993

Role Model : Karim El Sobky & Rodrigo Pessoa

Dream: To become a businessman



Name: **Adel Sedky**

Age: 9 years old

Riding Club: Ferousia

Horse: Simsima, a 7-yr. old Dutch Bred pony

Began riding in: 1995

Training schedule: Rides 5 times a week

Competes in: Beginners (80 - 90 cm)

Role Model : Khaled Assem & Karim El Zoghby

Dream: To become a professional rider & a banker.

Name: **Shady Moselhi**

Age: 9 years old

Riding Club: Presidential Guards

Horse: Everest, a 9-yr. old Irish gelding

Began riding in: 1996



Training schedule: Rides on a daily basis

Competes in: Beginners (80 - 90 cm)

Role Model :
Lieu.Col. Mohamed Moselhi

Dream: To become an engineer

Name: **Morgane Coupet**

Age: 12 years old

Riding Club: Ferousia

Began riding in: 1995

Horse: Little William,
a 14-yr. old English gelding
Training schedule: Rides 4 times a week

Competes in: Beginners (80 - 90 cm)

Favorite rider: Thierry Pommel

Dream: To become a professional rider



Name: **Mohamed Essawy**

Age: 9 years old

Riding Club: Stallion Equestrian Center

Horse: Kahramana, a 6-yr. old mixed breed mare

Began riding in: 1994

Training schedule: 4 - 5 times weekly

Competes in: Newcomers (90-100 cm), Dressage "D"

Role Model : Mohamed Khalifa & Rodrigo Pessoa

Dream: To become a horse trainer



You are what you

eat

Are you fit to Ride?

BY SIMA FARES

READY FOR THAT TWO-HOUR HACK? OR SIMPLY TRY CARRYING TWO BUCKETS OF WATER ACROSS THE FIELD AND BACK AGAIN? IF YOU REALLY WANT YOUR MUSCLES TO RIPPLE, YOUR BOTTOM TO BE FIRM AND YOUR BRAIN TO BE SHARP, THEN READ ON...



Anyone interested in playing sports knows exactly what it takes to be fit. To be in top form and condition is as hard as excelling in the sport itself and it sure doesn't come easy. As the saying goes "Practice makes Perfect", but one cannot simply rely on practice to become perfect, because there are other factors too which should be taken into consideration.

Your daily diet should be a balanced one, and it should include food that will fuel your body's needs and keep it going. Just as you fuel up your car to get it moving, your body needs correct fueling to keep performing at a top level.

Riding is a strenuous sport, so to keep yourself fit for riding -which means having the physical energy to stay on your horse, and the mental energy to stay one step ahead of him - you need to stock up on carbohydrates and cut down on fat.

You need to fuel your body on a daily basis with energy-releasing nutrients. It's an on-going process; you can't give your car fuel on Monday and expect it to last through a week's driving. It just won't work. You have to understand your body's requirements and fulfill them.

So from where will those muscles get the correct amount of energy?

Muscles can use both fat and carbohydrate as fuel, but carbohydrate provides the fast 'energy' that is needed during vigorous exercise. Compared with fat, carbohydrate burns faster, giving you instant bursts of energy, so it's carbohydrate and not fat that keeps you going, whether you are hacking, racing or show jumping. It'll also help your muscles develop and your brain to be sharp.

So let's take a look at the best choice of carbohydrates your body will benefit from. All starchy-rich carbohydrates like bread (white or whole-wheat), pasta, rice, high fiber cereals, porridge, vegetable soup and baked potatoes should be a regular part of your daily diet. Of course they should be taken in moderation, as excess carbohydrates may be turned into fat and stored under the skin. Vegetables, fruits, honey and corn are also a high source of carbohydrates, as well as beans, yogurt, raisins and milk.

So now that you have an outlook of some energy-releasing food, think twice before you reach for a greasy packet of French fries or that killer stuffed crust pizza. It's fine to occasionally eat such foods, but to be able to stay fit and ride without panting breath; you need to look into your diet seriously.

OK, so you've eaten a well-balanced breakfast and lunch and are heading to the stables to ride. So far so good. After you've finished riding what should you do next? Refuel your body! When the gas meter in your car is approaching Empty, it means that your car needs more gas to move. You can either fuel it right away or wait until you have used up all the gas in the car, and your car will absolutely not move before fueling it again. The same applies for the human body.

During riding, or any intense workout, you are depleting your body of a substance called glycogen, the muscles' main fuel. To replace your muscles with glycogen you have to eat high glycemic foods, which are basically food high in carbohydrates (mentioned in the paragraph above) right after you ride. It's simple: if you snack on raisins, or a slice of bread with honey right after you ride, then you are refueling your muscles with the glycogen it just lost during your workout.

If you choose to wait a while (say two hours), then the muscles are only replenished one third as much from the carbohydrates you eat, and the rest will be stored as fat under your skin! Furthermore, when muscles are refueled right away (up to ninety minutes after a workout), then you will be more energetic and your body will be ready for your next workout.

You should aim to eat small amounts of carbohydrates during the day to keep you going, until you can eat a main meal. Mixing proteins with carbohydrates, like fruited yogurt, is also another alternative. Sports drinks are also high glycemic and are beneficial for people who prefer not to eat after workouts. Water alone should not be taken in large quantities, but some fruit juice could be added to give it some taste and replenish the glycogen lost.

You might think that this means that you might have to change your eating habits. Well maybe it's time to just look into what you eat. It's not that hard; as they say "like it now, learn to love it later". Meeting your body's energy needs will give you the strength you need to meet your exercise goals. But remember, your workout doesn't stop when you get off that horse: you're not finished until you've refueled.

WHAT DO THE RIDERS PREFER TO EAT?

Hadi Gabr, Shams Club	Basbousa
Karim El Sobky, Army	Kebab & Reyash
Mostafa Selim, Ferousia Club	Spaghetti
Nahla El Sawaf, Police	French Fries with honey





SNAPSHOTS

COMPILED BY SIMA FARES & PATRICIA COUPET

Watch out for the camera everywhere !
Whether it's a local show, an event or a festival, we will be there clicking our cameras away.
So beware, next time it might be you !



*Faten El Zeioud and Maged Shawky walking the 1.10 m. course.
"Although Faten is back to Jordan, she will be still active with Horse Times."*



*"Birds of a feather flock together."
Boraie, Wishahy, Salah, Bahaa & Mazen.*



"HRH Princess Alia Binti El Hussein of Jordan reading Horse Times (At the Zahraa 100th anniversary OCT.1998)."



*Samir Abdel Fattah, Ahmed Danash, Hadi Gabr & Mostafa Moussa
"Checking how others perform is always a virtue. Even SAM is doing it"*



*"Andre Sakhakini instructing Khaled Taufik during the jumping clinic, while Tatoush looks eagerly."
(Dec. 1998 At Ferozia club.)*



*"Mohamed Nafie."
(The Egyptian Navet)*



"Nahla El Sawaf & Alaa Maisara joking while they warm up. Wait until you see them compete!"



"Karim El Sobky estimating the height of a fence he'll soon jump (Ferozia Show Oct1998)."



*"Forever Friends."
Walid, Youssuf, Mohamed, Ismail, Dina, Karim & Nahla.*

*"A Judging moment."
Mohamed El Sherbiny,
Samy Negm El Din &
Salwa El Sherbiny*



*"The Fabulous Four."
Dokdok, Ismail,
Sherif & Youssuf*



HALTER CHAMPIONS OF 1998

E.A.O.'s 100th Anniversary

1998 marked the 100th anniversary of the world wide known Egyptian Agricultural Organization "El Zahraa Stud".

This event was celebrated by holding the 5th national championship and the 1st international championship for straight Egyptian horses.

The quality of the horses shown this year was outstanding, in comparison to the previous years, due to the participation of most of the Egyptian breeders in this historical event.



Champion Stallion
FARID ALBADEIA
Owned by ALBADEIA STUD
(National Egyptian championship)



Reserve Champion Mare
HAGER
Owned by RAHIM ARABIANS STUD
(National Egyptian championship)



Reserve Champion Colt
MORGAN
Owned by BADRAWI STABLES
(National Egyptian championship)



Champion Colt
INSHALLAH ALBADEIA
Owned by ALBADEIA STUD
(National Egyptian championship)



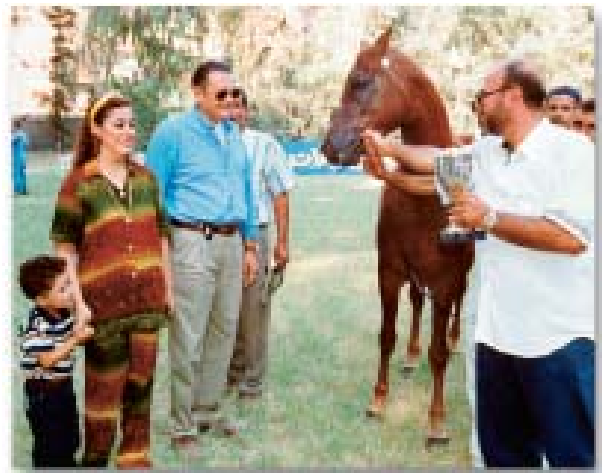
Champion Mare
IBTEHAG ALBADEIA
Owned by ALBADEIA STUD
(National Egyptian championship)



Reserve Champion Stallion
MORAD ALBADEIA
Owned by Garrett Arabians
(National Egyptian championship)



Champion Fillie
BINT EL-NIL
Owned by RAHIM ARABIANS
(International Open Classes)



Reserve Champion Stallion
AL-BASHA SAKR
Owned by EL-MAGD STUD
(International Straight Egyptians)



Champion Mare
BAKHERA
Owned by RAHIM ARABIANS
(International Open Classes)



Reserve Champion Colt
AMEER SHAH
Owned by RAHIM ARABIANS
(International Open Classes)



Champion Fillie
GHENWAT ALBADEIA
Owned by ALBADEIA STUD
(National Egyptian championship)



Champion Colt
HAYEL
Owned by AL-HANAFY STUD
(International Straight Egyptians)



Reserve Champion Mare
GELGELAT ALBADEIA
Owned by ALBADEIA STUD
(International Straight Egyptians)



Champion Mare
FOREVER SHAI
Owned by AL-HODA STUD
(International Straight Egyptians)



E.A.O. El Zahraa Championship

Results 1998

National Egyptian Championship

Class# 1 Fillies Born 1998		
Position	Horse Name	Owner
1st	Zomorroda	Badrawi Stables
2nd	Morgana	Badrawi Stables
3rd	Farida Nour	Nour Stables
4th	Granata Stud	
4th	Neamat	Badrawi Stables

Class #2 Fillies Born 1997		
Position	Horse Name	Owner
1st	Ghenwet Albadeia	Albadeia Stud
2nd	Zahwa Albadeia	Albadeia Stud
3rd	Bodour	Hamdan Stables
4th	Zeinah	Badrawi Stables

Class #3 Fillies Born 1996		
Position	Horse Name	Owner
1st	Nefeesah kh	Ikhnatoon Stud
2nd	Tohfa Hedayah	Garrett Arabians
3rd	Fagr	
4th	Hoboub	Al Bawady Stud

Class #4 Fillies Born 1995		
Position	Horse Name	Owner
1st	Hawanem Albadeia	Albadeia Stud
2nd	Nour Hed.	Adam Stables
3rd	Knooz Hamdan	Hamdan Stables
4th	Orbah	Bibo Stables

Champion & Reserve Fillye		
Position	Horse Name	Owner
Champion	Nefeesah Ikhnatoon	Ikhnatoon Stud
Reserve	Ghenwet Albadeia	Albadeia Stud

Class #5 Mares Born 1994-1991		
Position	Horse Name	Owner
1st	Ibtihag Albadeia	Albadeia Stud
2nd	Hager	Rahim Arabians
3rd	Intisar	Badrawi Stables
4th	Al Shahaa	Hamdan Stables

Class#6 Mares Born 1998 & Older		
Position	Horse Name	Owner
1st	Anhar Albadeia	Albadeia Stud
2nd	Zeinah	Hamdan Stables
3rd	Bint Arfah 1 El Bawady Stables	Reserve
4th	Al Rahmaneyah	Hamdan Stables

Champion & Reserve Mare		
Position	Horse Name	Owner
Champion	Ibtihag Albadeia	Albadeia Stud
Reserve	Hager	Rahim Arabians
3rd		

Class #7 Colts Born 1998		
Position	Horse Name	Owner
1st	Inshallah Albadeia	Albadeia Stud
2nd	Naghham Albadeia	Albadeia Stud
3rd	Ekram Allah	Hamdan Stables
4th	Al Ahmady Hed.	El Helaleya Stud

Class #8 Colts Born 1997		
Position	Horse Name	Owner
1st	Ghareib Albadeia	Albadeia Stud
2nd	Ibn Mobarak	El Walid Stables
3rd	Shereif Pasha	Al Yasmeeen Stud
4th	Nadeer	Granata Stud

Class #9 Colts Born 1996		
Position	Horse Name	Owner
1st	Morgan	Badrawi Stables
2nd	Kamar El Din	Nour Stables
3rd	Sary Albadeia	Albadeia Stud
4th	Zafer	Garrett Arabians

Class #10 Colts Born 1995		
Position	Horse Name	Owner
1st	Ghazal	Badrawi Stables
2nd	Rabeh Hed.	Hedayah Stud
3rd	Horoob	Bibo Stables
4th	Kaheel	Joseph Kolman

Champion & Reserve Colt		
Position	Horse Name	Owner
Champion	Inshallah Albadeia	Albadeia Stud
Reserve	Morgan	Badrawi Stables

Class #11 Stallions Born 1994-1991		
Position	Horse Name	Owner
1st	Mourad Albadeia	Garrett Arabians
2nd	Rihan Albadeia	Albadeia Stud
3rd	Hilal Hed.	Hedayah Stud
4th	Borhan	Gawdat Stables

Class #12 Stallions Born 1990 & Older		
Position	Horse Name	Owner
1st	Farid Albadeia	Albadeia Stud
2nd	Fahd	Badrawi Stables
3rd	Baheer Albadeia	Albadeia Stud
4th	Rasekh	Badrawi Stables

Champion & Reserve Stallion		
Position	Horse Name	Owner
Champion	Farid Albadeia	Albadeia Stud
Reserve	Mourad Albadeia	Garrett Arabians

International Open Classes

Class #1 Fillies Born 1995-1998		
Position	Horse Name	Owner
1st	Bint El-Nil	Rahim Arabians
2nd	Bint Montasir	Rahim Arabians
3rd	Bint El-Amira	Rahim Arabians
4th	Farhana	Lybia

Class #2 Mares Born 1994 & Older		
Position	Horse Name	Owner
1st	Bakhera	Rahim Arabians
2nd	Hager	Rahim Arabians
3rd	Shafshawn	Lybia
4th	Lamia	Rahim Arabians

Champion & Reserve Mare		
Position	Horse Name	Owner
Champion	Bakhera	Rahim Arabians
Reserve	Bint El-Nil	Rahim Arabians

Class #3 Colts Born 1998 & Older		
Position	Horse Name	Owner
1st	Negm	Lybia
2nd	Ameer Shah	Rahim Arabians
3rd	Sary Albadeia	Albadeia Stud

Champion & Reserve Colt		
Position	Horse Name	Owner
Champion	Negm	Lybia
Reserve	Ameer Shah	Rahim Arabians

International Straight Egyptians

Class #1 Fillies Born 1998		
Position	Horse Name	Owner
1st	Nawarat Hamdan	Hamdan Stables
2nd	Arousat El-Nil	Rahim Arabians
3rd	Tamima Albadeia	Albadeia Stud
4th	Bint Montasir	Rahim Arabians
5th	Mashallah Albadeia	Albadeia Stud

Class #2 Mares Born 1995-1997		
Position	Horse Name	Owner
1st	Gelgelah Albadeia	Albadeia Stud
2nd	Bint El-Nil	Rahim Arabians
3rd	Galagel Albadeia	Albadeia Stud
4th	Thaminah	Lybia

Class #3 Mares Born 1994 & Older		
Position	Horse Name	Owner
1st	Forever Shai	Al-Hoda Stud
2nd	Bint Mamouna	Rahim Arabians
3rd	Sobratoh	Lybia
4th	Nile Allure	Rahim Arabians

Champion & Reserve Mare		
Position	Horse Name	Owner
Champion	Forever Shai	Al-Hoda Stud
Reserve	Gelgelah Albadeia	Albadeia Stud

Class #4 Colts Born 1996-1998		
Position	Horse Name	Owner
1st	Hayel	Al-Hanafy Stud
2nd	Ameer Shah	Rahim Arabians
3rd	Sparatacus	Al-Hoda Stud
4th	Mansour	Rahim Arabians

Class #1 Stallions Born 1994 & Older		
Position	Horse Name	Owner
1st	El-Basha Sakr	El Magd Stud
2nd	Khaled Sakr	Hanafy
3rd	Sharif Amir	Al-Hoda Stud
4th	Shady	Mona Misr Stud

Champion & Reserve Stallion & Colts		
Position	Horse Name	Owner
Champion	Hayel	Al-Hanafy Stud
Reserve	Al-Basha Sakr	El-Magd Stud

HORSES ON THE WEB



WHEN YOU'RE

NOT RIDING,

check out this interesting web site about horses in Egypt

<http://www.UpperEgypt.com>

Log on to the first Egyptian Internet site about the Arabian horse and the Equestrian world in Egypt. This virtual web site is a must for all Egyptian horse lovers, providing them with all the equine knowledge and services in Egypt. It is also a way for people to communicate together and discuss their common interests.

The site is divided into several directories and sub-directories to suit all possible needs.

Here are some of the topics you can enjoy:

- * Questions and answers
- * Arab horse stud farms
- * Buying and selling horses
- * Blacksmith services
- * Tack and equipment
- * Events & News
- * Horse Times Newsletter
- * Veterinary consultation
- * Horse transportation services



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HORSE NUTRITION

Part (1)

BY

EQUI SANUM HORSE FEEDS, MADE IN HOLLAND.

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The type of feed a horse is fed is crucial to his, well-being, health, breeding qualities, performance and presence (coat, hooves, teeth), Originally horses are inhabitants of the steppe. Although man has started breeding them for competing and show purposes, we must always keep in mind their natural origin. Since horses have not changed biologically we have to see to it that their daily intake fulfills their basic needs in terms of nutrients. We want our horses to perform well, to a competing, working and/or breeding level. That is why we need to ensure that their feed is complete and contains the required and natural ingredients needed for their performance.



Next to the supply of an optimum, complete feed, it is obvious that we have to take proper care of the coat, teeth and hooves of our horse. Moreover the horse needs to be protected from insects and parasites (like f.i. worms). In the thrifty Netherlands there is a saying: "One can have too much of a good thing". This is especially true as far as horses are concerned. Because of their very simple stomach and intestinal system, horses are very sensitive to rations fed in too large quantities all at once, as well as to too high dosages of protein, sugars and salts. For a correctly balanced diet a good knowledge of the horse's condition is essential. Only if breeding, rearing, instruction, training, feeding and grooming ,are well attuned, an optimum performance may be expected.

The digestive system of the horse

Horses are herbivores, just like cows, sheep and goats. However, horses don't have a multiple combined stomach and therefore they don't ruminate. Horses don't have a bacteriological pre-digestion like ruminants (in the paunch). Grasses, papilionaceous flowers and herbs are indispensable. Their digestive tract, however, looks completely different to all herbivores including horses.

With horses Digestion begins by chewing well and through the action of the enzymes in the saliva in both the oral cavity and the pharynx. It is continued in the stomach and the small intestine. Only in the large intestine, where the hard parts of the feed like grass, hay, straw , and cereals are degraded and digested the bacterial flora becomes active. Subsequently the valuable feed compounds are absorbed into the blood stream by way of the intestinal blocks. The digestive tract of the horse consists of 7 parts: pharynx, oesophagus, stomach, small intestine, caecum, large intestine and anus. If one of these 7 parts is out of balance, the entire organism will be affected. Since the feed is chewed in the oral cavity, the horse's teeth must be well taken care of, healthy and complete. The grass is cut by the incisors (6 in the upper and 6 in the lower jaw). In total a mare has a set of 36 teeth and molars, whereas a mature stallion has 40 teeth and molars.

The saliva permeates the masticated feed and makes it into an easy to swallow, smooth and pliable substance. This intensive mastication and soaking by way of saliva is the opposite of the digestive process found among cattle.

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(To be continued)

BADRAWI STABLES

What Once Was Still Is!

By FATEN EL-ZEIUD



1977 Mr. Fathy Badrawi and son Mohamed with the Main Foundation mare of the stud "HABIBA" (Ibn Fakhry x Bint Monira)

"LOSS" a word of great melancholy by all means. Not many can recover from their losses; for it takes a pile of determination to bring back what was astray. EL-BADRAWI Stables is a result of what was once lost and brought back to life only to enhance the power behind the true love of Arabian horses. It all began in the closing of the nineteenth century, when Mahmoud Pasha El-Etrebi established his stud farm. It symbolized the ideal combination of what was the most elite and most beautiful Arabians then. Considered to be the best breeder of his days, El-Etrebi Pasha gifted the Royal Agricultural Society (Egyptian Agricultural Society today) two of his most popular stallions "Nerbas" and "Ghandour" to cover their R.A.S' mares. El-Etrebi stud went on to the capture glory both on a national and international level.



MORGANA (Mogir x Mashalla) & ZOMORODA (Harass x Ganet El Adiat) with owner Mohamed Badrawi



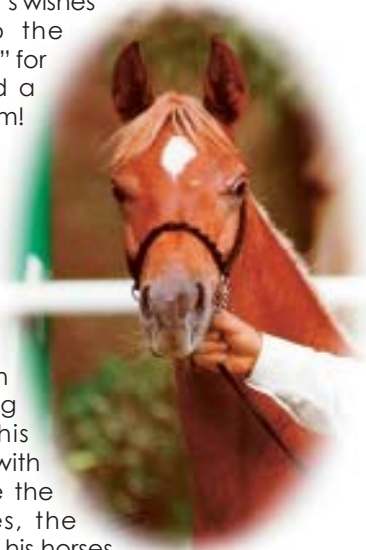
RASEKH (Hafid Antar x Sedra)



MORGAN (Fahd x El Amal)

El-Etrebi Pasha's astounding love and comic story is remembered through a time when he had 3000 Egyptian pounds planned to be spent on a Zamalek Villa looking on the Nile as a gift to his wife Ana Ramza Shereen. Intending to fulfill his wife's wishes but could not hold his ground to the temptation, he bought the mare "Nigma" for 850 L.E from Prince Yousef Kamal and a Holland & Holland shotgun! His wife left him! However, they reconciled later!

Fathi Badrawi, grandson of Mahmoud Pasha El-Etrebi and Sayed Pasha Badrawi (one of the main founders of the R.A.S), inherited the same love for the Egyptian Arabian horse as both his grandfathers. Breathing the aroma of the Egyptian Arabian, he began breeding Arabians in 1947 in the village of "Bohoot", acquiring 19 mares and 2 stallions from his grandfather's El-Etrebi's stud. In 1961, with deep sorrow Mr. Badrawi had to face the sequestration of his land, properties, the liquidation of the stud, and the selling of his horses to cart drivers by the revolution government. He vowed to return and revitalize the Etrebi and Badrawi legacy. Nevertheless, in 1970 only this time in Giza and by the Pyramids Mr. Badrawi emerged once again doing what he does so well: breeding Arabian horses. He attempted the utmost to bring to life a most refined collection through acquiring and purchasing from the E.A.O. and Hamdan Stables their supreme Arabians.



BITS AND PIECES

By MONIEK PEEN

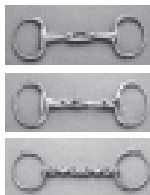
In the last issue of Horse Times I read the article called "bits and biting". This article raised my interest because until now I hardly realized how many different types of bits there are as well as their respective functions. Not being an expert on bits myself, I read some literature about the subject that provided me with some very useful information I would like to share with you. Although I would never try a new bit on my horse without the advise of an expert, it is always nice to know a couple of basics.

When choosing a bit for your horse, ask yourself the following questions:

1. About the horse: is it inexperienced (meaning either young or does it have some basic training)?
2. About the rider: are you experienced or not (although the answer to this question is not always objectively answered)?
3. Are you involved in jumping or dressage? (These categories are not mutually exclusive, but they can provide you with a starting point.)

Once you have answered these questions, you can take a look at the various possibilities that exist in "bridle-world". If you are inexperienced I believe the first part of this article will be of more interest to you. Should you have more experience or have specific problems which you wish to address the second and third parts of the article will be of more interest. The following is partially taken from a booklet by Fliss Gillot. Already mentioned are the so-called snaffles. Especially the eggbutt jointed snaffle is commonly used and is a safe choice if either you or the horse (or both) are inexperienced. Furthermore the metal the snaffle is made of makes a difference, just as the type of rings, eggbutt or lose, you use. Since this was all explained in the last issue of Horse Times, I want to continue by mentioning some other types of snaffles that could be used when facing certain problems with your horse. If your horse pulls you can either choose a so-called Dr Bristol eggbutt (picture 1.)

or a twisted eggbutt (picture 2.) Both increase tongue pressure while the second also digs into the bars and corners of the mouth (so be careful!). Furthermore beware that the first type is not allowed in dressage tests. Another option when the horse tends to lean or pull is to try a Waterford or "chain" (picture 3.) This bit doesn't look very nice, but has no nutcracker action while being at the same time very flexible.



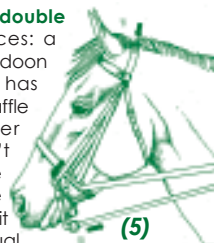
will damage the horse's mouth. Next you have to consider the thickness of the mouthpiece. Bear in mind that the thinner the mouthpiece, the more concentrated the pressure and therefore, the more severe the bit. A short-mouthed horse will, however, have difficulties with a thick mouthpiece.



(4) Check the width of the bit by placing your index finger between the mouth and the bit. The fingers should fit snugly.

For more advanced riding a second type of bit (or rather bits) is used: the double bridle. The double bridle looks like a kind of torture mechanism (and could be used as such I suppose) but things are not as bad as they look. According to Karl Mikolka, the double bridle "is meant to refine and confirm the work which was done with the snaffle". Which also means that you should have developed a soft, feeling hand and sensitive alert legs. Furthermore, according to F. Gillot, the double bridle is not a means for getting the horse "on the bit". If tried, the result will probably be a horse that overbends in order to avoid the contact of the curb rein. However he admits that this type of bridle can be also used to keep the horse under control, the curb is then only used when necessary. Whether you use this type of bridle for serious riding or can't avoid the use when riding in the desert, in either case it is interesting to know how the double bridle functions and how to check if it is correctly adjusted.

As the term indicates, the double bridle consists of two pieces: a bradoon and a curb. The bradoon functions as a snaffle, but has smaller rings than a normal snaffle and a somewhat thinner mouthpiece. The snaffle can't take too much space in the mouth, because of the second bit. Furthermore, the bit should be a bit wider than usual to keep it clear of the curb. The curb consist roughly of a bit and a chain. According to K. Mikolka, the effect of the mouthpiece must always precede the effect of the chain. For the action of the double bridle see picture 5. Mikolka furthermore gives very useful information about how to use this bridle, which I will share with you now.



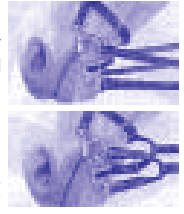
If you think this is too technical, don't hesitate to call in the help of an expert. What you could check out yourself though, if you are using some sort of snaffle-bit, is to check whether it fits properly.

Picture 4 shown should give you a clear indication.

First you have to make sure that no more than a quarter of an inch of the mouthpiece projects on either side of the corners of the mouth. If you use a jointed snaffle, you should measure this with the bit held straight across the mouth. There's no need to tell that a bit either too small or too large

A looser adjusted chain will help getting the horse more on the bit, while a tighter adjusted chain will help horses which like to overbend and carry their heads too low. Keep in mind that the effect of the chain may never overpower the effect of the mouthpiece. He also gives some rules of thumb: a light mouthpiece with a short upper and lower cheek will serve a horse with a sensitive mouth and a supple neck; a somewhat thinner (=sharper) mouthpiece with short cheeks will serve where a supple neck is combined with an insensitive mouth; a light mouthpiece with long cheeks will serve a stiff neck connected to a sensitive mouth. If you want more information about the use of the double bridle, I like to refer to the article of Mikolka on the internet (just type karlskorn).

For those who can't get enough, there is more. I will discuss this very briefly, just to give some insight into the different alternatives. These types, however, don't seem very useful for dressage training. One is the so-called pelham. It consists of a single bit with a curb chain and combines the action of a snaffle with the action of a curb. It is easier to fit than the double bridle and reduces the chance to make mistakes. According to Gillot, this type of bit goes well on horses with a small mouth. The function is however not as refined as the that of the double bridle. The advantage is that you can choose to ride with one reign or two. One reign is to be used especially during country rides and by children, their hands being too small to control two reigns. This type of bit you will also find when riding near the Pyramids, because the Arabian horses used often have small mouths.



Another "alternative" is the gag. When you pull the reins, the bit slides up the cheek pieces, into the corners of the mouth, so pressure is applied simultaneously to the poll and this point. Again, this type of bit is used a lot in cross country riding. More specifically it is used when the horse is very strong and over-keen and is inclined to bend down over the hand. Using a curb would only make things worse.

Finally, a bitless bridle exists for those horses that for one reason or the other cannot be bit successfully. This has been the case with a small Icelander horse I rode in the Netherlands. His mouth had become completely insensitive, therefore a bitless bridle had to be used. Not that riding an Icelander poses a great threat, but it is annoying when a horse is out of control, as small as it may be. The principle of the bitless bridle is that pressure is put on the nose of the horse which should have a positive result.



After reading this article, please keep in mind that besides the choice of a bit there are a lot of other options to improve the performance of your horse, so keep an open mind.

Literature: "Guide to Bits and Biting" by Fliss Gillot; Westgate and Canterbury.
 "Thoughts on the Double Bridle" article by K. Mikolka; 1994; (found on internet on www.equisource.com/karlskorn).

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Egyptian Equestrian Federation



Current Points For The Winter Season 1998/1999

JUNIORS POINTS

Under 14 (Federation Shows)				
Position	Rider	Horse	# of Clears	Points
1st	Mohamed S. A. Maksoud	Mabrouk	4	33,4
2nd	Sherif El Mohdar	Legend	3	25,4
3rd	Mohamed A.Fattah Ragab	Most Young	2	21,4
4th	Mohamed M. A. Karim	Zein	2	16,4
5th	Sameh Salah El Dahan	Ekteshaf	4	16
6th	Mohamed S. A. Maksoud	Lysna Maro	1	14
7th	Ahmed Ashraf Bassiony	Popular Charly	3	11,75
8th	Mohamed A.Fattah Ragab	Honey	3	11,5
9th	Abdel Kader M. Said	Mao	2	11,4
10th	Sherif El Mohdar	Emainst	2	11

New Comers (Federation Shows)				
Position	Rider	Horse	# of Clears	Points
1st	Gihan Alaa Hatab	Coctail	6	30,5621
2nd	Mohamed A.Fattah Ragab	Capitchino	5	21,1041
3rd	Moahmed A.Fattah Ragab	Cartago	6	20,0621
4th	Karim Ahmed Hamoda	Legendy	5	14,8746
5th	Sameh Hisham Hattab	Extra	3	13,6455
6th	Hala Hatem Osman	Isak	2	12,4166
7th	Yehia Attalla	Blue Lagoon	2	9,458
8th	Mohamed S. A. Maksoud	Lysna Maro	3	9,4166
9th	Anwar Mahmoud Nasr	Silver Domino	3	8,6455
10th	Mohamed S. A. Maksoud	Kia	2	7,958

Under 18 (Federation Shows)				
Position	Rider	Horse	# of Clears	Points
1st	Mohamed S. A. Maksoud	Ob Lady	6	85,5
2nd	Alaa Maisara Habashy	Ginger/2	4	23
3rd	Gihan Alaa Hattab	Harco	3	15
4th	Nahla Ahmed El Sawaf	Sugar	1	12,5
5th	Sameh Hisham Hattab	Gratsia	2	10,5
6th	Ahmed Sabry A. Kawy	Puncho	3	10
7th	Walid Shehab Morad	Top The Bell	3	9
8th	Eslam Hossam Ragab	Donatillo	2	8
9th	Salma Sherif El Dib	Bronies	2	5
10th	Ahmed S. A. Maksoud	Imon	1	5

Under 21 (Federation Shows)				
Position	Rider	Horse	# of Clears	Points
1st	Sameh Hisham Hattab	Well Done	4	35
2nd	Mohamed Osama Boraie	Coragious	1	9
2nd	Alaa Maisara Habashy	Dan	1	9
4th	Salah Ibrahim Gebrial	Let's Talk	1	7,5
5th	Mohamed Osama Boraie	Baly Mclct	7	7
6th	Mohamed I. El Shawarby	Robin		5
7th	Salah Ibrahim Gebrial	Cony Islands 1		4
7th	Mohamed Zakaria Bahnas	Nomad		4
9th	Hisham Sherif El Wishahy	Lady Spanker		2
10th	Nasr Gamal Amer	Sabhan/2		1

SENIORS POINTS

Grade A (Federation Shows)				
Position	Rider	Horse	# of Clears	Points
1st	Hadi Samy Gabr	Love Tale	2	95
2nd	Ashraf Ibrahim Bassiony	Phenomenoun	3	64,25
3rd	Karim El Sayed Hamdy	Waly El Ahd	1	55
4th	Gen.\ Ahmed El Sawaf	Green Wave	3	51
5th	Mostafa Kamal Mossa	Magic	2	46,25
6th	Karim Zohair El Sobky	Eastern Ambition	1	45
7th	Gamal A.Hakim Amer	Solivan		29,25
8th	Gen.\ Ahmed El Sawaf	Touch Wood/2	2	18,5
9th	Adham Kabary Hamad	Panda	1	18
10th	Sameh Hisham Hattab	Kholit	1	10

Grade B (Federation Shows)				
Position	Rider	Horse	# of Clears	Points
1st	Karim Zohair El Sobky	Mr. Ragby	3	71
2nd	Sameh Hisham Hattab	Kholit	3	38
3rd	Khaled Reda Assem	Backus	1	32,5
4th	Karim Habashy	Celine	3	31,5
5th	Col.\ Mostafa Essam Basim	Galant	2	27
6th	Sameh Hisham Hattab	Novair		25
7th	Ahmed Hussein Labib	Ascale	1	23,5
8th	Khaled Mohamed Ali	Jaguar Voltair	2	21
9th	Gen.\ Ahmed El Sawaf	Touch Wood/2	2	19
10th	Adham Kabary Hamad	Panda		15,25

Grade C (Federation Shows)				
Position	Rider	Horse	# of Clears	Points
1st	Hadi Samy Gabr	Zialot	6	43
2nd	Osama Salah Metwali	Sherifa Hanem	2	29
3rd	Yehia Wagih Attalla	Miss Dazy	3	28,95
4th	Mohamed Soliman El Wakil	Body Gard/2	2	27
5th	Osama Salah Metwali	Juliet	3	25,5
6th	Col.\ Amr Ahmed Magdy	Amadia	2	24,5
7th	Morad Assem Kamel	Engy	2	23
8th	Mohamed Osmo Metwali	Habiba/3		20
9th	Lit\ Yasser Mohamed Assar	Harco		19
10th	Mohamed Hassan Hemida	Giranamo		18,5

Grade D (Federation Shows)				
Position	Rider	Horse	# of Clears	Points
1st	Alaa Maisara Habashy	Gaksy		20,624
2nd	Mohamed Mahmoud Khater	Klashinkoof		19,208
3rd	Mohamed Hussein Shemis	Rebsos		17,284
4th	Nahla Ahmed El Sawaf	Barbie Girl		16,86
5th	Hisham Ali Sadek	Flying Dutch		16,082
6th	Liet\ Ahmed Said	Mahzooz		11,666
7th	Lit.Col\ Mohamed Ali Moselhy	Everest		11,458
8th	Lit\ Yasser Mohamed Assar	Flash		11,118
9th	May Mahmoud El Kheshin	Scarlit		9,916
10th	Lit\ Ahmed Said	Kany		9,666

THE CONNECTION

By AMINA KHALIFA

Why?? How?? What??.....RIDERS ARE CONSTANTLY WONDERING, THEY HAVE A LOT OF QUESTIONS FOR WHICH THEY NEED ANSWERS . BUT DO THEY LITERALLY ASK THESE QUESTIONS? AND DO THEY GET ANSWERS? THE CONNECTION WILL BE OUR REGULAR CHANNEL TO GET THESE ANSWERS. SO INSTEAD OF LISTENING TO RUMORS WRITE DOWN YOUR QUESTIONS AND WE'LL TRY TO HELP.

Will the FEE include senior riders in the summer camp this year?

Gen. Saad Khalifa : The FEE actually included some senior riders last year , but they had other obligations to attend to. This year "In shaa Allah" we will try to make the camp somewhere else in Europe where Juniors could get good training and seniors could be able to participate in CSI competitions that will give them good exposure and hopefully credits for the Olympics.

What is the Federation Training Center? Who pays for it ?And who is allowed to join it?

Eng. Abel Fatal Ragab : The Ministry of Youth and Sport is preparing professional training centers to

near the stadium for training their national teams. Since our Olympic Equestrian center is still not ready we have taken a temporary place in Shams club. Riders joining in have to be selected by the technical committee. Riders have to pay for the boarding & feeding of their horses as well as their grooms. The Federation offers them training by the trainer of the national team.

How do we calculate points for federation and club competitions?

Dr. Ahmed Shawki: Points for senior riders in Federation competitions are given as follows:

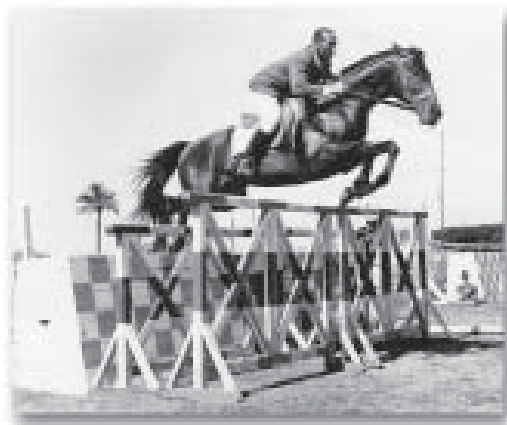
1st:12pts., 2nd:9pts., 3rd:8pts. , 4th:7pts.
5th:6pts., 6th:5pts., 7th:4pts., 8th:3pts.
9th:2pts. 10th:1pt.

In case of a number of equal positions the points of the position and the following ones are added and divided by the number of equal winners.

In club competitions winners are given points according to the level of these competitions and the points are then added to the Federation competition points for their qualifications.

A- Winners of 1m. from 4th grade, 110cm. from 3rd grade & 120 cm from 2nd grade are given 6, 4.5, 4, 3.5, 3, 2.5, 2, 1.5, 1, 0.5pts. (Which is half the federation points)
B-Winners of 1m. from 3rd grade, 110cm. from 2nd grade & 120cm. from 1st Grade are given 3, 2.25, 2, 1.75, 1.5, 1.25, 1, 0.75, 0.25pts. (Which is a quarter of the federation points)

Evergreen



With a name that rings bells everywhere, coupled with fame and recognition, **Kabbary Hammad** is considered a turning point in the history of Egyptian show jumping. Sima Fares met up with him.

This was no ordinary interview. Everyone in Smouha was expecting his arrival and waited eagerly for him. He arrived soon enough well wrapped up in a long woolen coat, beret, scarf and all. Some chairs and a table were set up for him in his favorite place, a sunny area overlooking the stables and riding arena, and it was there we were made to sit. After a brief introduction and some drinks, Hammad lit up his first cigarette, gazed into the blaring sun and began recalling his legendary past.

When Agami was still a secluded desert area, overlooking the sea, 7 year old Hammad would rent horses and take them to the beach to gallop on the warm sands for hours. For nearly two years Hammad continued to spend his time that way, never once taking riding seriously. Then one day, he noticed a French man training riders in Smouha Club. Curious, more than interested, to find out what was happening, Hammad asked to join in. It took a mere 15 days of riding before the French trainer predicted a fruitful riding career for him. From then on, Hammad trained religiously and rode his way to fame.

He posed for a moment and sipped his tea, before lighting yet another cigarette in his chain smoking sequence. He asked for his pictures to be brought and within minutes the table was spread with photos of Hammad on different horses at various international competitions. Spoilt for choice, I gathered a couple of snapshots and waited for him to resume talking.

Dates of events and names of people and horses were all swimming in his head. There were so many of them along his course of life that keeping track of everything seemed like an impossible task.

Of his favorite horses, Hammad preferred two. Mishmish, a white Arabian horse and Artos, a German gelding. He won many medals with both horses.

Hammad looked on eagerly at some rider having difficulty with his horse but did not comment. He let out the last puffs of smoke from his mouth, shook his head, smiled and continued talking.

Difficulties and hardships came hand in hand with his success, but that never let him give up. An obstinate character by nature, Hammad made sure never to surrender to any problems he faced along the way. Once when he was competing with Artos, the rein got cut and slipped through his fingers; Hammad insisted on continuing by guiding Artos over the fences with his body and voice. Hammad won first place that day. Certain moments have always lingered on in Hammad's memory: In the first show jumping competition after the monarchy years, President Mohamed Naguib personally delivered to Hammad the trophy for first prize.

Contrary to the common belief, Hammad is a gentle, kind and caring person. He was a tough trainer on himself, his sons as well as others and a true believer of strict instruction. Nevertheless, he achieved worldwide recognition and his name only begins to tell the legend of an Egyptian show jumper.



*Hammad with top international riders of his time
From right : Nelson Pessoa, H.G Winkler, Alwyn Schockemohle and Hammad*

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