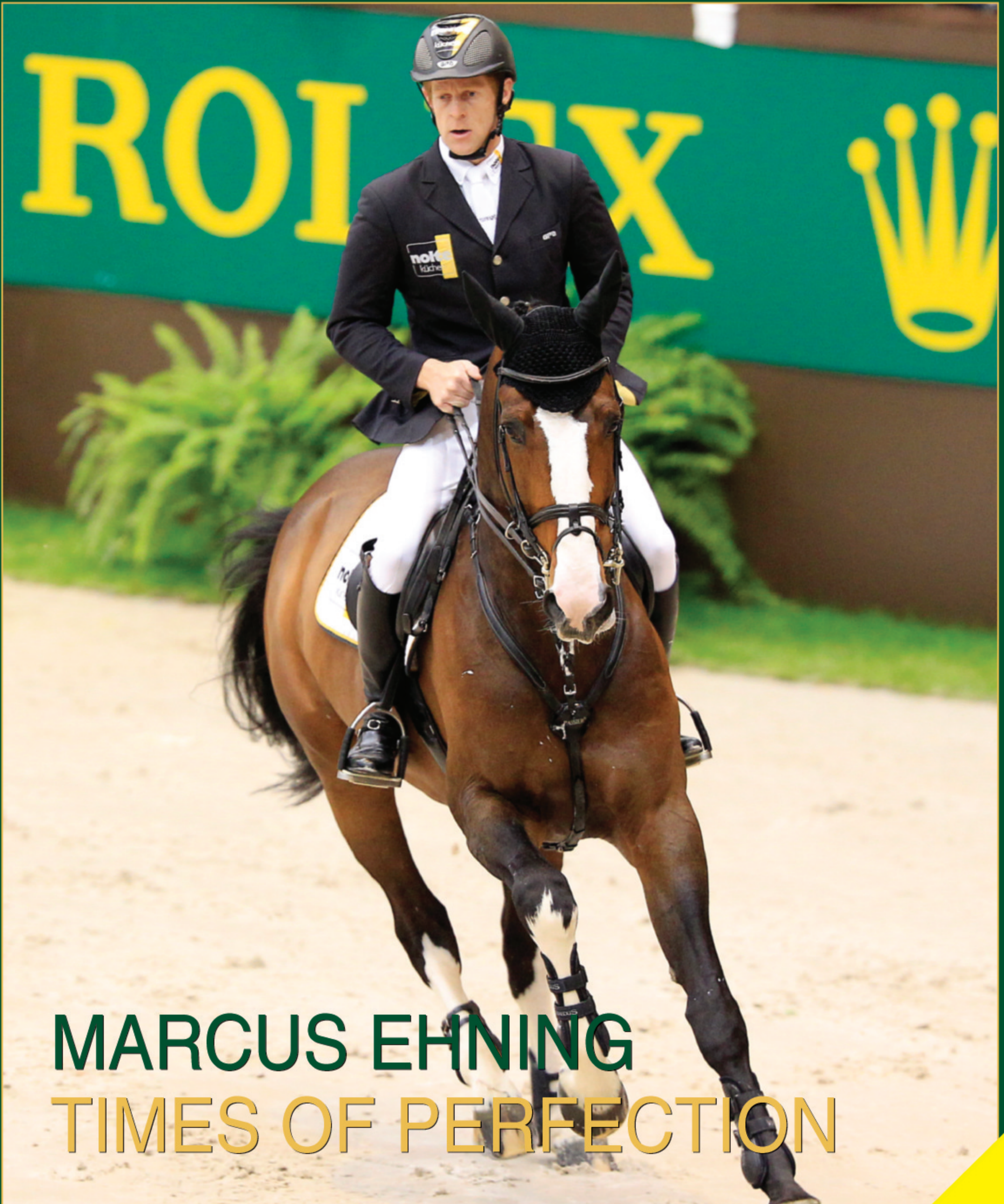


# HORSE TIMES



no. **32**  
Summer '10

EGYPT'S OFFICIAL EQUESTRIAN MAGAZINE



## MARCUS EHNING TIMES OF PERFECTION

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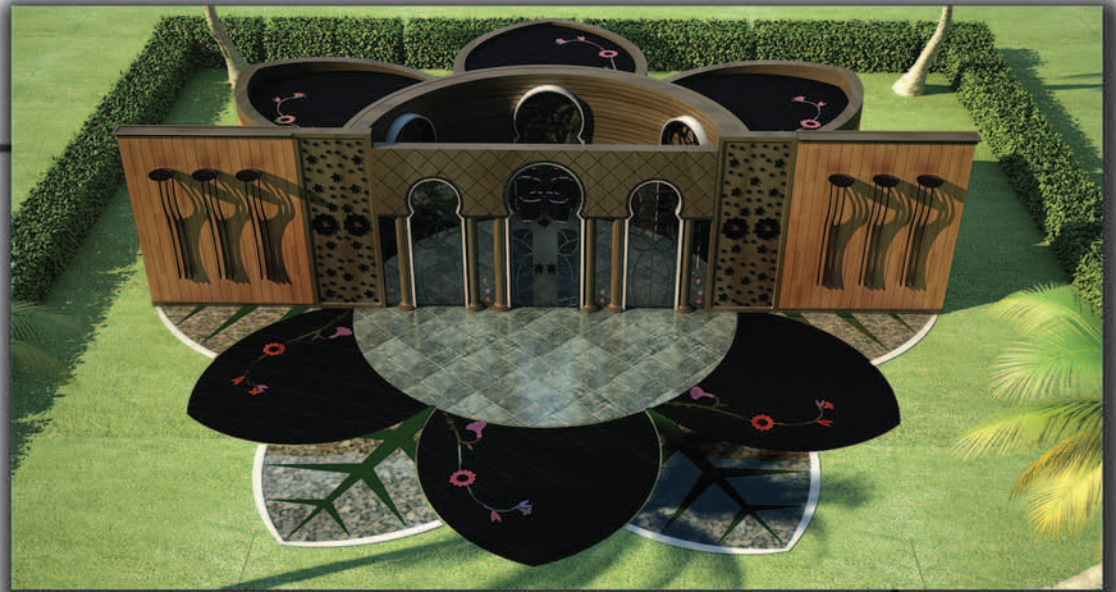
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# VIEW POINT

## FROM THE CHAIRMAN



Dear readers,

Again we meet! With a lot of inspiration and motivation, this issue will thrill you with its content.

Marcus Ehning three times a World Champion...my God what determination. If you want to know more, go through our interview with this great talent. On the same note, many thanks to our long time friend and great photographer Jacques Toffi for always presenting Horse Times with stunning images.

Read about the role of the FEI becoming more vivid exponentially with their Secretary General Mr. Alex McLin speaking to Horse Times about where the governing body of equestrian sport stands regarding some critical issues.

The National Egyptian Championships with Karta and Alaa Mayssara winning and celebrating their ninth anniversary brings forward a resilient partnership between two mates. Ben Maher, Britain's number one at a young age is a composed and calculated rider with great future plans bought to us by Horse & Hound.

The Global Champions Tour in Spain with results and the Toscana Tour in Italy by Cymon Taylor, another talented photographer, give us pieces from world class events. The fiery chariots and their role in the ancient Egyptian army remind us about historical events and how horses will continue to remain an integral part of our culture and civilisation.

Books about Egyptian Arabian horses and their authors is another addition to Egyptian culture and accomplishments; Dr. Nasr Marei with his passion for photography and Mr. Philippe Paraskevas with his thoughts on how to preserve a national treasure.

Ibrahim Sami and Mohamed El Gayar, two of our talented Egyptian riders, give us a mélange of fun and hard work. Shafer Khalifa at 60 years of age but full with thrill and throttle, wins an Arabian horse race.

More with Therapeutic Riding and its importance, Art exposures, and finally Training and Medical tips to finish off our summer issue 32.

Read on and enjoy.

Sincerely,

**Khaled Assem**  
Chairman

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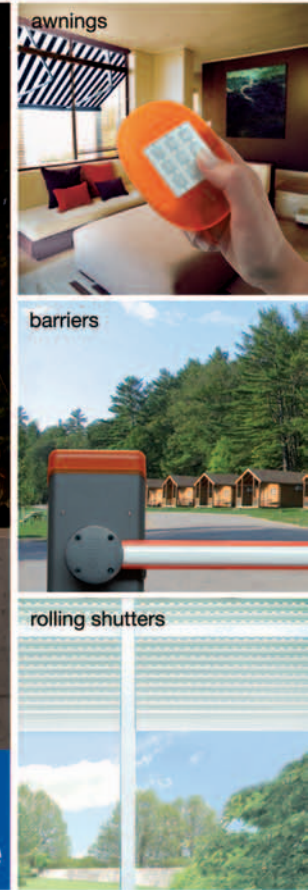
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*Johannes & Marcus Ehning at Sportferde Ehning*





# MARCUS EHNING

# TIMES OF PERFECTION

By Nada H. Abdelmoniem

**MIGHTY GERMAN MARCUS EHNING CELEBRATED HIS 36<sup>TH</sup> BIRTHDAY ON APRIL 19<sup>TH</sup> ALONG WITH WINNING THE 2010 ROLEX FEI WORLD CUP AND BEING CROWNED JUMPING CHAMPION FOR THE THIRD CONSECUTIVE YEAR. IN THE PALEXPO ARENA IN GENEVA, SWITZERLAND, HE KEPT THE COOLEST HEAD DESPITE AN EARLY MISTAKE AND WON THROUGH WHEN THOSE AHEAD OF HIM FALTERED. AFTER WINNING A FEW ROLEX WATCHES, THE TIMES OF PERFECTION ROLL THE RED CARPET FOR THE CHAMPION WHO UNDOUBTEDLY WILL NOT CEASE KEEPING HIS NAME IN HISTORY BOOKS.**



© Jacques Toffi

Ehning, a very observant, tranquil and composed individual, also considered by many to be the greatest show jumping rider ever, and christened by many as the “German Gun”, makes winning seem exceptionally effortless when unquestionably it requires the hardest endeavours. So! How does the Olympic champion continue on staying on the top? Here is a Horse Times exclusive Q & A interview with Ehning on show jumping, his success, along with all what comes in between.

**What can you tell us about your family?**

I started to ride when I was about six or seven years old; I started with ponies and competed in pony classes although did not always have the fastest ponies! Not the fastest, but indeed fast enough to help me try winning the style classes. During that phase, I was German Champion and twice won the gold medal as a team member at the European Championships.

I was born second in a family of five who all share a passion for horses. My older sister Kirsten rides in her free time and my younger sister Karina has been my

stable manager for a very long time and still enjoys taking care of the stables. My third sister Conny also visits often and rides occasionally. The youngest family member happens to be my brother Johannes, who also competes internationally. I am married and a father to an almost one year old daughter Yula. I live with my family close to the stables and try to spend as much time as possible with them.

**From previous events we see of you, we realise the tremendous development in your riding technique; how did that come about and who were the influential coaches that led to this difference?**

I have always tried to watch as many good riders as I can. In the beginning I took classes in our local riding club and any trainer I had always paid attention to good dressage work. During pony riding times, my trainer was Lutz Merkel and when I started to compete as a junior, my

trainer was Fritz Ligges. In all the years to follow, I have developed my own style, but even to this day I watch riders and try and see what they do - and if it is effective I try to do it as well.

**You are a world class rider; how do you manage to stay on top of the rankings?**

I am very lucky that to have a few horses that I can ride in big classes. Consequently I can ride in many competitions and still give my Grand Prix horses the rest they need. To be consistently in the Top 10 in the world takes a lot of planning, a lot of travelling, very good horses, good sponsors and a very good team at home.

**Do you think that mental toughness has to do with staying on top?**

Mental toughness is a requirement for anyone who competes at the top level in any sport. I think that it is important to concentrate on your horse and on the course that is ahead of you. Your horse

needs to be well schooled and responsive to the aids as to be able to jump the very technical courses of today.

**Do you recommend any type of mental training to maintain mental sharpness and toughness?**

All I can say is that the experiences I have acquired over the years are what help me more than anything else.

**Which wins and horses were the closest to your heart?**

The gold medal at the Sydney Olympics is at the top of this list. The three World Cup wins are certainly also among that list. Winning the Grand Prix of Aachen is something every rider dreams of; I was very happy when I won it with the only nine year old mare Noltes Küchengirl.

**Which sponsors made a learning point in your career, and who are your most important sponsors today?**



▲ Riding Plot Blue during the 2010 WC Final, Ehning believes that one's horse needs to be well schooled and responsive to the aids as to be able to jump very technical courses

*Sandro Boy Ehning chooses careful horses that have scope, but most importantly horses that have plenty of "heart"*




Early on, a friend of the family helped us with the horses, and he is still part-owner of 'Anka' and 'Fiona' to this day. Over the years more sponsors have come on board. Sony Ericsson was my main sponsor for many years. Now I have the Nolte Company as my main Sponsor as well as Passier, Veredus, Königs, GPA and Pavo.

**How do you choose a good/suitable horse for yourself? What attracts you to a specific horse?**

That is different from horse to horse. I have had many different types of horses that were successful in the past. They need to be careful and have scope but most importantly is the "heart" or behaviour of the horse. What they all need to have is ultimately the willingness to jump. My brother and I have young horses in the stables at home, and horses with those attributes are the ones that we keep. I try to improve them and let them grow with the sport.

**What drives you to keep on winning?**

I try to ride every round the best way I can. I want to give the horses a good experience and also push them to get better. Every horse has their own long-term plan and I enjoy the process. Winning is the ultimate reward for my work with the horses. 



# PERISCOPE ON THE FEI

By Khaled Assem

***“THE PRIMARY MISSION OF THE FEI IS TO ADVANCE THE ORDERLY GROWTH OF EQUESTRIAN SPORT WORLDWIDE BY PROMOTING, REGULATING AND ADMINISTERING HUMANE AND SPORTSMANLIKE INTERNATIONAL COMPETITION IN THE TRADITIONAL EQUESTRIAN DISCIPLINES.”***

## ***FEI MISSION STATEMENT***

EQUESTRIAN SPORT IS PERFORMED IN UNION WITH AN OUTSTANDING AMBASSADOR OF NATURE AND THE ANIMAL WORLD; THE HORSE. THE FÉDÉRATION EQUESTRE INTERNATIONALE (FEI) IS THE SOLE CONTROLLING AUTHORITY FOR ALL INTERNATIONAL HORSE EVENTS IN DRESSAGE, PARA EQUESTRIAN DRESSAGE, JUMPING, EVENTING, DRIVING, PARA EQUESTRIAN DRIVING, ENDURANCE, VAULTING AND REINING. IT IS AN UMBRELLA ORGANISATION THAT WORKS IN CONJUNCTION WITH THE NATIONAL FEDERATIONS OF EACH MEMBER COUNTRY TO REGULATE AND GOVERN THE EQUESTRIAN DISCIPLINES NAMED ABOVE.



▲ The FEI's Clean Sport workshop during the FEI General Assembly in Copenhagen, November 2009

**IN RECENT YEARS, THE FEI HAS BEEN UNDER SCRUTINY AND CONTROVERSIES HAVE GROWN OVER DRESSAGE JUDGING, DOPING, AND RUMOURS OF THE POSSIBLE REMOVAL OF THE SPORT FROM THE OLYMPIC GAMES. ACCORDINGLY, HOW HAS THE GOVERNING BODY OF EQUESTRIAN SPORT TONED DOWN THE TALKS AND HOW HAS IT WORKED ON DEVELOPING IT FURTHER? HORSE TIMES CONDUCTS AN INTERVIEW WITH THE SECRETARY GENERAL OF THE FEI MR. ALEX MCLIN THROUGH WHICH HE AMPLY ANSWERS MANY QUERIES ON WHERE SEVERAL ISSUES STAND.**

**Please provide our readers with a briefing on the developments of the FEI in regards to coaching programmes, clinics and judging seminars?**

Among other programmes, the FEI has developed a system of education for coaches (oriented towards competitions) based on providing courses for coaches under the direction of appointed FEI tutors who initiate the system in developing regions. The tool was created to help developing National Federations to become self sufficient in organising their own coach education structure. Currently, the FEI has educated no less than 1,100 coaches in jumping, eventing and dressage from 76 National Federations in regions such as South/Central America, the Caribbean, Africa, Central Europe and Asia. The Coach Education Programme also includes workshops and scholarships for coaches, in addition to assistance towards the development of National Federations' sports structures. This Coach Education System is closely linked to

the FEI World Jumping and Dressage Challenges, the objective of which is to provide less experienced jumping riders from developing/emerging National Federations on all five continents with an opportunity to compete at FEI level without having to leave their own countries.

The FEI is also standardising the education of officials across all disciplines in order to harmonise the transition from national level to international level. Only active officials will remain on the FEI list, with a system of refresher seminars set up for all FEI officials, including Veterinarians, which is separate to the qualification courses. Inactive officials or those that have not completed the required refreshers courses will be taken off the list. Furthermore, following a recommendation from the Stevens Commission, a Stewards' education system has also been developed and is now being implemented as part of an internationally harmonised system that links the national and international levels. A similar education programme

will also be put in place for Veterinarians.

### **How has the FEI been dealing with the issue of doping?**

The last year has been about ensuring that all necessary measures are in place to make sure the sport is clean, competition is fair and that the competing horses are safe. The FEI's Clean Sport Campaign has involved a revision of the rules and the production of a list of prohibited substances that makes a clear distinction between doping and medication, with strict sanctions for doping in line with the World Anti-Doping Code. An Equestrian Community Integrity Unit has also been set up to safeguard the integrity of equestrian sport and we are also working on professionalising the sport over time. The FEI has been greatly assisted in this task by Professor Arne Ljungqvist, Chairman of the IOC Medical Commission and Vice-Chairman of the World Anti-Doping Agency (WADA), as well as Lord John Stevens, former London Metropolitan Police Commissioner.

The specific measures taken by the FEI, which go into accreditation protocols, searchable drug databases and the like are too numerous to list here, but can all be found on our dedicated website, [www.feicleansport.org](http://www.feicleansport.org), which provides all the information that anyone involved in equestrian sport needs to know, including a number of tools to stay informed. Perhaps the greatest difference between

our recent efforts to prevent doping and previous initiatives is the much greater focus on education and communication, leaving little room for anyone to state that they simply didn't know what they should or should not have done.

### **Following the 2008 Olympics, there were reports mentioning the removal of equestrian sport from the upcoming London Games; what is it that everyone needs to know?**

The FEI Olympic disciplines of Jumping, Dressage and Eventing are very much part of the Olympic programme and there is no question of them not being part of the next two editions of the Olympic Games. The IOC rightly reviews the sports on the Olympic programme on a regular basis to ensure that the sports that are part of the Olympic Games deserve to be – namely that they meet certain criteria including universality and appeal. The London Olympics will mark the 100th anniversary of regular inclusion of the three current Olympic equestrian disciplines in the Games, and historical significance and longevity also play a part in the IOC's evaluation process.

That said, it is our belief and approach that being a part of the Olympic programme is a privilege rather than a right, and that we must

ensure that equestrian sport continues to develop in line with Olympic ideals and principles so that its place in the Olympics continues to be assured and can develop in prominence. The positioning of equestrian events in London's Greenwich Park in 2012 will ensure that the sport is very much at the heart of the Games. However, the FEI approach to global development of the sport seeks to ensure that opportunities to participate, compete and rise to prominence within the sport exist, regardless of geographic or socio-demographic constraints. This is and will continue to be an ongoing effort in which we seek to work together with our member National Federations at national and regional levels.

### **Where does the FEI stand in regards to dressage and its controversies?**

The Dressage Task Force presented its report to the FEI General Assembly in November 2009 and it was very well received. A number of improvements were suggested to the judging model, and we are now in the process of piloting all these changes during 2010. The changes will be implemented full scale from 2011. A new education and assessment programme for judges is coming into force on July 1st this year, with an emphasis on strengthening the quality of judging. Dressage judging will always have subjective elements, but we believe that these efforts will bring many of the controversies to an end. (The Dressage Task Force report is available at [http://www.fei.org/sites/default/files/file/DI\\_SCIPLINES/DRESSAGE/Technical\\_Info/FEI%20DTF%20report%2016%20October\\_final.pdf](http://www.fei.org/sites/default/files/file/DI_SCIPLINES/DRESSAGE/Technical_Info/FEI%20DTF%20report%2016%20October_final.pdf)). A new Dressage committee was appointed six months ago, and its main objective now is to implement the conclusions from the Task Force.

There has been considerable debate on warm-up methods over the past number of months and the FEI has now implemented new and expanded manuals to clearly define what is permitted and what is not. This came into force on May 15th 2010, and so far we have had a considerable amount of positive feedback from the media, spectators and from inside the sport.

▼ FEI President HRH Princess Haya bint Al Hussein addressing the 78th OIE (World Organisation for Animal Health) General Assembly in Paris, May 2010



**Many comments, reports and controversies concerning dressage judging were heard from dressage enthusiasts; as such, has the FEI taken any measures to work on the vision of making "dressage judging" better as to tone down the controversies as a whole? Especially since plenty of developments are seen in show jumping?**

The FEI is taking a number of measures to standardise the level of judging for dressage. One of these is the introduction this year of a completely new education and assessment system for the dressage judges with the main goal being to increase the quality of the judging. We have a lot of developments in all our disciplines and, at present, dressage is going through more changes than ever before. We also feel that the judges are very open to any improvements and are keen to participate actively in the actual testing of new ideas.

**Dressage as an official Arab League World Cup discipline is not large in the Middle East yet, although enthusiasts are working on it. Is the FEI working on developing the vision of Middle Eastern dressage enthusiasts closer?**

The FEI is constantly working on closing the gap between the most advanced nations and the rest of the world, and we are happy to see that the interest in dressage is growing in the Middle East. When we develop new concepts, whether they are for judges, events or for series, we are always looking at ways that allow us to bring new countries into the sport.

**A new FEI publication has been launched; FEI FOCUS. How does this add to the FEI's investment in the sport?**

The role of an international sports governing body is multi-faceted and is sometimes criticised as, at best, technical, and at worst, bureaucratic. Regardless of perception, what we really are all about is promoting and supporting the sport, ensuring that it and its values can grow and flourish. Vehicles such as FEI Focus and the FEI Year of Youth are about ensuring that our organisation, which only exists as a result of the roles and responsibilities the sport's stakeholders have entrusted us with (whether athletes, organisers, volunteers or National Federations) remains relevant and connected with our mission in a way that is tangible to those who want or need to know. FEI Focus is therefore a less technical

publication than the Bulletin that the FEI published in the past, and seeks to promote the various aspects of the sport in a manner that is both accessible and relevant.

**Is there anything you would like to add?**

To me the role of International Federations is unique in that they benefit, through a democratic process, from a tremendous amount of autonomy to govern their sports. This is a privilege, and with it comes a great deal of responsibility – responsibility to ensure the growth of the sport by finding the right balance of commercial promotion and respect for the sport's traditions and responsibility to ensure that the organisation is run according to the best professional standards of integrity and transparency, while ensuring and promoting the ongoing participation of volunteers, without whom the sport could not exist. I'm happy to say that the FEI team is very conscious of its need to serve the sport to the best of its ability, just like any athlete seeks to do his or her best in the arena. We will continue to do so in order to be deserving of the trust that the sport places in us. The success of the sport globally is our ultimate reward. 

▼ A session at the FEI General Assembly in Copenhagen, 2009







*FEI President HRH Princess Haya Al Hussein & FEI Secretary General Alex McLin*



# ALAA MAYSSARA I HAVE THE OLDEST & THE GREATEST

By Nada H. Abdelmoniem

KING'S RANCH IN ALEXANDRIA ORGANISED AND HOSTED THE 2010 NATIONAL EGYPTIAN SHOW JUMPING CHAMPIONSHIP WITH THE POLICE SPORTS UNION'S ENG.

ALAA MAYSSARA RIDING KARTA AND CLAIMING THE TITLE OF THE A1 CLASS. FOLLOWED BY DR. SAMEH HATTAB AT SECOND, AHMED ALAA RAGAB AT THIRD AND DR.

SAMEH EL DAHAN AT FOURTH - THE FINAL ROUND OF THE COMPETITION SAW MAYSSARA LEADING AFTER A CLEAR ROUND, EXCEPT ALL WAS DEPENDING ON WHETHER HIS FRIEND AND FELLOW RIDER HATTAB CLEARS OR NOT. WITH TWO

FENCES DOWN BY HATTAB, THE WIN WENT TO THRILLED MAYSSARA WHEN RESPECTIVELY AND DESERVINGLY HE GENERATED COUNTLESS AND POSITIVE COMMENTS BY COMING UP WITH THE LINE, "I HAVE THE OLDEST AND THE GREATEST."



The 2010 National Egyptian Champion Mayssara, a horse-aholic in his own right, calls Karta his second wife, with his wife calling Karta her rival! When the first Mrs. Noha Abdel Zaher was asked on how she manages to keep up with being present at all competitions Mayssara and Karta compete at, and how she deals with her husband's absence given the continuous training, she answered, "This is an off-limits topic that I don't discuss with him. This is his love and I love that."

Karta, an 18 year old mare ridden by Mayssara for the past nine years is familiar to many Arab riders. He cited that upon his annual arrival to compete at CSI (4\*) Syria, the first question asked by fellow riders is, "How is Karta?!" Among all the troubles they faced in previous years, and with the mare putting extra years on her back, pressure from peers and friends did not impede Mayssara from believing in her. "My father taught me

that the more life pushes you down, the more you have to aim higher and fight harder to achieve results. I had two very tough experiences in 2009; my father's passing away and being prevented from riding the whole season. During that time, my father allowed me to relocate to Holland to be based there in order to continue with my career. I worked very hard however upon his loss, I relocated back to Egypt to manage our family business. Discontinuing my riding and my father's passing made me insatiable to work harder seeing that he had the greatest impact on me as an individual and a rider. Still, he is very much involved in my life; in my thoughts, in how I should work hard, and in my wishes for future success. My riding and my training hard comes to me as passion and a career; I manage part of my family business and I ride all the time, but I never sit at home thinking about work as much as I think about horses!"

What is the secret behind Karta's pleasing

**"THEY SAY THIS MARE WOULD NOT GET ALONG WITH ANYONE ELSE. I LIKE THIS SAYING; I WOULDN'T WANT TO SEE MY WIFE WITH ANOTHER MAN!"**

▼ *Mayssara & Karta during CSI\*\*\*\* Syria 2010*





▲ *Mischievous Adam demands to be with his father during the prize ceremony*

win this season? “Naturally, I plan my season according to my horses. I have five: Karta, Levantos at 11 years old, Hitch at six, then young Welono and Animo. During the Championship, I rode Karta in the Top A1 and Levantos in the A2 Class with Karta winning in the former and Levantos coming third in the latter. For the C Class, I was not expecting much from the other two horses as they are still inexperienced, but simply wanted to prepare them for next season. We all did very well since we were placed between first and fourth. Planning is hard especially with Karta as she tells me what to do and never the other way around! As expected she has had many ups and downs, but I truly believe I can depend on her; she is such a great mare that taught me plenty, some of which is how to understand and manage her character, how to be patient, and how to be brave. She looks simple and pretty, but she is more complicated

than what she seems. They say this mare would not get along with anyone else.....and I like this saying; I wouldn't want to see my wife with another man!”

On their way to the Arab League's CSI (4\*) Syria this year, Karta was hit during travel however the couple were still placed throughout the whole event and came in seventh during the Grand Prix. Since they were already qualified for the Egyptian finals before heading to Syria, Mayssara jumped Karta in only one of two Egyptian Championship qualifying events. He mentioned that he was very careful with their training, “Everybody tells me she is old and that she has to be ridden only three days a week, but she has her own way of doing things...she has to work out like we all do. I believe that horses just like the elderly need to work out and stay fit. We are athletes; we need to concentrate and relax. At some stage of my training, I completely isolated myself from my mischievous son Adam

and my wife, and I also had some sort of belief that I was going to prevail.

On winning, Mayssara emotionally concluded, “It's an entirely special win this year given that 60% of my happiness is usually composed when my father sees me succeed...I do not have that now. I am very happy of course, but this win goes to him, not me.”

Karta has much mileage and wins on her account. Locally, out of nine competing seasons, she has jumped six in which she was placed either first or second in the Top A1 and C1 Classes over several seasons. Internationally, Karta has won seven Grand Prixes in CSI (4\*) Syria, Faqra in Lebanon, CSI Abu Dhabi, Balbona in Hungary, Arab League Alexandria, Nations Cup of Latakia in Syria, the Police Grand Prix, and competed in the Olympic qualifier in Aachen. 🏆

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BEN MAHER  
A MAN WITH A  
MASTERPLAN



*Ben with his wife of six months, Kathleen, who he met at Hickstead, at their Hertfordshire home*



**THE LAST TIME H&H VISITED BEN MAHER HE WAS A FRESH-FACED 22-YEAR-OLD, PROPELLED INTO THE SPOTLIGHT BY THE RARE FEAT OF WINNING THE HICKSTEAD DERBY AND SPEED DERBY IN THE SAME YEAR. THE HEADLINE TO ACCOMPANY THAT INTERVIEW READ "HE'LL BE ONE OF THE WORLD'S BEST".**

That prophecy was spot on. Five years later, the now 27-year-old is British number one, has become the first British rider since John Whitaker in 2008 to enter the world top 10 and he has represented his country at the Olympics. Ben is newly married and greets us at his plush yard in Hertfordshire — home to the phenomenal trio of Robin Hood W, Wonderboy III and the newly acquired Toklund, as well as a pool of talented young wannabes, including 2012 prospect Triple X.

But it's been far from plain sailing for this reluctant celebrity in the intervening years: 2008 was Ben's *annus horribilis* — he lost the ride on Rolette, his "horse of a lifetime", shortly after a heartbreaking result at the Olympics in Hong Kong and all the while a dispute with a former groom was rumbling through the courts.

All charges against Ben and his then

fiancée Kathleen were dropped but all this could have been enough to fell most riders. But, as becomes apparent from chatting to Ben, and to those who know him, he is Mr. Positivity and his friendly exterior masks a competitive streak that has taken him to the very top of his game.

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**IF AT FIRST YOU DON'T SUCCEED:**

---

This precision and will to win manifested itself from an early age. Ben may have been born with a silver spoon in his mouth — his father Richard is a property developer — but he certainly wasn't born in the saddle. His mother rode as a hobby and Ben, as most children do, was given a leg-up on a naughty Shetland around the age of five. He soon joined the Pony Club and "had a go at everything", although there was little indication they had a future Olympic show jumper in their midst. "I literally fell off everytime," laughs Ben. "But even at that stage, I remember practising for two days before a cross-country. On the day, I fell off and my pony ran away, but there was already something in me at that point."

As the size and ability of the ponies grew, so did Ben's fervour for the coloured obstacles. With it came help from former international rider Steven Smith, brother of Robert and son of

Harvey, and Ben got lucky with an old pony called Dusty Boy who took him to two pony European team gold medals. "He had been everywhere and was very good for me," says Ben of the prolific dun. A talented pony always helps, but Ben's natural horsemanship shone through, as H&H reported from Hartpury in 1997: "The baby of the squad, 14-year-old full-back Ben Maher was reminiscent of his idol John Whitaker when producing a terrific clear on Dusty Boy." While riding took centre stage, school became even more of the chore. Ben's bags were already packed when he finished his final exam at the age of 16 and he was taken under the albatross-sized wing of Liz and Ted Edgar. "Not being horsey, my parents were advised at that time to send me somewhere to serve an apprenticeship," says Ben. "I don't know whose idea it was, but I have to thank them for it!"

After two years in Warwickshire, Ben was keen to be pushed out of his comfort zone and was offered a two-week stay with Olympic silver medallist Beat Mandli in Switzerland. A fortnight turned into a full-time job where Ben thrived on the long hours and hard graft. "If I look back now it was the hardest work, but I learned everything," he



says. "Beat is an unbelievable horseman. It was very structured, but I base what I do here now on that system."

It was Ben's equivalent of further education — the Beat Mandli school of horsemanship, competition and life. "If I hadn't gone to Beat, I do wonder whether I would have ended up in this position," ponders Ben over his glass of orange juice. "I had no pressures, no bills and no problems. I just did whatever was on my list to do that day."

### OUT OF THE SHADOWS:

But all good things must come to an end and when Beat found a new sponsor and moved away, the 18-year-old returned to England. As many young riders find when they take the first tentative steps on their own, it can be overwhelming. Ben is the first to admit that he struggled. "I'd worked long hours and not had many days off while I was over there — which didn't faze me at all. But after a year and a half it took its toll. When I came home I was told I didn't look very well!" he says. "I had no good horses and had been looked after for so long that I didn't know where to start."

Fate once again lent a hand and South African-born David McPherson stepped in to help Ben "do his own thing", then within a couple of years he was again training with Steven Smith. And before you know it, we're back at Hickstead in 2005 with 22-year-old Ben lifting the coveted Boomerang Trophy. Was it really that sudden? "It was a bit of a shock, but we went there very well prepared, thinking that we could do it, but to win both was quite a big thing," he says, with typical understatement, of the double on his father's horses Alfredo and Mercurius. "I won with Steven's help and it catapulted me out of young riders and into the bigger, wider world — I've never looked back."

Even at the age of 22, Ben recognised a business opportunity and used this "big break" to get the extra help he needed. Sponsors and owners came knocking — most notably Emma and Michael Phillips from Quanton Stud, with whom Ben is still heavily associated and who, four years on, he now considers close friends.



▲ Ben & Dusty Boy winning the first of two pony European team golds

### BEN MAHER TIMELINE

<b>1998:</b> wins second European pony team gold	<b>2004:</b> wins young rider European team gold	<b>2005:</b> wins Hickstead Derby and speed Derby	<b>2006:</b> Named best up and coming rider by BS	<b>2008:</b> Represents GB at Beijing Olympics	<b>2009:</b> In GB team at European championships	<b>2010:</b> Becomes number six in the world
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The biggest advantage of this turnaround in fortune was that Ben could afford to be more picky with his horsepower, but it took trial and error.

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#### **SHE CHANGED MY LIFE:**

---

And then it all clicked into place. Rolette. The mare who knocked the Maher globe off its axis and on to a whole new trajectory. “She changed my life,” says Ben simply.

Rolette was bought by Daniel Paul and arrived on Ben’s yard as a complete unknown. But within 10 months the pair were on the plane to Hong Kong to compete in the 2008 Olympics. “I still can’t believe how it happened,” says Ben, whose eyes light up as he talks about this incredible mare. “She had a fantastic brain and we were put together very well — my system and style of riding suited the way she wanted to be and that’s why we did so much so quickly.”

But this story has anything but a fairy-tale ending. The 2008 Olympics promised so much, but an injury-strewn three-man British team faced an uphill task for medals. Even more heartbreaking for Ben was that, having jumped immaculately through nearly every round, the individual medal-decider was one round too many for Rolette in the humidity and she left with an uncharacteristic 20 faults. “To this day, I’ve still haven’t

watched the video of the Olympics,” says Ben. “I had six or seven fences to jump and I would have had a medal — but it went down the drain. I’m a big believer that you’ve got to take your chances while you can and I genuinely thought that was my time for a medal. Deep down, I was gutted for a very long time.”

And just when Ben thought it couldn’t get any worse, Rolette was sold to the USA for Irishman Shane Sweetnam to ride. Almost as quickly as she arrived, the heroine was gone. But while this exchange may not have worked out for all parties — “the people know we’re here if they need help,” says Ben graciously — Ben is never one to dwell on what might have been. “She had to move on for whatever reason, but the wave of Rolette has pushed my ranking and confidence — and my belief in things in general,” he explains, with a glass half-full clarity. “Everybody’s dream is to ride in the Olympics and she gave me that. I’m still benefiting from her. Everything I’ve got here is down to that horse — hence the fact she’s got pride of place up there (pointing to a huge picture hanging on the wall). I don’t believe in too much luck, but she’s the one that put us on the map.”

Has Ben had his fingers burnt by the loss? “I am lucky with my owners — honesty is the best thing,” he says. “If

somebody says ‘I need to sell because I need the money’ then I understand that. But it would be fantastic if an owner said here’s a big pool of money, we want to be world number one and win the Olympics.”

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#### **THE LEGEND OF ROBIN HOOD:**

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There was another reason for Ben’s continued optimism. Rolette may have left some mighty shoes to fill, but they were already being nailed on to an exciting gelding by the name of Robin Hood W, who has since proved a British team linchpin and exceptional World Cup horse.

We meet Robin in his “lucky stable” on the former stud farm that has been transformed into a multi-yard show jumping complex — one for the 15 or so trainees based with Ben and an American barn for his own horses, all surrounded by neat paddocks. There’s plenty of “work in progress”, but the changes are made under the watchful eye of another equine legend, Mill Reef, who is buried there. There is not a stray shaving in sight and the tackrooms are in neat working order — right down to the show bridles ready with all the buckles in the correct holes. “It’s not a show home though, this is a busy working yard,” he stresses. “I am hands-on — there’s always more to do on my list. We work hard — probably too hard!”



▲ "I genuinely thought that was my time for a medal": competing in the 2008 Olympics with Rolette

**BEN'S TOP 3:**



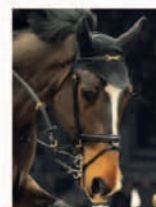
**ROBIN HOOD W**

12yo KWPN gelding by Animo, owned by Ben and Quainton Stud. "He's a bit of a bully — he's afraid of nothing at all and is quite strong willed."



**WONDERBOY III**

11yo BWP gelding by Flamenco De Semilly, owned by Ben and Quainton Stud. "He's very sensitive for such a huge horse. He was bought for the big things."



**TOKLUND**

10yo KWPN gelding by Oklund, owned by Rolette's former owner Daniel Paul. "He's very strong to ride!"

**"I DON'T LIKE PEOPLE ON THE YARD WHO AREN'T WINNERS BECAUSE THAT MENTALITY SEEPS INTO ME IN THE LONG RUN. I HATE NEGATIVITY"**

*Ben Maher, on his work ethic*

Ben's team are all young, loyal and committed — something that fits into his work ethic. "I don't like people on the yard who aren't winners because that mentality seeps into me in the long run," he says. "I hate negativity. I choose to work hard and, if people see you working hard, they work hard in return."

With the luxury of three top horses — Robin Hood W, Wonderboy III and Toklund, bought by Rolette's former owner Daniel Paul — no one horse is steamrollered by too many competitions. "I tend to go with horses that have big brains and big hearts," says Ben. "We do train hard but try to do everything right for them and they give us a bit back. If they've got good attitude, that always shows through in the end." **H&H**

**HT in association with H&H**

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▼ Like chalk & cheese: Ben with his stable stars, the "strong willed" Robin Hood W & "sensitive" Wonderboy III



**WHAT MAKES BEN SO GOOD?**

**Liz Edgar:** "I first watched Ben at the Royal when he was on Dusty Boy and admired the way he rode, his attitude and his mother was with him and he had such respect for her. That really caught my eye. He has everything a showjumper should have — he's natural and only the best riders have that. We've followed him all the way."



**Tim Stockdale:** "Ben's an all-round professional. His riding is top quality, even between the fences he gets it

spot on. He puts so much effort into getting the horses prepared and the job in-hand. He's a real worker."



**Emma Phillips:** "As well as being extremely talented, he's a perfectionist. He plans every round on every horse and if he makes a mistake in the ring, he'll go away and practise the line or the fence on different horses until he gets it right. He is a man with a masterplan."





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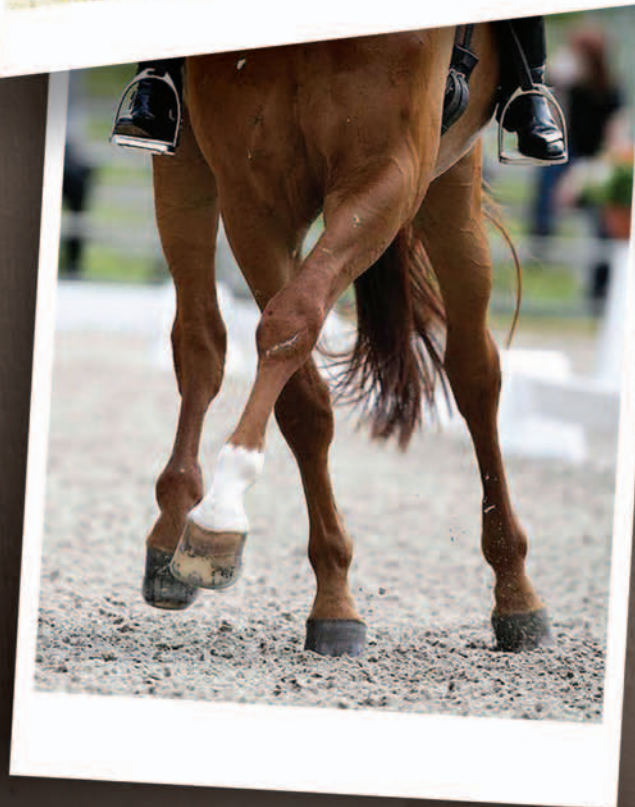
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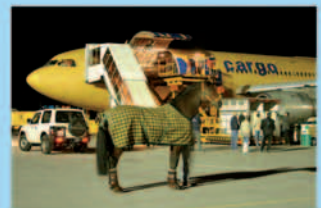
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# VIEW ON THE TOSCANA TOUR

By Cymon Taylor, *Italy*

ON CUE AFTER A LONG COLD ETERNAL WINTER, SPRING ROLLED INTO THE VAL DI CHIANA AS IF ORDERED EXCLUSIVELY FOR THE SIXTH ANNUAL TOSCANA TOUR. THE SECOND WEEK OF MARCH SAW THE LORRY PARKS AND BOXES FILL WITH DIFFERING BEASTS AT THE AREZZO EQUESTRIAN CENTRE WHICH SWUNG BACK INTO LIFE FOR A THRILLING MONTH OF VARIED COMPETITION.





The schedule included four consecutive CSI3\* with a tour for young horses and classes for every experience and ability: a Bronze tour with classes from 1.15 to 1.30m including Children and Juniors, a Silver tour from 1.30 to 1.40m, and a Gold tour for experienced riders, with classes from 1.30 to 1.50m. A long list of course designers captained by Frank Rothenberger, designed the courses of the Vasari, Dante and Boccaccio arenas with Rothenberger himself having the opportunity to demonstrate his ability by creating the courses of the last week of the show.

Early weekdays saw the young horse (5, 6 & 7 years) events and from Friday through till Sunday, Bronze, Silver and Gold tours held centre stage. The Silver tour Grand Prix was held on Saturday and for Sunday's spectacle, the Gold tour Grand Prix topped the bill. Silver and Gold tours did not show



big levels of performances, however the stage seemed just, with no apparent course difficulties. Riders from various European countries competed alongside big names from the show jumping scene.

The number of horses and riders had

been higher over past years but with a manageable total and a new approach to organisational efficiency, the competitions progressed smoothly throughout the first week. The Best of Toscana Tour Gran Premio Coca-Cola Gold tour Competition was won by

Gianni Govoni riding Aboyeur W who took the honours in the final week of the competitions. Brazil's Bernadro Alves riding Bridgit came in second and Germany's Jörg Naeve riding Calado took the third win.



▲ Lisen Bratt-Fredricson riding Matrix, Sweden

▲ Bernardo Alves riding Bridgit, Brazil

**GRAN PREMIO REGIONE TOSCANA BRONZE TOUR, COMPETITION AGAINST THE CLOCK WITH JUMP-OFF (1.30 M):**

Rank	Rider	Horse	Country	Time/Faults	Prize Money
1	Corinne Collins	Labuleska	Great Britain	36.90/0	1,650 €
2	Rui Pinto	Blanka van't Niefgeel	Portugal	37.41/0	1,050 €
3	Elina Svensson	Olympe de la Croix	Sweden	37.52/0	750 €
4	Elisa Rullo	Korialis Z	Italy	37.92/0	550 €
5	Reka Jacobffy	Alidiva	Italy	38.38/0	350 €

**THE BEST OF GRAN PREMIO LA NAZIONE SILVER TOUR, COMPETITION AGAINST THE CLOCK WITH JUMP-OFF (1.45 M):**

Rank	Rider	Horse	Country	Time/Faults	Prize Money
1	Lisen Bratt-Fredricson	Matrix	Sweden	48.73/0	6,600 €
2	Matteo Giunti	Watson	Italy	38.82 /4	4,200 €
3	Olivier Philippaerts	Cabrio van de Heffinck	Belgium	39.23 /4	3,000 €
4	Bart Soetaers	Sjoeke	Belgium	39.37 /4	2,200 €
5	Celine Schoonbroodt	Holala Z (BE)	Belgium	41.0 /4	1,600 €

Gianni Govoni riding Aboyeur W, Italy



*Coca-Cola*®

Apart from the 125,000 € to be awarded every week, during the last week of the tour, finals were scheduled to award an additional 109,000 € in prize money, divided amongst each age group of the young horses tour, and a final per each tour of the CSI3\*. Fourteen classes qualified for the FEI Ranking List, 13

with a prize money of 20,000 € and the final of the Gold tour awarded 75,000 €.

All riders appreciated one of the most important aspects of the Toscana Tour; the well-known Boccaccio grass arena of Arezzo Equestrian Centre, an enormous

arena which has always been renowned for its sure footing. With its ditch, lake and other permanent obstacles used for a Derby once or twice a year, some riders have claimed it as the most wonderful arena in Europe. 🏆

**THE BEST OF TOSCANA TOUR GRAN PREMIO COCA-COLA GOLD TOUR, COMPETITION AGAINST THE CLOCK WITH JUMP-OFF (1.60 M):**

Rank	Rider	Horse	Country	Time/Faults	Prize Money
1	Gianni Govoni	Aboyeur W	Italy	44.93/0	24,750 €
2	Bernardo Alves	Bridgit	Brazil	45.28/0	15,750 €
3	Jörg Naeve	Calado	Germany	45.48/0	11,250 €
4	José Larocca	Okidoki	Argentina	47.97/0	8,250 €
5	Cameron Hanley	Southwind VDL	Ireland	49.28/0	5,250 €

▼ Alvaro de Miranda, Brazil, fitting a bit



▼ Jörg Naeve riding Calado, Germany



▼ Corinne Collins, Great Britain



Photos courtesy of **Cymon Taylor**  
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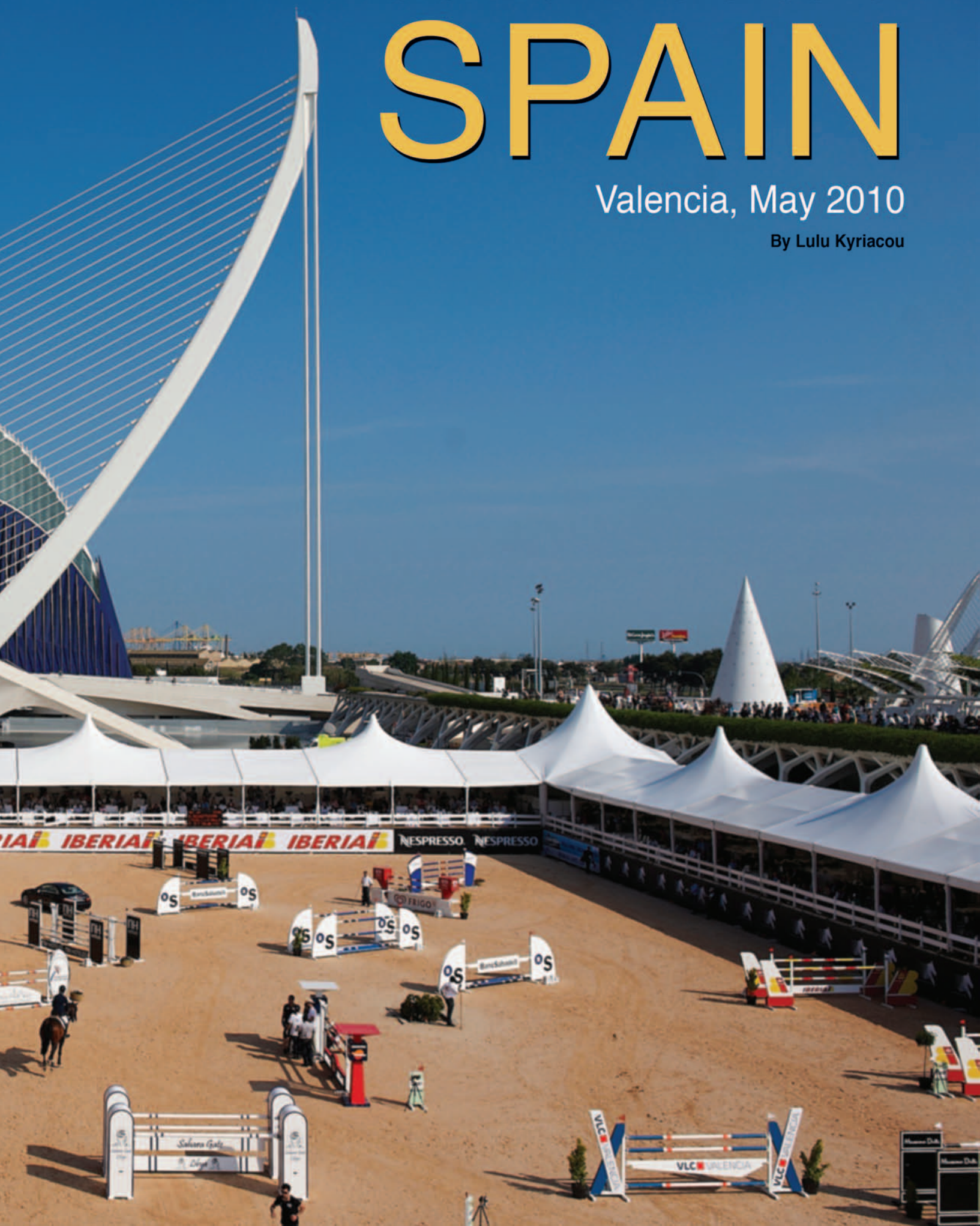


GLOBAL CHAMPIONS TOUR OF

# SPAIN

Valencia, May 2010

By Lulu Kyriacou



THE GLOBAL CHAMPIONS TOUR OF SPAIN, VALENCIA PRESENTED BY BANC SABADELL WAS DECIDED AFTER A THREE HORSE JUMP OFF IN WHICH FRANCE'S TIMOTHEE ANCIAUME CAME OFF BEST AFTER THREE FOOT PERFECT ROUNDS. RIDING HIS IMPRESSIVE LAMM DE FETAN, HE WON BY MAKING A FANTASTIC TURN TO THE SIXTH FENCE IN THE AGAINST THE CLOCK PHASE WHICH IMMEDIATELY PUT PRESSURE ON JOS LANSINK RIDING VALENTINA VAN THEIKE AND MARCUS EHNING RIDING SABRINA. ANCIAUME STOPPED THE CLOCK IN 45 SECONDS AND LANSINK AFTER MATCHING THE TURN, REALLY GALLOPED TO THE LAST PLANK WHICH UNFORTUNATELY TOOK A KNOCK DOWN. BUT HIS TIME OF 42.95 WAS MUCH FASTER AND LEFT EVERYONE WONDERING WHAT EHNING, RECENTLY IN ALL CONQUERING FORM, WOULD DO. IN THE END HE MAY HAVE PLAYED A LITTLE TOO SAFE, ALTHOUGH HE LEFT ALL THE RAILS INTACT, HE WENT THROUGH THE GATE IN 45.32 AND LEFT THE YOUNG FRENCHMAN WITH THE BIGGEST WIN OF HIS CAREER. THE CAPACITY CROWD LACKED NOTHING IN ENTHUSIASM DESPITE THERE BEING NO SPANISH INTEREST IN THE SECOND ROUND AND JUMP OFF.

▼ Marcus Ehning riding Sabrina, Germany



▲ Timothee Anciaume riding Lamm De Fetan, France



Earlier in the class the combination at nine and the double at twelve had caused the most problems but 12 horses jumped clear and were joined in the second round by the fastest four faulters. Of these Marco Kutcher and Eric Lamaze both improved on their earlier rounds to go clear and put pressure on, however Anciaume was the first to keep two clean sheets. Lamaze and Kutscher did end up fourth and fifth respectively though as they were the only others aside from the top three to jump the second round without faults.

In the warm up speed class, Gianni Govoni gained back his "Speed King" status when finishing a whole second faster than his nearest pursuer. Riding Joyau D'Opal, this somewhat made up for the gelding's errant behaviour the previous day when he exhibited his dislike of water tray fences by



refusing to jump one! Roger Yves Bost was second on Jovis de Ravel, and American Lauren Hough was third after holding the lead on Prezioso for most of the class.

### TIMOTHEE ANCIAUME:

"It is a good way to start the GCT and I'm very happy. I thought the course was good since the time was tight which made a few people make mistakes, but it was not un-jumpable. I will be riding at the next few GCT shows and then if the French team require me, I will join them for Nations Cups in the lead up to WEG."


### MARCUS EHNING:

"I thought the course was perfect and I'm very pleased to be second as Sabrina has not touched a fence in her last three GP'S and been twice first and now second."

### JOS LANSINK:

"It was a long gallop to the last and I saw Timothee go and I thought I could do one stride less. I knew Marcus was still to come and had to try. Sometimes you win and sometimes you lose..... today I lost!"

### THE VENUE:

The event was bigger and better than last year, with a new title sponsor BancSabadell. The commercial village also doubled in size with 32 boutiques, the VIP area extended to 3 sides of the main arena which was also 10m longer and the grandstand had 50% more capacity. All tickets were sold out and the event attracted lots of media attention. A record attendance of the world's best riders, greater than any other championship or Olympics was recorded with 27 of the top 30 of the Rolex Rankings. 

### CLASS 3:

RANK	NAME	COUNTRY	HORSE	TIME	PRIZE MONEY
1	Gianni Govoni	Italy	Joyau D'Opal	44.03	6,000 €
2	Roger Yves Bost	France	Jovis de Ravel	45.44	4,000 €
3	Lauren Hough	USA	Prezioso	45.93	
4	Rodrigo Pessoa	Brazil	Palouchin de Ligny	46.31	1,600 €

### CLASS 4:

RANK	NAME	COUNTRY	HORSE	TIME	PRIZE MONEY
1	Timothee Anciaume	France	Lamm de Fetan	45.0	95,000 €
2	Marcus Ehning	Germany	Sabrina	45.32	57,000 €
3	Jos Lansink	Belgium	Valentina Van T' Heike	42.95	38,000 €
4	Eric Lamaze	Canada	Hickstead	4 faults	21,000 €

▼ Eric Lamaze riding Hickstead, Canada





# THE EGYPTIAN ALTERNATIVE

Breeding The Arabian Horse

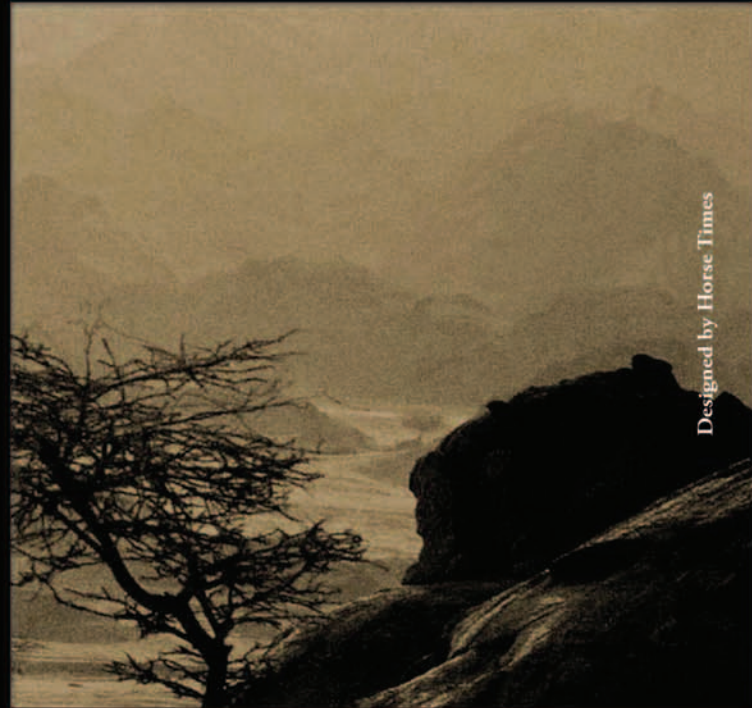
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fall issue 33 of Horse Times*



*Also available at  
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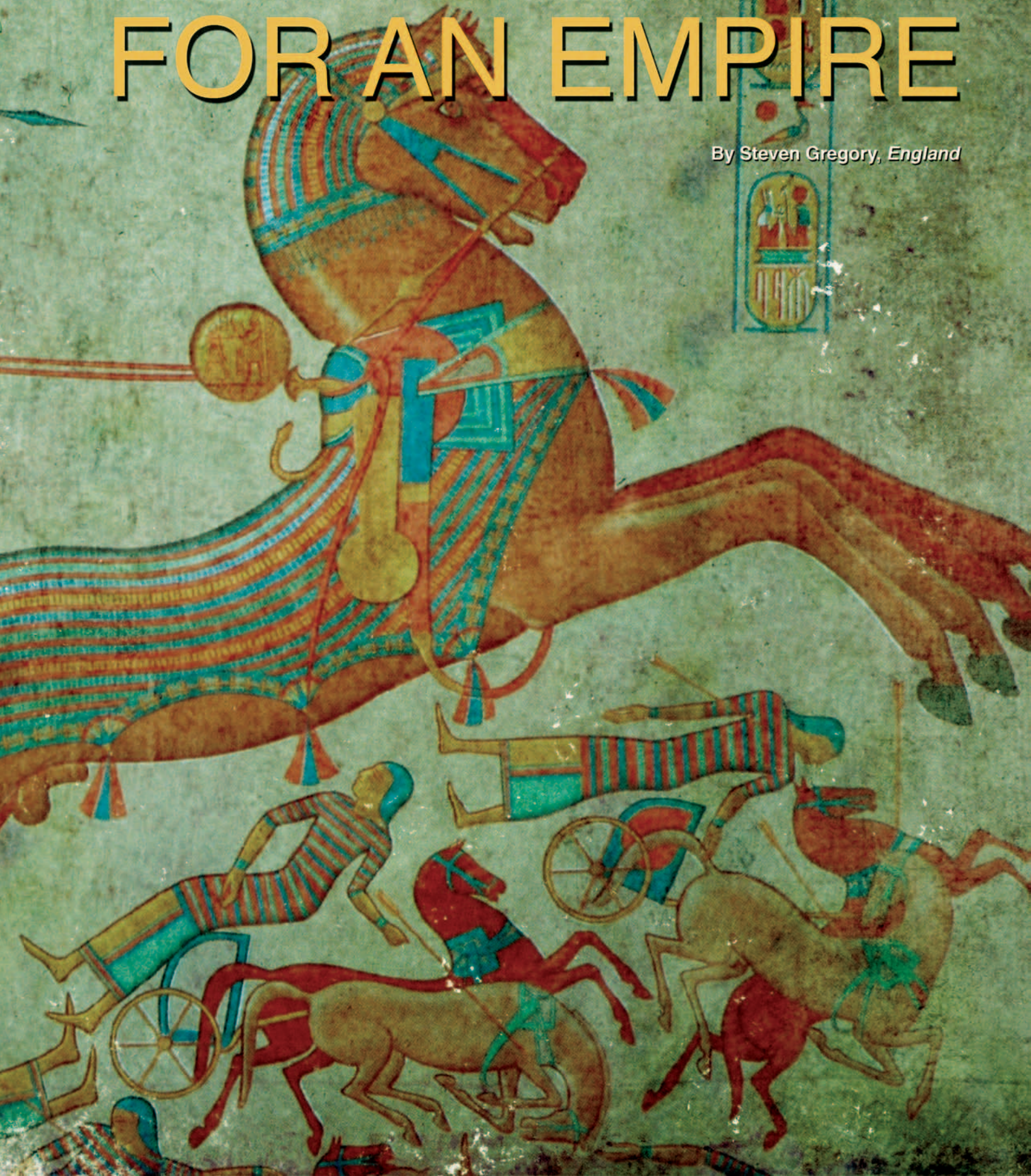
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THE HORSE & CHARIOT IN  
**EGYPT'S DRIVE  
FOR AN EMPIRE**

By Steven Gregory, *England*



DECORATED WITH SEEMINGLY TIMELESS IMAGES OF WARRIOR KINGS RESPLENDENT ABOARD CHARIOTS BRISTLING WITH WEAPONS AND DRAWN BY TEAMS OF PROUD HORSES, THE VAST MONUMENTS OF THEBES, PRESENT DAY LUXOR, PROCLAIM THE POWER, WEALTH, AND PRESTIGE OF THEIR CREATORS. BUT JUST A FEW GENERATIONS EARLIER, AROUND 1560 BC, THE SCENE WAS QUITE DIFFERENT. THE THEBAN RULERS OF THE LATE SEVENTEENTH DYNASTY WERE UNDER THE POLITICAL AND ECONOMIC CONTROL OF THE FOREIGN HYKSOS KINGS WHO HAD ESTABLISHED THEIR POWER BASE AT AVARIS IN THE EASTERN DELTA, AND WITH THE THREAT OF THE NUBIAN KINGDOM ENCROACHING FROM THE SOUTH THE OUTLOOK FOR THEBES APPEARED BLEAK; AND THIS IS THE SITUATION PRESENTED BY THE STELAE OF KING KAMOSE.

The Theban council was content to control its piece of Egypt, the lands from Aswan to Asyut, but the king thought them foolish and cowardly. Declaring that he would rescue Egypt and drive out the foreigners, Kamose sent his infantry across the desert routes to seek out the enemy while he led his main force, the battle fleet, down the Nile to Avaris where he inflicted a heavy defeat on the Hyksos king, Apophis. Delighted with his success, Kamose boasted of the booty he had captured: precious metals, weapons, wood for shipbuilding, incense, and honey. Amongst the prizes listed we find the first literary reference to chariot teams to survive from the ancient Egyptian records, and that Kamose valued them highly is suggested by their prominence in the list – second only to the capture of the Hyksos women.

Kamose had been victorious but the Hyksos remained, and the struggle for independence was taken up by his successor, Ahmose I. The events which followed are recounted in texts decorating the tomb of Ahmose Son of Abana at el-Kab, a naval officer who served under Ahmose I and his successors Amenhotep I, and Thutmose I. Ahmose Son of Abana mentions that while campaigning with King Ahmose against the Hyksos he “followed on foot while the sovereign rode about on his chariot”. However, the rest of his stories emphasise the Egyptian reliance on ships in



military campaigns. The warrior Ahmose tells how he was often rewarded with gifts of slaves, land, and gold for his exploits, and boasts that while fighting with King Thutmose I in Syria he captured a chariot team and its driver. The king rewarded him with gold again, and he was given the driver as a slave – but he did not get the chariot team!

These accounts suggest that while the Egyptian kings of the period certainly valued the horse and chariot it was as an item of prestige, a prize of great value but not yet a technology which had a significant role in Egyptian military strategy. In fact the horse was perhaps something of a novelty as there are no surviving records to suggest that

they were used in Egypt during earlier periods. First domesticated in Russia during the fourth millennium BC, the earliest records for the ridden horse in Western Asia appear in pictorial images from Babylonia and, by c 1800 BC, there are accounts of trained horses being used in Syria, but still very much a royal prerogative there.

Over time the development of equestrian technology led to the emergence of an elite class of chariot warrior, the ‘maryannu’, among the Hurrian peoples of the kingdom of Mitanni in northern Mesopotamia and northern Levant. The exact location of the Hyksos homeland is unknown, but seems certain to be somewhere in the Levant and they were likely influenced by the growing



© Steven Gregory

▲ The war chariot of Ramesses III in the care of his attendants as depicted on the north outer wall of his temple at Medinet Habu



equestrian culture. Once in Egypt, the Hyksos affinity with the horse is clear from the occasional inclusion of equids in their burials – a distinctly un-Egyptian custom but a tradition of the lands to the north east. Thus what little evidence remains suggests that as the Hyksos migrated into Egypt during the Second Intermediate Period, c 1650-1550- BC, they brought their equestrian skills and technology with them, introducing new methods of transport and warfare to what was, by tradition, a riverine nation.

The Egyptian's skill was in sailing and fighting from their ships, attributes well suited to the Nilotic landscape as indicated by Ahmose Son of Abana in his description of the Theban advance

southward into Nubia. There the king, Thutmose I, slaughtered the Nubian foe before sailing home to Thebes with the enemy hanging, head downwards, from the bow of his ship 'The Falcon'. Yet with a growing desire for territorial conquest in the Levant, different strategies needed to be adopted in order to compete against adversaries located in a different environment and who were themselves well equipped with chariotry, as is apparent from the records of Thutmose III.

Inscriptions on the walls of the Temple of Amun-Re at Karnak tell how around 1456 BC, in his 23rd year as king, Thutmose III campaigned into the Levant. The tale hints that the Egyptians had equestrian elements in their ranks as at one point in the march through difficult terrain the pass was so narrow that "horse walked after horse". Eventually the army emerged onto the plain before the city of Megiddo where the king found the combined forces of the region's city states aligned against him. On the day of battle the king set out to meet the foe riding upon his "chariot of fine



▲ The eastern approach to the temple of the God, Amun, at Luxor & the colonnades constructed by king Amenhotep III

gold, well equipped with weapons of war". The attack was decisive, the enemy was routed and, fleeing back to their city, "they abandoned their horses and chariots of gold and silver". Thutmose recorded the capture of enemy chariots and more than 2,000 horses after the battle.

Thutmose III campaigned for many years in the Levant with great success, as did his son, Amenhotep II, whose Great Sphinx Stela recounts his prowess as a charioteer. The text describes how, even as a child he loved his horses and became skilled at controlling them. Later he practised archery by shooting arrows into copper targets from his moving chariot. Amenhotep's Memphis Stela records how he rode his chariot in battle, on one occasion crossing the River Orontes to capture two chieftains and six warriors of the Hurrian elite including their chariots and teams of horses; a further campaign describing the capture of 210 horses and 300 chariots. These stories testify to Egypt's own advances towards mastery of chariot warfare, at least within the ranks of elite warriors.

Chariotry became an integral part of the Egyptian army; an army which, under the kings of the early Eighteenth Dynasty, met with successes which led to complete political and economic control in the Levant. Thus with the acquisition of equestrian technology comes the expansion of territorial control and, ultimately, the establishment of the Egyptian Empire of the New Kingdom. 🏰

▼ Scenes on the west outer face of the First Pylon at the temple of Ramesses III at Medinet Habu showing the king using his chariot on a hunting expedition





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# THERAPEUTIC RIDING

# LET'S TALK ABOUT IT

By Ina El Kobbia, Germany



▲ *Therapeutic Riding is fun for the little ones*

HISTORY RECORDS PEOPLE WITH DISABILITIES RIDING HORSES AS EARLY AS THE ANCIENT GREEKS; IT WAS ACKNOWLEDGED THAT RIDING WAS MORE THAN MEANS OF TRANSPORTATION; IT WAS A WAY OF IMPROVING THE HEALTH AND WELL-BEING OF PEOPLE.

The first study of the value of riding as therapy was reported in 1875. French physician Cassaign used riding as a treatment for a variety of conditions, and concluded that it was helpful in the treatment of certain kinds of neurological disorders by improving posture, balance and joint movement, as well as psychological conditions. England recognised riding for the disabled as a beneficial form of therapy and offered riding therapy for wounded soldiers at the Oxford Hospital during World War I. Riding therapy was introduced in Scandinavia in 1946 after two devastating outbreaks of poliomyelitis. Liz Hartel, the Danish equestrian legend, was stricken with the disease. She brought worldwide attention to riding for the disabled when she won the silver medal for Dressage at the 1952 Helsinki Olympic Games. In Germany Therapeutic Riding was particularly recognised after World War II. German Dr. Max Reichenbach was the first who shaped the use of the term "Therapeutic Riding", in 1953 and Germany took a leading role ever after in the introduction and development of "Hippotherapy", which forms part of Therapeutic Riding and can be described as physiotherapy on a horse; the horse offers 110 multidimensional movements by impulsion/minutes. No therapist, no matter how motivated or talented, and no machine can compete with this quality stimulation!

Today Therapeutic Riding is acknowledged worldwide and is defined as equine assisted activities encompassing riding, vaulting and a range of pedagogic and psychological treatments next to the mentioned Hippotherapy, which is considered a medical treatment, whereby the horse is in all cases the centre medium.

Therapeutic Riding has myriad benefits; it improves balance, joint mobility, coordination, muscle tone and posture, and it can ease symptoms of a wide variety of disabilities, including brain injuries, multiple sclerosis, hearing or visual impairments, muscular dystrophy, cerebral palsy, learning disabilities, Down syndrome and cardiovascular disease. Additionally, it helps students improve motor skills, self-esteem, concentration and problem-solving abilities. It is fair to

say that Therapeutic Riding is by far the most successful and most acknowledged rehabilitation method using an animal.

Internationally, Therapeutic Riding is represented by the International Federation of Riding for the Disabled, FRDI, registered in Belgium. This international organisation numbers 32 full member states and 53 associated member states. In Germany the head association is the German Curatorship for Therapeutic Riding (Deutsches Kuratorium für Therapeutisches Reiten) seated in Warendorf, known as Germany's horse sport capital. The Curatorship is a member of the German National Equestrian Federation. In March I met with the Chairwoman of the Association, Mrs. Cornelia von Ruxleben-Plöger who has been heading the association since 2004 and is a passionate and professional horse rider herself. Besides, she is a physiotherapist and is additionally licensed for Hippotherapy and disability sport.

With regard to the fact that the German Curatorship celebrates its 40th anniversary this year, I asked Mrs. von Ruxleben-Plöger about her view on the development of Therapeutic Riding. She answered with zeal, "Around fifty or sixty years ago there was only a handful of idealists in this area; already in 1970 the German Curatorship for Therapeutic Riding commenced its work as a federal association and today one can say that there is a nationwide offer for therapeutic riding including educational programmes.



▲ Chairwoman Mrs. von Ruxleben-Plöger

Moreover we cooperate with universities in order to further develop it in the academic field. I envisage a successful future for Therapeutic Riding. Each of us know how wonderful it is to sit on a horse. Horses don't differentiate between healthy and disabled persons, yet they are sensitive enough to notice the different needs of people. The most delightful effect is that those who receive treatment through therapeutic riding, especially children, don't even feel that they are undergoing a therapy, it is foremost joy for them!"

To my surprise, I replied, "even though Therapeutic Riding is highly popular, the German Federal Health Ministry declared in 2006 that Therapeutic Riding, Hippotherapy in particular, is lacking clear evidence as

▼ A demonstration of Therapeutic Riding with the trainer/therapist





▲ Therapeutic Riding is part of the programme at Hof Kasselmann where its host Ulrich Kasselmann (far right) is one of its great supporters


a medically successful treatment; thereby public health insurers do not cover the therapy costs.” Mrs. von Ruxleben-Plöger then explained, “Plenty of successful experiences exist already; the point however is, that German public health law requires the fulfilment of a number of concrete conditions to allow for public acknowledgement. We are currently working on that, we want to provide proof through a scientific study with 120 probands, whereby five medical centres are involved, amongst them the clinical centres of the Universities of Aachen, Bochum and Tuebingen. I am positive as to the outcome!”

In 2009 Mrs. von Ruxleben-Plöger was the host of the 13th International Conference on Therapeutic Riding, with some 1,000 participants from 39 different nations. In that regard, I asked the Chairwoman how important international relations have been to her? “Very important”, she answered. “Our international conference takes place every three years during which we exchange views, experiences and strategies. Besides, the German Curatorship for Therapeutic Riding also grants professional assistance to foreign

institutions and facilities that wish to establish Therapeutic Riding in their own country. Several years ago we supported Hungary in its effort to establish Therapeutic Riding; today Hungary has the same professional standards as Germany. In recent time we also started working on a Therapeutic Riding centre in the United Arab Emirates.”

What are the characteristics of a good therapy-horse and equally of a good therapist, I continued asking. “First, a quality horse must have at least a height of 1.65 m; it has to be healthy and should have a good character”, she replied. “One should not underestimate the work and stress a therapy-horse is being exposed to. Therefore it is essential for us that a therapy-horse gets sufficient rest and is being re-ridden by professionals. As to the characteristics of a good therapist, I can say that our education for therapists is of the highest degree; at first the candidate undergoes the usual education programme for therapists, in a second step he/she receives through us special training for therapeutic riding.”

On another note, I responded, I am very impressed by the fact that the Curatorship is not only responsible for Therapeutic Riding but also covers the very different field of Para Equestrian, which is substantially different from the area of therapy! Mrs. von Ruxleben-Pöger explained, “It is internationally not at all unusual that an association that covers Therapeutic Riding also covers Para Equestrian Sport! When we come to notice, that a rider has special riding talents, we try to promote this rider to become an Olympic Champion. We have witnessed already some extraordinary riding talents. Ever since Para Equestrian has become the eighth discipline of the FEI, we receive substantial support from our National Equestrian Federation, which is of great value to us.”

At the end of the interview I must personally say that I have been overwhelmed by the enormous capacity of Therapeutic Riding and the active support it receives by so many; it makes the world a better place! 

Photos by Gerlinde Hoffmann & Vera Loose

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DR. NASR MAREI

# CAPTURING A FREE SPIRIT

By HT Staff

HE WHO GAUGES TYPE, HEAD AND NECK, TOP-LINE, LEGS AND MOVEMENT - INTERNATIONAL BREEDER AND JUDGE DR. NASR MAREI LAUNCHES HIS NEW PHOTOGRAPHS BOOK 'THE ARABIAN HORSE OF EGYPT' IN CELEBRATION OF HIS YEARS OF INVENTIVELY PHOTOGRAPHING THE ARABIAN HORSE.

For more than four decades, Dr. Nasr Marei has been internationally recognised as a passionate breeder of the Arabian horse, but has also been famed for his innovative, inspirational and striking photography. On May 8th, the spacious gardens of Albadeia Arabian Horse Stud welcomed the book's publisher the American University in Cairo Press (AUC) and more than 100 guests and friends sharing the love for Egyptian Arabian horses.


In 2009, Dr. Marei approached the AUC Press and shared his portfolio of Arabian horse photographs that he had taken over several years. When asked about what inspired him to publish such a book, Dr. Marei explained, "My pictures capture some of the essence of this noble creature. It is my way to capture the free spirit, pride, beauty and charisma of the horse and freeze that instant in time. By doing this I can relive it for years to come and share the passion and beauty with everyone. It satisfies my artistic and aesthetic love of the beauty that abounds in nature."

He continued, "Photography is one of my passions. I was born with no talent in music although my mother tried so hard to turn me into another Mozart! It just did not work - even though, I do love music. I also had no talent in painting or drawing although I do appreciate and collect artwork. But photography was my means to satisfy and express my artistic tendencies. I began to study and work with photography when I was ten years old. My favourite subjects at the beginning were my family of course. They were driven crazy by my following them everywhere with my little Kodak black cubic box. After that phase, landscape, animals and underwater were my favourite subjects. My parents and family were quite relieved!"

Over the years, Horse Times magazine has used many of Dr. Marei's pictures

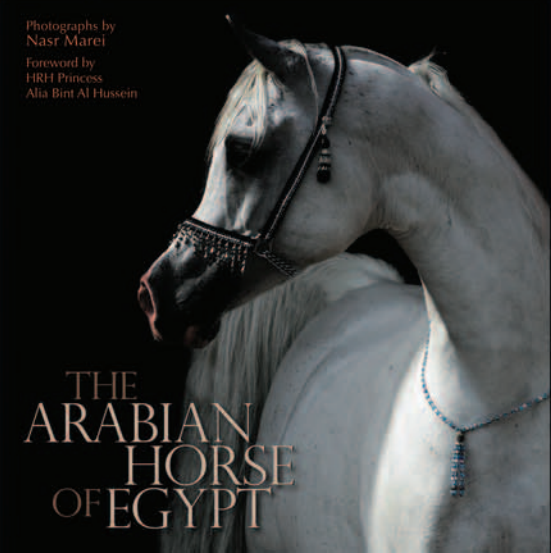
in Arabian horse pieces especially those that teach us about judging and understanding the composition of a perfect Arabian horse in the eyes of many breeders. Dr. Marei elaborated, "It has always been the horse that is at the core of my photography. Because of my years of experience with the horse, I am able to anticipate the movement and capture the essence of who I feel that horse to be. I try to capture the elegance, pride, and majesty of each horse, whether it is a mare or stallion, a foal, or a young horse feeling its power begin to explode in movement. As you look at the photographs, be sure to look carefully at the intelligence and curiosity in the expressions of the horses; their soft liquid eyes, flaring nostrils, flagging tails, and almost ethereal movements."

Even after so many years, Dr. Marei continues to strive to preserve and improve the Arabian horse, not with just photographs, but also with poetry:

"I wish to breed a horse that captures your minds and hearts. I wish there to be a vision that can trigger your imagination to see yourselves riding that horse across a great expanse of rolling desert, with the winds blowing as your horse's hooves fly across the sands. I wish your experience of seeing that horse to take your breath away; you will then feel some of the love and passion as well as the great respect I felt through my years with the Arabian horse. They have been my companions and my friends. To me, the Arabian horse is a gift that humans have received from the past and one that we must preserve and bequeath to the future. It is a gift and legacy that we must respect and treasure. This book is dedicated to the pure Egyptian Arabian horse and all those who feel and enjoy the majesty and magic of who they are, whether in art or in life." 



Photographs by  
Nasr Marei  
Foreword by  
HRH Princess  
Alia Bint Al Hussein



THE  
ARABIAN  
HORSE  
OF EGYPT



## THE AMATEUR'S

# ARABIAN HORSE RACE



▲ *Shaher Khalifa, Ali Abdel Rahim & Dina Hosny*

April 2010 saw the sponsorship of JAC Power Group for The Amateur's six kilometre Arabian Horse Race at the Gezira Sporting Club in Zamalek.

Prize money of 22,000 Egyptian pounds, participations from Dr. Ali Abdel Rahim Stables winning the first and second prizes, Moustafa Omar, Kamal Faheem, and Ashraf Lasheen Stables kept the crowds cheering for the lady and four gentlemen competing for the passion of the sport.



Riding Mabrouk (owned and trained by Dr. Ali Abdel Rahim) and coming in first, 60 year old Shaher Khalifa quotes, "I am 60 but I won the race, wouldn't one agree that this is a pleasing achievement at this age?" Riding Sultan El Zaman and coming in second, Dr. Ali Abdel Rahim did not lack the same enthusiasm shown by his long time friend Khalifa. At third, came in Dina Hosny riding Shoa'aa and at fourth came Sherif Hindi riding Wisam El Nil. 🏆





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# 60 SECONDS WITH IBRAHIM SAMI

Country: Egypt  
Date of Birth: 28 July 1967  
Star sign: Leo  
Profession: Real Estate Investor,  
Show Jumper & World Traveller



## What is your best achievement?

Managing to retire after 20 years of hard work and being able to concentrate on my hobbies.

## Who is your favourite athlete (rider or other sports person)?

US rider Richard Spooner. I was lucky to ride and train with him while I lived in Los Angeles from 1998 till 2003.

## Do you keep any pets?

Of course I have pets! Cannot live without them. Three horses, three

dogs and they're all fantastic with very different characters.

## What is your favourite movie?

"My Name is Khan", a new Bollywood movie that is simply divine.

## Who is your ideal celebrity (female or male)?

Madonna of course. She's a living music, fashion & business ICON that makes brilliant music and the best concerts ever.

## What is your favourite gadget?

iPhone. Cannot live without it.



© Jacques Toth

**What is your favourite music record?**

Budha Bar.

**What is your second favourite sport?**

Ashtanga Yoga and gym.

**Do you like to cook?**

Of course NOT; got absolutely zero talent in the kitchen. Love to eat though, especially dessert.

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

Strength: determination & organisation.  
Weakness: low level of tolerance.

**What makes you happy & what makes you sad?**

Success makes me happy & seeing a young or an old person suffer, makes me sad.

**To your close friends & family, you are known to be?**

The one that loves to be everyone's absolute favourite. I love spoiling my family.

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

Raising awareness to focus on keeping Egypt CLEAN.

**Do you support any charitable organisations?**

Several.

**Do you think there is any other question we should have asked but did not?**

No. I think the questions were interesting and pretty diverse. 🏆



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# MOHAMED EL GAYAR BACK IN THE SADDLE

By Sandra Adams



*Riding Mashallah during Al Wafaa Championship, Syria 2005*

THOSE PROFESSIONAL SHOW JUMPERS TAKING UP THE REINS AFTER INJURIES CERTAINLY MAY HAVE SEVERAL CONCERNS; CAN I STILL RIDE AT MY LEVEL, CAN I DO THE THINGS I DID BEFORE, AND CAN I ACHIEVE RESULTS? THE POLICE SPORTS UNION'S MOHAMED EL GAYAR AND HIS HORSES ACHIEVED AND PERFORMED BIGGER THAN ANY CONCERN AFTER A ONE YEAR ABSENCE FROM THE LOCAL AND INTERNATIONAL SHOW JUMPING SCENE DUE TO SERIOUS INJURIES.

El Gayar who's been around horses for 22 years, riding his mare Exception Z came in fifth place in the 2010 A2 Class of the Egyptian League and third at the National Egyptian Show Jumping Cup of the same class; the first season for the mare in this class however a good result by her partner given his absence from the ring. "I am back in the saddle and one of my main objectives is to participate fully at the upcoming Arab League season", El Gayar adamantly states. "Following my injury, I've been practicing with four very good horses who I rode at the National Championships. I worked very hard with Exception Z trying to improve upon her technique, and eventually I think the improvement worked well. Katia, a young mare owned by my friend Khaled Kamel, had only E Class shows on her resume, but we gradually rode well onto the C Class. Another mare I rode is Nour El-Ein; two years ago we came in second at the C Class. You can see I love mares very much as they give all their heart when jumping. Kyrll, a nine year old German chestnut gelding bought by the Police Club in February 2010 and only rode at the A2 Class in March, is the fourth horse. I think he has a very promising future and I look forward to riding him in the A1 Class."

He is training, coaching, competing and looking forward to develop further as a rider. "The Police Club is providing me with very good horses and training. My view of the sport is that it's a passion; my father was the head of the Egyptian Police Cavalry and so riding is a natural exercise. It's a career for me as well since I train young riders. I think what helped me get back to riding well again is understanding that to be successful, one needs to reach a certain level of maturity. That can be done after establishing a good partnership with horses; knowing the way they feel and the way they think - something I've been trying to do. Given my past years as a rider, I believe I've just started walking on a path that I found to have many different turns. Except...I think they will all be connected soon".


El Gayar seems to have had much insight



▲ Riding Honeymoon during CSI\*\*\* Tripoli, Syria 2007

from those involved in the sport and one in specific always mentioned by many Egyptian riders. "Olympic rider Gen. Gamal Harres, a mentor for many Egyptian riders and one who has trained me in 1992 and 1993, told us many things about the sport. In these years, I came in second and first place in the Junior Class. It's 2010 and only now do I truly understand what he used to explain. I wish those years of training could come back now." El Gayar continues, "I started to read a lot and my love for the horse has helped me plenty. What's more is that we are a bit far from the real sport, i.e. in the West; we do have excellent horses and riders, but why do our horses look different when ridden by their riders? I needed to find out what is it that could make us reach top levels. Furthermore, the Egyptian Equestrian Federation has assisted us by providing FEI coaching and training seminars which I think has added a

different dimension to what we know. I sense that when I took that course, I was on a track that would help me become a better rider who has a better understanding for the sport. We just finished level two from the course, and seriously, it paid off during riding and training. One of the riders that I train came in first place at the C Class of the Egyptian Cup. To achieve such a good result shows that the seminars were beneficial."

El Gayar convincingly added that excellent mental fitness comes first from excellent physical fitness. He thanks his physical trainer Mohamed Fakhry, a Pentathlon champion for helping him through his injuries. He also thanks his loving wife's constant support. Determined to make a good name for himself result-wise, he concluded, "I have vision when it comes to horses and training and I would like to develop that." 



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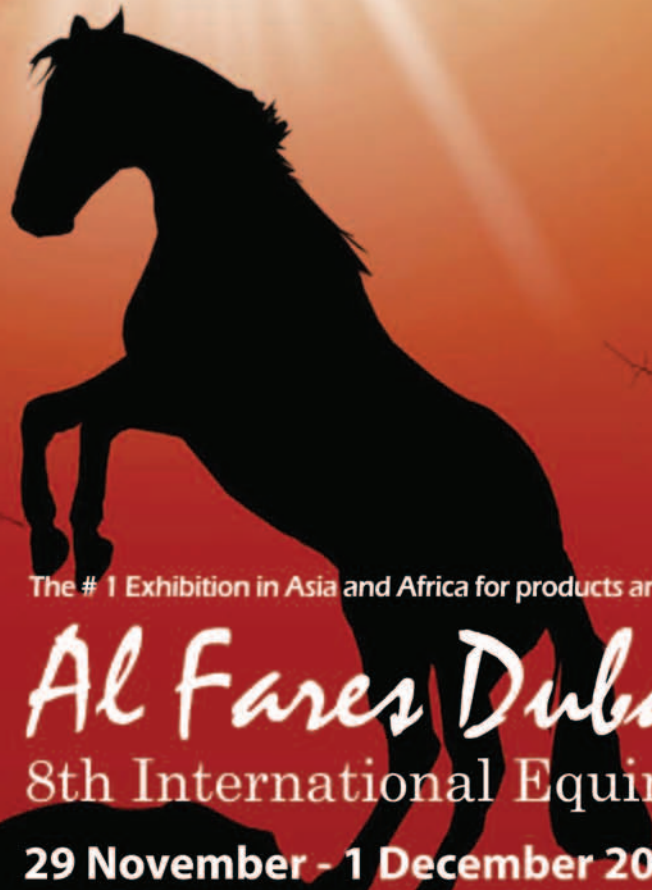


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# AREND ELOFF

By HT Staff

AREND ELOFF WAS BORN INTO AN ARTIST FAMILY WHERE HIS FATHER BECAME A KNOWN AND SUCCESSFUL WILDLIFE CANVAS ARTIST AND HIS MOTHER ALSO SKETCHED AND PAINTED. ELOFF HAD THIS LOVE AND PASSION FOR DRAWING EVER SINCE HE CAN REMEMBER AND BECAUSE OF COLOUR DEFICIENCY, HE REVERTED FROM PAINTING AND BECAME MORE INTERESTED IN CLAY. THROUGH THE YEARS THIS WAS DEVELOPED AND HIS FIRST BRONZE WAS CAST WHEN HE WAS ABOUT 16 YEARS OLD.



He tried a direction in engineering after school but his heart was not in it and after a compulsory army stint for two years, he started to embark on drawing, painting and sculpting as a career. He was 24 years old when he decided to start his own bronze casting studio where he could manage and produce his own bronzes. This was a long cycle in his life through which he worked long hours to master the casting process and create artworks simultaneously.

At this stage he was focused mainly on the South African wildlife scene as an inspiration mainly because he was surrounded by wildlife art and was also the “in thing” to do at the time; he exhibited widely with his father and mother.

Married at 34, and a time where his art also changed, he broke away from the family working concept and moved into a world on his own. Eloff then was inspired by larger sculptures where also a range of birds of prey came into being, however the wildlife art scene was changing and galleries only took work on consignment. This forced him into a corner and some dark days with years following; a divorce with three children helped to push into new ways and different directions.

## THEN THE HORSES CAME:

"I believe I was chosen to sculpt horses as a main topic and it's a big part of my destiny."

Some clients approached Eloff to produce horse sculptures and that is when he started looking at the horses as a topic of interest which took him back to his early childhood where his inherent interest was drawing and sculpting those creatures. He sees horses as an international topic and is now moving into the greater arenas and exhibiting at larger international shows.

Inspired by the heart of the horse, an animal who has bowed down to humans for millennia, adding our combined culture and evolution, Eloff explains, "Horses have waged our wars and ploughed our fields and we think we have mastered them, but we still yearn for their essence of freedom and we still need to control its power. It is this essence of freedom, beauty and power that still inspires me to create artworks of interest." He continues, "I also work on certain commissions from clients, a combined creative process. Many of my works are needed for exclusive awards and trophies thus the clients still have a say in the artwork, but sometimes I am just inspired by horses that I see in the arenas or fields where I view them."

On certain breeds Eloff sculpts, he adds, "I work with all horse breeds and therefore I need to apply my skill and talents into creating artworks which are recognised by its specific characteristics and breeder's information. It takes some skill to create different breeds and species, and I still learn plenty from the various aspects of the horse world. I am currently bringing a mythical element into my creation as the horses grow wings and fantasy stirs



**Horsepower**

*There is an essence all around That lifts you up from earthly ground and push you into scared sound, It can be found, it can be found*



the imagination. I have done many smaller and desktop size artworks and I have also created some larger pieces. Three different life size artworks have been done and I am currently working on a huge monument for The Golden Horse Casino entrance. These pieces can take up to six months to create."

## CREATIONS & PRODUCTS:


Eloff's work is widely used as collectors bronze artwork where his team creates a very limited series of pure bronzes for the bronze art lover. The artwork is numbered and certified. Some artworks are sought after as trophies and awards which is something different than the usual ribbon or silver dish. For this purpose the sculptures are usually created in a cost effective bronze compound. The team sometimes create exclusive awards to clients, race clubs or stud farms that are unique with logos and designs incorporated, such as the trophies specially created and presented during CSI 2010 at the Sharjah Equestrian & Racing Club. Eloff also works on large statues for entrances or dynamic statements for any equestrian estates or private clients. "As my skill is defined, I have done some commissions of exquisite horses for proud owners. Then there are all the private clients who simply love horses and the art that goes with them."

## PRODUCTION TEAMS & GREATER VISION:

The production teams were started by myself and then I let them take it over and run independently to free me from

that responsibility. He reassuringly says, "I am surrounded by dedicated production studios in bronze and resins that is the backbone of the creation process. It is my vision to expand my work into the international arenas and hopefully my artworks will please an even greater audience. I also hope that my work will focus our attention on the beauty, power and importance of horses and animals as companions on the planet - and that we can still learn so much from them if we only learn to listen and feel. All forms of animal cruelty and negligence need to be eliminated as many of the animal artworks that I have done might be of species that could be completely destroyed. If horses support me then I would like to set up some creative entrepreneurial schools as my own schooling or education did not really give me what I needed to make it in the big world."

## CHANGE:

If there was something Eloff could change about himself or works, what would that be? He answers, "Sometimes the only thing that I choose to change in myself is procrastination. But I do aim to work on it. My belief in myself is changing and I have faced many deep and dark fears on choosing this medium as my creative endeavour. I am starting to reap rewards from many years of perseverance and overcoming obstacles, and I can trust that my skills have been honed to create outstanding horse artwork and service the horse communities with my talents and skills..... and who knows where to next?" 



**Mane Attention**

*Wind in my hair, Thunder in my feet My power is the one to meet*



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The Minitimer can be connected to our Martel HL200 printer to enable printing of all the sequential timing information.

Thanks to the integrated keyboard, the HL 440 can be used at the start line of a race such as (Ski) as a numerical-keyboard to identify the competitor’s number, which will be transmitted to the timekeeper with the complete timing information (PC or Printer).

It is also useful for events which do not necessarily require log printing of times such as (Jumping) and is also useful as a backup timer.

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Sequential N°/ competitor N°	from 1 to 9'999
Input	Four banana jack inputs
Output	RS232 to PC or Printer
Display	Matrix LCD display
Time Base	Thermo-compensated quartz 12.8 MHz
Precision:	+/- 0.5 ppm at 25° C +/- 1.5 ppm between -30°C and +75°C
Internal power supply	Accumulator Li-ion

# BRIDGESTONE TURANZA GR-90

## FIRST TIRE TEST DRIVE TO TAKE PLACE IN EGYPT

NILE PROJECTS & TRADING CO. EGYPT'S SOLE BRIDGESTONE AND FIRESTONE DISTRIBUTER CELEBRATED THE LAUNCH OF THE TURANZA GR-90 AT ITS ANNUAL DEALER CONVENTION IN SHARM EL SHEIKH. BRIDGESTONE, AN EXCLUSIVE GOLDEN STANDARD IN JAPANESE TIRE TECHNOLOGY AND THE WORLD'S NO. 1 TIRE AND RUBBER MANUFACTURER, ANNOUNCED THE LAUNCH OF TURANZA GR-90 TIRES FOR DRIVERS AIMING FOR A SUPREME TOURING EXPERIENCE. TURANZA EVOKES MAXIMISED COMFORT, AS WELL AS EXTREME QUIET AND ENHANCED SAFETY.



▲ A group photo of top dealers & Nile Projects & Trading Co. staff

Nile Projects & Trading Co. invited the top 100 Bridgestone distributors to attend the launch at the Dreams Beach Resorts in Sharm El Sheikh. The Seminar was attended by:

- Mr. Ossama El-Naggar – Chairman, Nile Projects & Trading Co.**
- Mr. Mohammed El-Naggar – General Manager, Nile Projects & Trading Co.**
- Mr. Ono Makoto – Sales Director, Bridgestone Middle East & Africa**
- Mr. Kano Kenji – General Manager, Bridgestone Cairo Liaison Office**
- Mr. Toshiaki Sakai – Marketing Manager, Bridgestone Cairo Liaison Office**

Attendees were addressed with an empowering opening speech from Mr. Ossama El-Naggar followed by a speech from Ono Makoto. Following the speech, a documentary video on Bridgestone Corporation was viewed showing their extensive products and features. In addition to tires for use for a wide variety of applications, Bridgestone manufactures a broad range of diversified products, which includes industrial rubber, chemical products and sporting goods.

The distributors were shown a presentation highlighting the product positioning of Bridgestone passenger tires according to consumer requirements. The requirements for sport and comfort are all classified under the title Category Brand:

- **Potenza – Sporty Driving Pleasure**
- **Turanza – Premium Touring**
- **Dueler - high performance tires for Premium SUVs**
- **B-Series – Standard & Economic Tire**



▲ Mr. Ossama El-Naggar, Chairman of Nile Projects & Trading Co.




▲ Seminar at Dreams Beach Hotel, Sharm El Sheikh



▲ The Test Drive was performed at Noos Track, Sharm El Sheikh

A gradual explanation of the features of the new TURANZA GR-90 was presented during the seminar in addition to the features of other patterns already available in the Egyptian market such as the B250 the successor of B700, B650 & T370.

The impressive TURANZA GR-90 first test drive in Egypt was enjoyed by guests at the Noos Track Sharm El-Sheikh on May 17th 2010 with Nile Projects & Trading Co. capturing its audience in an atmosphere of pure luxury and driving pleasure. Through the professional drivers from the Mcgyver team, the test drive succeeded in emphasising the features of both the TURANZA & POTENZA. The TURANZA GR-90 provided all the test drivers with outstanding travelling dynamics confirming its achievement in attaining high levels of safety, comfort and reduction in road noise.

Nile Projects & Trading Co. is one of the leading tire distributors in Egypt with customer needs being its first priority, specialising in providing products that suit the Egyptian market and best after sales care. With its efficient Marketing and Technical team, the event attendees left the test drive confidently supporting the Bridgestone TURANZA GR-90. The convention was concluded with an exquisite Bedouin gala dinner presenting a live performance of traditional Egyptian folk dancing, portraying a journey from the North to the South of Egypt. 

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*Horse: Nagham Albadeia, photographed by Dr. Nasr Marei*

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HOW TO BE A TRAINER (PART 12)

# DRESSAGE FOR JUMPING (PART 2)

By Dr. Mohamed Elsherbini

GOOD RIDING COMES WITH AN ESSENTIAL TECHNIQUE. SOME READERS WILL THINK THAT THIS ARTICLE IS TOO BASIC, HOWEVER READ FIRST THEN LATER JUDGE ITS IMPORTANCE. OUR SUBJECT IS THE **RIDER'S SEAT**.

In the previous spring issue of Horse Times, we discussed the effect of the rider's position in relation to the centre of gravity of the horse; on the balance of the horse. A correct seat forms the basis for the effective application of aids. A balanced, free, and supple seat is essential for **going with** the horse's movements without

**gripping up** (stiffening).

In the "Official Book of the German National Equestrian Federation", the importance of fixing the rider's seat was very clear. In my opinion, the German way is the best basic school a rider can follow during elementary training of both horse and rider.

---

#### TYPES OF SEATS:

---

Not all riders are fully aware that in various branches of equitation different positions are required. In order to acquire good results in schooling horses it is important for the rider to practice and perfect these different seat positions.

Different seats are expressed as the forward seat, the parade seat, the remount seat, the deep, seat etc. To make things easier, we have three types of seats or positions: the **dressage seat** (basic), the **light seat** (jumping, cross-country/forward seat), and the **racing seat** (jockey seat). In the dressage seat, the weight is placed mainly on the horse's back, while in the light and racing seat it is taken off it. With each type of seat, the amount of weight placed in the saddle can vary depending on the situation and need.

### THE DRESSAGE SEAT:

It is the basic seat for all other types of seats. Dressage position is used for the training of horse and rider on the flat, i.e. dressage-type work. It is used with shortened stirrups in preparatory work for jumping and cross-country riding. The rider should sit upright with a straight vertical line which can be drawn through three joints: **shoulder, hip and heel**. The seat should rest in the lowest point of the saddle without tension of the seat and inside thigh muscles; otherwise the rider will be riding above the horse and not in the saddle. If the stirrups are too long, it will result in a **fork seat**, and if they are too short, it will result in a **chair seat**. Both seats will lead to bad balance and wrong application of aids.



▲ Forearm, rein and bit should always be in a straight line when seen both from above and from the sides.

### THE LIGHT SEAT:

It has a wide range of applications. It enables the rider to take the weight off the horse's back. For example, when riding over fences, in riding out, in cross-country and when riding young horses, the stirrups are considerably shorter in the light seat than in the dressage seat; the actual length varies from moderate to extreme light seats.

In moderate light seat two to three holes shorter may be enough, reaching four to five holes in cross-country.



▲ Using the light seat enables the rider to adjust particularly well to changes in balance and pace

As in the dressage seat, the rein and leg aids should be **independent** from the movements of the rider's body. A **firm knee position**, a **constant lower leg position**, and downward **flexing heels** form the basis of the light seat. The lower legs are positioned next to the girth never slipping back. Allowing the lower leg to slip back has an adverse effect on the riders balance. In jumping, this fault often results in the rider's return to the upright position too early in order not to tip forward, thus disturbing the horse in its back and hind legs' folding. The **heel** should be the lowest point of the rider's body with slightly flexed ankles to provide a steady, spring support, and also enabling the lower legs to remain steady and effective.



### THE RACING SEAT:

It is the extreme version of the light seat with two main differences: much shorter stirrups and none of the rider's weight is on the saddle. It is used by experienced riders for galloping and is only required during the steeple chase phase of a three-day event. The triad of firmly closed knees, perpendicular lower legs, and flexible heels is also important for the rider in this position to go with the horse's movements. The upper body is almost parallel to the horse's neck. The upper arms would be in front of the body with the hands positioned one on each side about 10cm below the top of the neck. The horse's head and neck movement should be followed by elastic flexion and extension of the elbow while maintaining a constant and steady contact with the horse's mouth.



Always remember that fixing the seat and position is not only important for the balance of both horse and rider but also for applying the correct aids in a simple and efficient way. 🏆

Reference: The Principles of Riding (German FN)



*Gastroscopy performed with a mobile system*

## EQUINE GASTRIC ULCER SYNDROME (EGUS) PERFORMANCE KILLER (PART 1)

By Dr. Heike Kuehn, Germany

IN HUMAN MEDICINE, GASTRITIS IS ONE OF THE MOST COMMON STRESS RELATED MALADIES. IN HORSES, AS WELL AS IN PEOPLE, GASTRIC ULCERS ARE A WOUND IN THE LINING OF THE STOMACH CAUSED BY ACID. IN PEOPLE, ULCERS ARE ASSOCIATED WITH A BACTERIUM KNOWN AS *HELICOBACTER PYLORI*, WHICH HAS NOT BEEN IDENTIFIED IN HORSES. EVEN THE PATHOPHYSIOLOGY OF THE HUMAN AND THE EQUINE DISEASE DIFFERS WITH MORE OR LESS THE RESULTING DILEMMA: WEIGHT LOSS, RECURRENT OR ACUTE COLIC, DECREASED APPETITE, REDUCED MANURE PRODUCTION, POOR BODY CONDITION, POOR HAIR COAT, AND A CRABBY ATTITUDE, CONSEQUENTLY ENDING IN POOR PERFORMANCE. IF GASTRIC ULCERATION BECOMES SEVERE, THE EROSIONS MAY BEGIN TO BLEED. HORSES CAN EVENTUALLY BECOME ANAEMIC AND LOW IN PROTEIN DUE TO LOSSES THROUGH THE GASTRIC ULCERS. ADVERSE OUTCOMES OCCASIONALLY HAPPEN IN HORSES WITH STOMACH ULCERS. THE ULCERS MAY PERFORATE INTO THE ABDOMINAL CAVITY RESULTING IN INFECTIOUS PERITONITIS AND RAPID DEATH. SCARRING OF THE ESOPHAGUS, GASTRIC PYLORUS OR DUODENUM MAY ALSO OCCUR, RESULTING IN SWALLOWING PROBLEMS, EMPTYING OF THE STOMACH AND COLIC.

Many stress factors associated with a horse's management have been related to the development of equine gastric ulcers. However scientists are currently aware of changes in feeding and alterations in training routine; the two biggest contributors that make a horse more susceptible to develop gastric ulcers.

A number of studies revealed that equine ulcers may be more prevalent throughout the horse population than veterinarians and horse owners once believed. For a long period of time the problem was associated with racehorses only. But indeed, the condition also affects between 30 and 60 percent of all dressage, jumping and endurance horses.

Studies point out that gastric ulcers occur in up to:

- 37% of leisure horses<sup>1</sup>
- 63% of performance horses<sup>2,3</sup>
- 93% of racehorses<sup>4</sup>

The stress of the training schedule causes an increased release of corticosteroids and subsequently a decrease in blood flow to the stomach lining. This impedes the natural protective mechanisms of the stomach resulting in an augmented damage from gastric acids. All the risk factors for equine gastric ulcers have yet to be determined, but some of the more common causes are listed below:

#### **PSYCHOLOGICAL STRESS:**

Psychological stress is sometimes difficult to assess in horses. But stressful conditions will negatively affect feed intake, resulting in periods of increased stomach acidity. Transportation and stable confinement are proven risk factors in causing ulcers.

#### **PHYSICAL STRESS & ILLNESS:**

Gastric ulcers can occur in response to any type of painful condition or illness.

#### **DIET:**

Feeding time: as horses are "trickle feeders" there is a continuous secretion of acid within the stomach, hence prolonged periods without food to neutralise that acid can lead to ulceration. When horses are denied free access to feed or fail to eat, ulcers develop rapidly.

#### **TYPE OF FEED:**

Use of concentrated feeds may also contribute to ulcer risk by changing the gastric PH and increasing gastrin levels.

#### **TRAINING REGIME:**

There is an obvious correlation between equine training and gastric ulceration. Even non-intensive training is associated with decreased blood flow to the stomach, leading to a high occurrence of

stomach ulcers. Additionally the increased pressure in the abdomen during exercise pushes acid up into the sensitive portion of the stomach.

#### **PHARMACEUTICALS:**

Medications, such as corticosteroids or non-steroidal anti-inflammatory medications e.g., phenylbutazone (Bute), flunixin meglumine (Banamine), may also cause gastric ulceration.

#### **OTHER CAUSES:**

Under certain circumstances, bile acids may reflux into the stomach and will damage the stomach lining.

It is important to know, that horses can develop severe ulcers even in the absence of the typical risk factors.

#### **DIAGNOSIS:**

A definite diagnosis of EGUS can only be determined by gastroscopy. An examination of the stomach with a very long endoscope. For a midsize warmblood you need at least, a three meter (better 3.30m) endoscope to visualise the entire stomach and the first part of the small intestine including the opening of the bile ducts. In order to obtain a good view of the stomach, it is important for the stomach to be

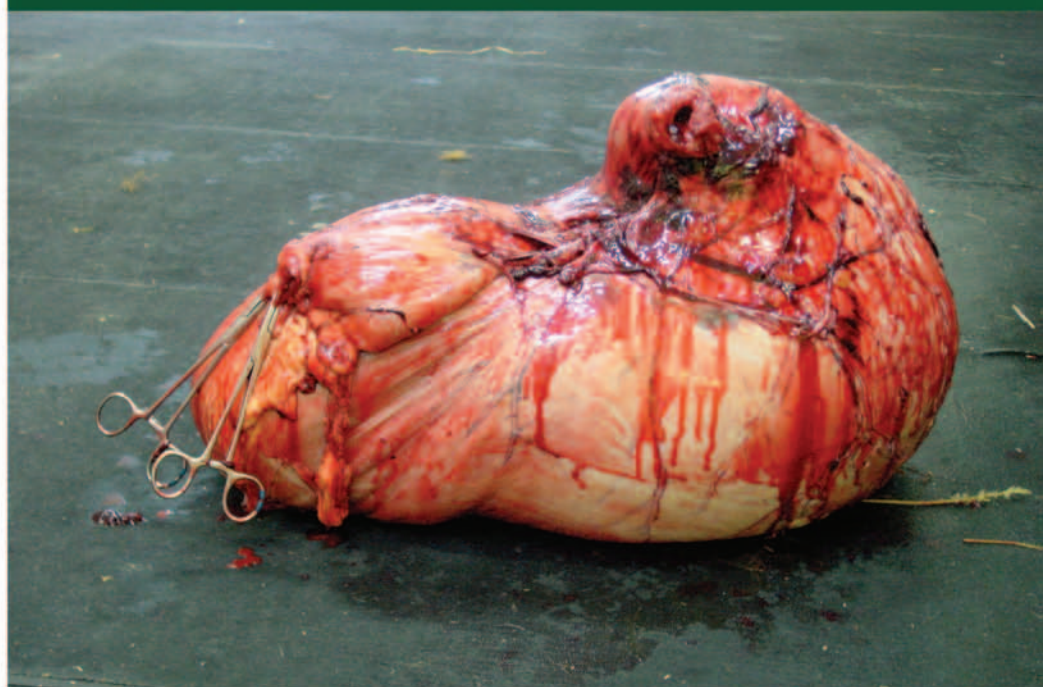
For that reason, prior to submitting to an endoscopic examination for ulcers, a horse will have his food withheld for about 12 hours, and he won't be allowed to drink water for about six hours before the exam. The veterinarian will then insert the flexible endoscope through the horse's esophagus and into his stomach. Since a few years, modern portable systems were available to perform gastroscopy directly in a breeder's barn, so transportation to the clinic will not be an additional stress factor. Gastroscopy is not painful, but a procedure that will help your vet diagnose and treat a chronic, debilitating pain.

#### **TREATMENT:**

The main goal is to reduce gastric acidity, either by changing management and/or medical treatment. Management changes are the essential part of the treatment of horses with gastric ulceration. Affected horses need:

- Plenty of time at pasture
- Continuous access to forage, if stabled
- Minimal stress
- Reduced level of training
- Reduced levels of grain and concentrates in the diet
- Substances that help to protect the stomach

▼ Chronic gastric dilatation (5 times normal size)



Regrettably, these recommendations are tough to achieve for most elite equine athletes. With sport horses, intensive training tends to go hand-in-hand with infrequent turnout, low-roughage and high-concentrate feeding. Consequently medication (e.g. Omeprazol) is needed to facilitate the healing of gastric ulcers and prevent recurrence.

- Decreased performance
- Attitude change (reluctance to work)
- Weight loss
- Poor body condition
- Poor hair-coat
- Crabby attitude
- Reduced appetite
- Mild to moderate colic
- Diarrhoea
- Grinding of teeth

Effective medications (Omeprazol, Cimetidin, Ranitidin etc.) are available from your vet to help reduce the risk of gastric ulcers before an expected period of psychical stress such as transportation, surgery, excessive training or weaning. For example, if your horse is travelling a great deal to perform in a number of competitions and is likely to be subjected to stressful conditions, it might be worth considering medical intervention to keep him from developing ulcers. When used as a preventative, omeprazole for example is administered in half the normal treatment dose. It's an approach that is being adopted by most upper-level riders and trainers.

In foals, teeth grinding and excessive salivation But remember, in some horses the clinical signs of ulcers are not noticeable! The only subtle hint is poor athletic performance.

#### HOW CAN MY HORSE BE EXAMINED FOR GASTRIC ULCERS?

The only way to get an accurate diagnosis is by gastroscopy (endoscopy of the stomach)!

#### CAN THE ULCERS BE TREATED?


Yes, by changing the feeding and training management in addition to the treatment with omeprazol.

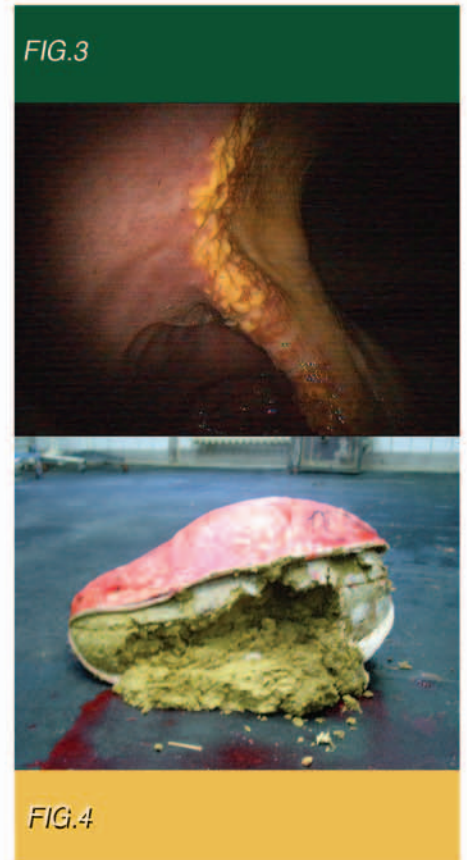
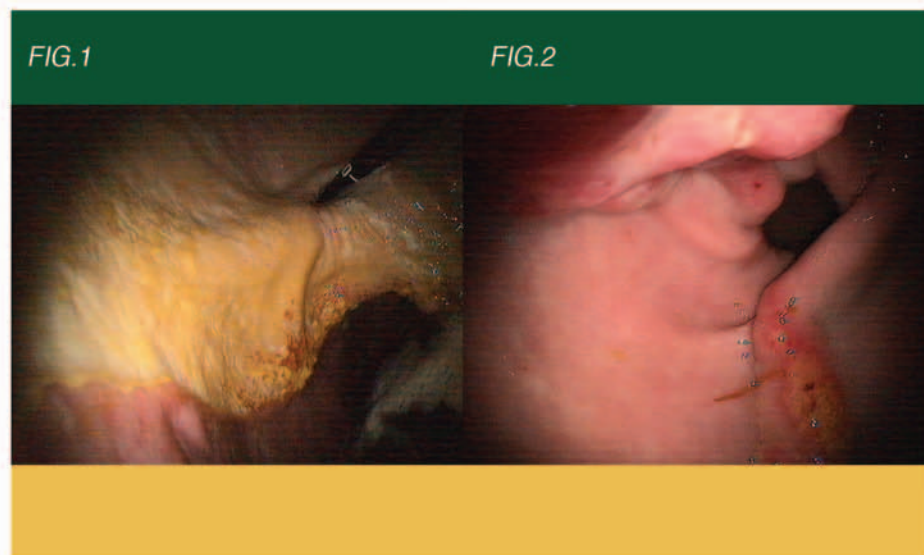
#### SUMMARY:

#### WHAT ARE THE SIGNS OF GASTRIC ULCERATION?

- Poor appetite

#### WHAT CAUSES GASTRIC ULCERATION IN HORSES?

Psychological stress, physical stress, illness, diet, training regime, & pharmaceuticals. 



- ▶ FIG. 1: Stomach "entrance": the endoscope is visible coming out of the oesophagus (moderate ulcerations are visible just below the entrance)
- ▶ FIG. 2: Stomach "exit" (Pylorus): with multiple tumors around the pylorus
- ▶ FIG. 3: Typical lesion on the margo plicatus (gastric ulcers)
- ▶ FIG. 4: Stomach opened after euthanasia; diagnosis failure of gastric emptying due to severe ulceration on the pylorus leading to chronic gastric overload and dilatation. An earlier diagnosis & appropriate treatment could have saved the horses live

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