

60 SECONDS WITH

ABDESLAM BENNANI SMIRES

By Nermin Marwan

COUNTRY: MOROCCO

DATE OF BIRTH: OCTOBER 10, 1983

STAR SIGN: LIBRA

PROFESSION: SHOWJUMPER





Describe your typical practice?

I work mainly outside, in the woods or sometimes on the beach, to build up a good condition and keep my horses happy. The rest consist of flat work and small jumping courses or gymnastics to prepare them for the show.

Where is your favorite place for practice?

Definitely the Dar Es-Salam Equestrian Club in Rabat. The whole facility is perfect to keep horses and riders in the best condition.

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

I think the most important thing is to adapt your training to each different horse. It depends so

much on every horse type and we as riders should focus on this when we are planning the training.

What was the best advice you were given?

Straight-forward, and balanced.

What is your best achievement?

Jumping the WEG in Normandy was my biggest moment for sure.

What are the goals that you aspire to achieve?

The one and only goal at the moment is the qualification for Paris 2024 Olympics , next February in Doha.

Who has been your greatest support?

My whole family, from the beginning as a junior till today,

they have always been by my side. It's sometimes hard to leave for weeks, especially when I compete in Europe. This makes me even more motivated to reach my goals because everyone around me is involved.

What do you think about the MRT this year, how was your experience?

This MRT was very special for us. For the first time, Morocco wins the three Grand Prix. Abdelkebir Ouaddar and Ghali Boukaa have both delivered incredible performances.

How were the venue, the footing, and the organization?

After two years off due to COVID, the organization was even better. Always improving year after year, the conditions are perfect in each



of the three venues.

This year was also interesting because we had new course designers who made a great job as well.

What is your second favorite sport?

To be honest, we have no time as riders to have a second favorite. But if I have to choose one, definitely football.

What is your favorite genre of movies?

I like Tarantino movies or Guy Ritchie.

What kind of music do you enjoy listening to?

Electronic music.

What is your favorite book and who is your favorite author?

L Alchimiste from Paolo Coelho.

What is your favorite food?

Of course Moroccan.

What is the most memorable place you ever visited?

Dakhla is a real inspiration for me, its in the extreme south of Morocco, a mixture of desert and sea.

What are your strength and weakness points?

Strength: always believing that it's possible.

Weakness: sometimes too perfectionist .

What is the biggest challenge you have ever faced?

One year a lost a gold medal in the Moroccan championship for less than 1 pt, it was such a deception. Then I fixed to myself the goal to winning the title with the same horse and we did it the year after.

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

I would like to be a little bit less easygoing.

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

Probably an architect, I like to be creative. 🇲🇦