

# 60 SECONDS WITH IBRAHIM EL BASTAWISY

**COUNTRY:** Egypt

**DATE OF BIRTH:** 25/12/1994

**STAR SIGN:** Capricorn

**PROFESSION:** Student and showjumper



IBRAHIM, WAS VERY PASSIONATE ABOUT HORSES SINCE A VERY YOUNG AGE. HE FACED A DIFFICULT CHALLENGE BY LOSING A LOT OF WEIGHT AND IMPROVING HIS PHYSICAL FITNESS. HE IS ONE OF THE MOST DETERMINED RIDERS OF HIS GENERATION. AS HE SAID: "HORSES ARE ONE OF THE FEW THINGS THAT PUSH ME IN THIS LIFE AND I WOULD SIMPLY SAY THAT MAKING A DIFFERENCE IS ONE OF THE FEW THINGS THAT MOTIVATE ME. I WAS INTRODUCED TO HORSES AS A 2 YEAR OLD AND A STRONG CONNECTION WAS MADE EVER SINCE THAT DAY IN ADDITION TO MY PARENTS WERE OF IMMENSE SUPPORT SINCE THE FIRST DAY."

## Tell us about yourself.

I would simply say that I am someone who wants to make a difference and **horses are one of the few things that motivate me in life.**

## Describe your typical practice.

I usually wake up at 6 in the morning to start riding; I ride 5 to 6 horses a day. I rarely jump the horses, I just focus on flatwork with an intention to keep them fit and happy.

## Where is your favourite place for practice?

At Ahmed Mohsen's yard in Mansouria, the place is extremely serene and surrounded by fields for the horses where they can eat grass; I certainly believe it's a perfect atmosphere for the horses.

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

**Dreaming, believing, hard work, hard work and hard work.** Not only that, but also it takes a team to be able to achieve.

## What was the best advice you were given?

Our plans don't always work out the way we want. Sometimes God has a better plan for us, so just keep on moving forward and don't lose faith.

## What advice would you give to young athletes?

A moment of pain is worth a lifetime of glory. They should never lose faith.

## What is your best achievement?

Well, I won't say it's my best achievement, but I would say it's the most special to my heart, **when I won my first class in Europe, in Oldenburg, Germany.** Hearing the Egyptian national anthem is a feeling that cannot be described.

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

To represent my country in international championships, in addition to being a role model to the upcoming generation.

## Who has been your greatest support?

My parents and Karim El Zoghby. If it wasn't for him, I wouldn't be who I am today.

## What motivates you?

One thing that I would say motivates me the most is being challenged.

## Who is your sporting idol?

Mohamed Ali

## What is your second favourite sport?

Boxing

## What is your favourite genre of movies?

Drama, Action

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

Pop music, Country music

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

Harry Potter, J.K Rowling

## What is your favourite food?

Burgers and Sushi

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

For me, there's a memory in every place, but **Holland will be the one; I have so many memories over there.**

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

My strength is that I never give up and my weakness is having a short temper.

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

Losing weight!

## What is the biggest reward you ever got?

Being supported by amazing people.

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

My short temper.

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

I never really thought about it, but I'd probably want to be like my grandfather. He was a great man. 🙏