

On Friday 25th June 10 ladies with an assortment of equines from cobs to warmbloods turned up at Cold Blow Farm for a weekend camp, we were fortunate to have lovely weather, maybe a bit too hot for intensive riding!

After settling in the horses on Friday we set off for a hack, which started out eventful but for those who continued proved to be successful and we all made it back safely.

Saturday morning we were split into two groups for a flatwork lesson with Zoe Colgate, during which we all received individual teaching with the chance to pick an area that we wanted to work on. Everyone found this session helpful particularly to relax your contact by just holding the reins with your ring fingers as this meant that other parts of your arm relaxed and helped our horses go better.

Saturday afternoon we had showjumping with John Smart, we did gridwork and progressed to jumping higher and more complicated grids. We found John entertaining and also very informative. Most gained confidence from the saying that the entry into the grid was just a trot to canter transition and nothing more.

After a long hot day of riding we were provided with a pilates session with Joy, this was much needed after all those lessons, we worked on a range of exercises and stretches, most were new to this but found this interesting and several people were hoping to take this up on a more permanent basis to help their riding.

Sunday morning was cross country with Wendy Neath, which proved popular particularly as a few of the horses had never seen cross country jumps. We started off jumping individual jumps, then put a couple together and eventually a mini course at the end. We found this a good confidence building schooling session.

Sunday lunchtime was a nice pub lunch at The Dirty Habbit, which again was much needed after the Cross Country.

Our accommodation in the barn was good with us all having a bedroom each if we wanted! the kitchen and washing facilities were also nice as long as you remembered to take lots of 20 pences.

On behalf of everyone I would like to thank Zoe, John and Wendy for teaching us all as we all felt we had gained something from attending the camp.

I would particularly like to thank Kate Connell for her tireless hardwork and months of preparation that went into organising the camp. The home made food was all lovely, definitely Kate's home made white chocolate ice cream deserves a special mention!

As a newish member I thought the camp was a good opportunity to meet new people, I found everyone so nice, friendly and welcoming. I look forward to seeing some of the photos and hopefully doing it all again another time. Finally I would like to congratulate everyone on the fact that there were no falls over the weekend although there were several really well sat bucks.

Sarah Hall and Kalli