

Amanda Derbyshire Dominates Whalesbone Group Grand Prix

Roadrunners Top Major League Show Jumping Ottawa Team Event



Great Britain's Amanda Derbyshire riding Wonder If won the \$38,500 CSI2* Whalesbone Group Grand Prix on Saturday, August 26, at Major League Show Jumping Ottawa taking place at Wesley Clover Parks. Photo by Ben Radvanyi Photography

Ottawa, Ontario – Great Britain's Amanda Derbyshire took her place at the top of the podium after winning the \$38,500 CSI2* Whalesbone Group Grand Prix on Saturday, August 26, at the Major League Show Jumping Ottawa tournament taking place at Wesley Clover Parks in Ottawa, ON.

A total of 51 challengers vied for victory in the final two-star competition of the tournament with seven successfully jumping clear over the track set by Canadian course designer Michel Vaillancourt to advance to the jump-off. It was a waiting game for Derbyshire after posting a clear



From left to right: Conor Swail of Ireland, Amanda Derbyshire of Great Britain, and Erynn Ballard of Canada toast their success as the top three finishers in the \$38,500 CSI2* Whalesbone Group Grand Prix. Photo by Ben Radvanyi Photography

round in the jump-off riding Wonder If, but there was no need to wonder when her time of 38.02 seconds held up for the win. Ireland's Conor Swail aboard Count Me In was fast in 38.73 seconds but not fast enough, while Erynn Ballard of Tottenham, ON, ensured that the maple leaf was represented on the podium with a clear round in 38.73 seconds riding Ginger Ask, a nine-year-old Holsteiner mare that she began riding earlier this month in international competition for owner Marigold Sporthorses LLC.

"I knew there wouldn't be that many clear," said Derbyshire, 35, who has represented her native Great Britain at the 2018 World Equestrian Games as well as the 2019 European Championships where she was a member of the bronze medal team. "I have a great relationship with that horse and as long as I'm pretty accurate, she always tries to jump clear."

"The other advantage is that she's very fast," continued Derbyshire of Wonder If, the 11-year-old Anglo European mare owned by Gochman Sport Horse LLC. "She doesn't have the biggest stride so I was a little nervous about Conor and Erynn and Mimi, that their strides would outdo mine, but I got lucky today. I'm glad to beat Conor because I've been second and third to him in the last 10 classes so

Continued on page 26

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INSIDE

Amanda Derbyshire	25	OCCA News	31
Anne Gage Column	26	Directories	32-36
CPC Statement on Safe Sport.....	27	Realty with Ruth	36
Bromont CCI4*	28	Real Estate	36
Horse Listening	29	Learning from	
Lindsay Grice	30	Lesson Horses	39
Lynn Palm.....	31	Jockey Club 50th Race	39

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Confident Horsemanship: Restarting Riding As An Adult



By Anne Gage, The Horse Riding Confidence Coach

Getting back to riding after a long gap can be intimidating. While there are many benefits to riding, you'll find that you're not the same as your younger self either mentally or physically.

And that recognition can cause mixed emotions about riding. You might be excited and at the same time feel nervous, sick with worry, or even panic stricken. That's perfectly normal.

The good news is there are a lot of ways to help yourself overcome that fear

This article provides insights and tips to help you enjoy getting back in the saddle.

1. Allow yourself to experience whatever feelings you're having. It's normal to have some anxiety about riding again, especially if you've been away for several years. Be patient and kind with yourself.
2. Your fitness and skills may have decreased since you last rode. Set your goals and expectations based on an honest evaluation of where you currently are. Start with achievable objectives.

Like improving balance, core strength, suppleness and posture, and developing a deep connection with your horse. Focus on the basics first to establish a good foundation.

3. Take lessons with an instructor who is experienced teaching adult riders. Someone who will honestly assess your current skill level, identify areas that need improvement, and help you achieve your short and long term goals.
4. Safety is always a priority when returning to horse riding. Invest in riding gear, equipment and tack that is in good condition and fits correctly. Replace your helmet if it is more than 5 years old or has not been stored in a cool, dry place.
5. It's natural but unrealistic to want to pick up where you left off. Be patient with yourself and your horse, and

celebrate even the tiniest wins. Every ride is an opportunity to connect with your horse as you improve skills. Mistakes will happen. Focus on making progress, rather than aiming for perfection, makes the journey more enjoyable for both you and your horse.

6. Riding is an athletic activity that requires a certain level of fitness. Focus on off-horse exercising that improves core strength, flexibility, and balance. Exercises like yoga, Pilates, and tai chi integrate movement, breathing exercises and meditation that enhance your physical and mental health and self-awareness. They can help improve your riding posture, stability, and overall fitness.

7. If you feel nervous about riding, have an honest conversation with your instructor so they can support and encourage you. Talking with an understanding friend can also be helpful. If

anxiety is really holding you back from enjoying riding or affecting your performance, consider getting help from a specialist in mindset. They can teach you strategies to manage stress, nerves or the pressure you're feeling about riding. Hypnosis is also an effective technique for eliminating these types of inappropriate fears.

Author Bio: Anne Gage, The Horse Riding Confidence Coach, shares advice and tips for horse riding women of a certain age. From managing riding nerves and anxiety, understanding your horse's behaviour, building a deeper partnership with your horse, and more. Whether you're a lifelong horse rider, just coming back to riding after time off, or just starting out, learn more at www.rideconfident.com

Wesley Clover

Continued from page 25
beat Conor because I've been second and third to him in the last 10 classes so I'm happy to finally beat him today!"

Of her first visit to Ottawa and Wesley Clover Parks, Derbyshire noted, "The facility is beautiful, and one restaurant is better than the other; we are eating our way right through town! There are very few grass fields nowadays to get to jump on, and this one is beautiful. The horses have jumped great all week and we're grateful to be here."

The \$270,000 CSIS* Major League Show Jumping Team event closed out Saturday's show jumping action. Eight teams took to the grass field for the fun-filled yet fiercely competitive class with four – Eye Candy, Helios, Roadrunners, and Trailbrazers – advancing to the second



Daniel Coyle riding Ivory TCS clinched victory for the Roadrunners in the \$270,000 Major League Show Jumping Ottawa Team competition on Saturday, August 26, at Wesley Clover Parks. Photo by Ben Radvanyi Photography

round. From there, Eye Candy and Roadrunners advanced to the third and final round. Jessica Mendoza aboard I-Cap CL Z and Daniel Coyle riding Ivory TCS went head-to-head, with Coyle's time of 43.87

seconds eclipsing the 47.54 seconds posted by Mendoza and her Eye Candy teammates, Richie Moloney and Paul O'Shea settled for second while the Helios team of Erynn Ballard, Vanessa Hood, and Roberto Teran Tafur took third place.



Two-time U.S. Olympic team gold medalist McLain Ward riding First Lady helped lead the Roadrunners to victory in the \$270,000 Major League Show Jumping Ottawa Team competition. Photo by Ben Radvanyi Photography

The highly anticipated \$225,000 CSIS* RBC Grand Prix will close out the Major League Show Jumping Ottawa tournament on Sunday, August 27, at 1 p.m. General admission tickets can be purchased by clicking here. Children aged 12 and under are admitted free. For more information on Major League Show Jumping Ottawa, held as part of the Ottawa Equestrian Tournaments, visit www.OttawaEquestrianTournaments.com. All competitor information is available at

www.ottawaequestriantournaments.com/calendar-2023 and full results can be found at www.ottawaequestriantournaments.com/results-2023. All class lists and results are also available by downloading the Major League Show Jumping app, and competitors can download video clips of their rounds free of charge.

\$38,500 CSIS* Whalesbone Group Grand Prix – Saturday, August 26
Rider / Country / Horse / Faults / Time
1. Amanda Derbyshire / Great

- 2. Conor Swail / Ireland / Count Me In / 0:0 / 38.73
- 3. Erynn Ballard / Canada / Ginger Ask / 0:0 / 39.47
- 4. Mimi Gochman / United States / Inclen BH / 0:0 / 40.21
- 5. Jay Hayes / Canada / Hope VA / 0:0 / 41.73
- 6. Vanessa Hood / United States / 0:8 / 45.28
- 7. Ashley Vogel / United States / Birdy du Thot / 0:eliminated
- 8. Mia Bagnato / United States / Ballyoskill Big Bucks / 1
- 9. Natalie Dean / United States / Dotcom d'Authuit / 4
- 10. Amy Millar / Canada / GCS Athena / 4

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