

THE RIDER™ .COM

Section 2

English Rider™

"Your English Horse Industry Newspaper!"

Yann Candele Leads the Way to Victory at Ottawa Summer Tournament

Ottawa, Ontario – Canadian Olympian Yann Candele of Orangeville, ON, produced the only clear round to win the \$5,000 Modified Grand Prix, presented by Cristina's Equine Bodywork, on Saturday, July 13, during the Ottawa Summer Tournament II at Wesley Clover Parks in Ottawa, ON.

A total of 20 riders attempted the track set by U.S. course designer Nick Granat on Wesley Clover Parks' grass grand prix field. Eight of those incurred time faults for exceeding the 76-second time allowed but Candele made easy work of the track, guiding Veritas over the jumps and through the timers in a comfortable 74.38 seconds. Surprisingly, no one else was able to post a perfect score over the course, leaving Candele as the winner without a jump-off.

Candele's closet competition was Alexandra Mitchell of Westbrook, ON, who left all the rails in place but exceeded the time allowed to pick up two time faults riding her Irish Sport Horse gelding, Casalco Aurora. Paul Halpern of Saint Anne des Plaines, QC, produced the only four-fault round to take third place with Jerlot W, a 10-year-old Dutch Warmblood gelding owned by Marianne Grothé.

"It's very rare," said Candele of winning without a jump-off. "In my career, it's maybe happened one other time. You can have only two or three in the jump-off, but to have none is very rare."

It's also rare to win at this level of show jumping when partnered with a new horse, but that was also a position that Candele found himself in. The Ottawa Summer Tournaments II marked only his third show riding Veritas, a 10-year-old bay gelding sired by Verdi TN and owned by Sarah Cross of Aurora, ON.

"We seem to click," explained Candele. "I'm just trying to bring him up to the grand prix level. He has a lot of energy and I'm trying to figure him out. So far, he's delivering. I thought it was the right choice to do this class because it's a horse that's developing and it did pay off. Today went our way and worked very well. Everyone is pretty happy today."

A member of Canada's fourth-placed team at the 2016 Rio Olympics, Candele has been coming to compete at Wesley Clover Parks for the past 25 years.

"We love to show in Ottawa," remarked Candele, echoing the sentiments of many of his fellow athletes. "This is beautiful. It's the only grass field in the east of Canada. The infrastructure is great. The service is excellent."

In addition to competing in the \$5,000 Modified Grand Prix himself, Candele was also coaching several



Yann Candele, pictured aboard Veritas, is presented as the winner of the \$5,000 Modified Grand Prix, accompanied by owner Sarah Cross (left) and Cristina Tomas of Cristina's Equine Bodyworks. Photo by Ben Radvanyi Photography



Yann Candele of Orangeville, ON, on his way to victory riding Veritas in the \$5,000 Modified Grand Prix, presented by Cristina's Equine Bodyworks, on Saturday, July 13, at Wesley Clover Parks in Ottawa, ON. Photo by Ben Radvanyi Photography

the other riders including his own daughter, Mathilde. With both of her parents being successful show jumping athletes, Mathilde will soon be heading to the North American Youth Championships, held in Traverse City, MI, to represent Canada.

In a special presentation held prior to the start of the \$5,000 Modified Grand Prix, Zolento was named the recipient of the Lynda Holt National Memorial Award, presented to the High Point Hunter horse that accumulated the most points in the Baby and Pre-Green Hunter divisions over the two-week Ottawa Summer Tournaments. Zolento, who is known as "Mr. Baby" around the barn, is owned by Looking Back Farm of Tottenham, ON, and was ridden by Courtney Baco of Kitchener, ON.

The trophy will be presented annually



Alexandra Mitchell of Westbrook, ON, finished runner-up riding Casalco Aurora in the \$5,000 Modified Grand Prix. Photo by Ben Radvanyi Photography

Continued on page 26

Hepburn Sales.com

Hepburn Sales Part Store is now offering WeatherTech mats, truck accessories, trailer & RV parts and much more!

Representing Hawk Trailers Canada Wide

With 26 standard models and unlimited "no charge" custom designs.

For up to the minute detailed inventory, pics, prices & payments visit www.hepburnsales.com

Hwy 9 Schomberg, ON • 905-939-2279

THE RIDER™ Section 2

INSIDE

Yann Candele	25	Equestrian Sport At	
Anne Gage Column	26	The Olympics	31
Lynn Palm	27	Marketplace Directories	32-36
Horse Listening	28	Events	36
Record Breaking Jockey	29	Real Estate	37
Lindsay Grice	30	OFA Revive Fund	38
Horse Rider Falls Study	30	Rider Fitness	39

Subscribe to The Rider today!
Stay in touch with your industry.
Don't miss an issue!

Are you Moving?

Please use this change of address form to tell us your new address!

AFFIX OLD ADDRESS HERE

Name: _____

Address: _____

City: _____

Prov.: _____ Postal Code: _____

Phone Number: _____ Date: _____

P.O. Box 378, Fonthill, ON L0S 1E0
(905) 387-1900 • email: barry@therider.com

07/24

Confident Horsemanship:



By Anne Gage, The Horse Riding Confidence Coach

I often receive messages from riders of a certain age wondering if they should give up riding because their confidence is so low. They have recurring

negatives thoughts "what-if-ing" about the possibility of falling off or being injured. These are normal concerns because as we age, we do change.

Although the following is not a true story, there is truth in it. An old golfer played a round with a young golfer. The young golfer complained the entire round about her aching back. After their round, they sat down and changed their shoes. When the old golfer pulled off her golf shoe, out fell a small rock. The young golfer was amazed that the old golfer had walked on it the entire time and never complained. The old golfer said, "If I paid attention to every ache and pain in my body, I would never get out of bed in the morning."

Physical Challenges: We have less flexibility and strength. And often, we have more aches and pains. If we do get injured, it takes longer to heal. We actu-

ally don't "bounce" back the way younger riders do. Because of that reality, it's important that we take steps to reduce the risks of injuries that are inherent in riding and handling horses.

Switch to a safer, older horse that is an appropriate size for you and less likely to spook, buck or bolt. A well-trained horse with more whoa than go.

Take as good care of your own body as you do your horse's. Your horse gets regular veterinary and farrier care, and possibly even bodywork. You give him a good warm up and cool down, and do ground work and riding exercises that help him build the healthy posture and muscle strength he needs to support a rider.

Do the same for yourself. Strength training, cardio exercises, and stretching help to keep your body healthy and minimize the risk of muscle injury. Regularly practicing exercises like pilates,

yoga, or tai chi improve your core strength, posture, balance, flexibility, and strength - all important aspects of riding well.

Seeing a body worker (workers) for massage, chiropractic, and/or acupuncture regularly helps to keep your body aligned, release stress held in the muscles, and undo physical strains.

Mental and Emotional Challenges: Stress from daily life - finances, family responsibilities, health concerns, etc. - affect you mentally, emotionally, and physically. Mental stress creates physical tension which negatively impacts riding performance and increases risk of injury. Learn and practice techniques that create a positive mindset, resilience, and help you to release stress. Meditation, hypnosis, journaling, and walking in nature are all proven and effective stress relievers.

Benefits of Riding: Riding can help maintain physical fitness, joint mobility, and balance. Learning new skills, patterns, and continuing your education through reading and watching videos, keeps your mind engaged and sharp. When you practice leaving your worries at the barn door and taking care of your body, riding becomes a stress reliever rather than a stress creator.

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

Ottawa Summer Tournament

Continued from page 25

in memory of Lynda Marion Holt who passed away unexpectedly last December. Holt was a well-respected horseperson, Equestrian Canada steward, former Equestrian Canada judge, rider, breeder, trainer, and show organizer. As the proprietor of Highland Farm, Holt was well known in the industry for her sense of humour, no nonsense approach, and her ability to select top hunter horses that went on to have successful careers both in

Canada and the United States. Competition in the Ottawa Summer Tournaments concludes on Sunday, July 14, highlighted by the \$50,000 RBC Grand Prix at 2 p.m.

There's more show jumping still to come this season with the CSI5*/CSI2+ Major League Show Jumping Ottawa from August 21-25 and the Ottawa National which runs September 12-15. First-rate hospitality will be offered during three days of Major League Show Jumping Ottawa in August. Tickets and tables are available for purchase at www.ottawaequestriantournaments.com/hospitality. Spectator tickets are also available for MLSJ Ottawa in August. To

purchase, visit www.ottawaequestriantournaments.com/spectators.

For more information on the Ottawa Equestrian Tournaments, visit www.OttawaEquestrianTournaments.com.

All competitor information is available at www.ottawaequestriantournaments.com/calendar and full results can be found at ottawa.showmanagementsystem.com/events.

Get the latest updates, news, and photos by following Ottawa Equestrian Tournaments on Facebook here and Instagram at @OttawaEquestrianTournaments. Share your Ottawa Equestrian Tournaments experience by tagging #TenYearsOfTournaments and #RideTheParks!

\$5,000 Modified Grand Prix, presented by Cristina's Equine Bodyworks

- Saturday, July 13, 2024
 Rider / Hometown / Horse / Faults / Time
 1. Yann Candele / Orangeville, ON / Veritas / 0 / 74.38
 2. Alexandra Mitchell / Westbrook, ON / Casallco Aurora / 2 / 77.55
 3. Paul Halpern / Saint Anne des Plaines, QC / Jerlot W / 4 / 73.68
 4. Elizabeth Grace Thomassin / Westmount, QC / Schillino Rold TF / 5 / 80.31
 5. Eilla Palladino / Sudbury, ON / Davidson / 8 / 71.56
 6. Mathilde Candele / Corner Pocket Z / 8 / 73.33
 7. Mackenzey Nadeau / Stittsville, ON / HHS Fairy Fort / 8 / 75.25
 8. Isabella Erlick / Crazy Express T / 8 / 75.77



Paul Halpern of Saint Anne des Plaines, QC, rounded out the top three riding Jerlot W for owner Marianne Grothé. Photo by Ben Radvanyi Photography



Anne Gage
The Horse Riding Confidence Coach

Ride More, Worry Less And Enjoy Every Ride!
 Let's get you feeling more confident today!

519-940-6050 • anne@confidenthorsemanship.com
www.rideconfident.com

LongRun's TB Star of July

Belentime is a handsome 16.2 gelding, foaled in 2018. He will make a great partner to an intermediate or advanced rider in low level eventing or jumping disciplines. If you're interested in meeting Belentime, please contact LongRun!!



Belentime



Zolento, owned by Looking Back Farm and ridden by Courtney Bacso, was the recipient of the Lynda Holt National Memorial Award, given to the High Point Hunter horse who accumulated the most points in the Baby and Pre-Green Hunter divisions. From left to right: Colleen Howard, Tracy Howard, Sandra Green with her granddaughter Ellie, and Courtney Bacso with Zolento. Photo by Ben Radvanyi Photography

LONGRUN
 THOROUGHBRED RETIREMENT SOCIETY
 Call (416) 675-3993 ext 3440
www.longrunretirement.com • info@longrunretirement.com

Send us all your dates!
 Our listings are **FREE!**
 For advertising information contact us at (905) 387-1900 or email barry@therider.com