



Hello everyone, Happy New Year and welcome to 2020.

Well who's getting excited? I am - the new season of rides are fast approaching. The inclement weather is making training difficult, I don't know about you but I am fed up with getting wet.

I have seen many of you out at rides so I know your training is well under way too. As the ground gets wetter do not forget you can use alternative ways to keep training, e.g. treadmills - water treadmills are available in Essex now and swimming, when the weather gets warmer.

Maggie Pattison is going to be running another series of training sessions from Stratford Hills. Maggie has revised her prices to get more people interested in the sessions and the total price is now £45, which I must say is very good value for money.

The dates for these are 29th January, 26th February, 25th March 2020. These sessions are very beneficial to any level of rider, even if you have not yet done your first Graded Endurance Ride, you will benefit from Maggie's help, encouragement and advice.

If interested please email Heather Weston on weston772@btinternet.com

POPLAR PARK RIDE 9th February 2020

This is the first ride on Iceni's ride calendar for 2020. We will be running a mock vetting on the day so, for those who want to practice the vetting procedure, THIS IS YOUR CHANCE...

This ride is always proves to be a very popular ride, so early entry is advisable. Entry forms are on Iceni's [website](#).

I hope to be riding, so see you there.

If you have not got a 'TROPHY CARD already don't forget to pick one up at the ride and get it signed. Or you can download a copy [here](#).

CLUB HOUSE

Hopefully you will all have seen the new EGB 'Clubhouse' website. ARE ANY OF YOU STRUGGLING WITH IT????

If so we are here to help, Iceni will be holding an informal get together to go through the procedures so you can renew your membership or join for the first time, enter rides, or upload your vaccination certificate.

If you are a newbie we will be talking through anything and everything from entering a ride, to what happens on the day, the vetting and the ride itself.

This will be at HAYDOWN, ROBIN HOOD END , FINCHINGFIELD ROAD, STAMBOURNE CO9 4NN on Saturday morning 15th February 2020. Contact Elaine Wallbridge on emwallbridge@hotmail.com

INTER REGIONALS 2020

For anyone wanting to join us at these, we are getting better and better, and it is a great, fun weekend. Please email emwallbridge@hotmail.com with your interest in this competition. All levels of horses and riders needed for the team, so come along and have ago.

We also need our 80km riders - when you are planning your rides for this season please remember us.

Once again, the inter regionals will be at the Cirencester Ride. I have had notification from Steve Bates that the 2 day riders will be riding on Friday and Saturday and 1 day riders on Saturday. I think this is a plus as it always takes a while to collate the results because the organisers have to wait until the last rider is in before they can start the job of sorting the results.

We usually have a bit of a team get together on the Saturday evening and we even have Icen Cake. Not having to ride on the Sunday will also mean we will get home earlier - that's got to be a bonus!

PLEASE LOG YOUR INTEREST TODAY - DO NOT LEAVE IT UNTIL ANOTHER DAY. TEAM ICENI NEEDS YOU!!!!!!!

STEWARDING

If you have looked at the ride calendar and have decided when you will be riding at Klings Forest maybe you could join the team for 1 day stewarding. This ride takes an enormous amount of stewarding to keep everyone safe so **without you this ride cannot run.**

We also need stewards for the Ford End Pleasure Ride on the 10th May 2020.

It is a good idea to get your choice of stewarding dates early to Michelle, otherwise your choice of dates could already be filled up and you do not want to be struggling to fit your stewarding in at the end of the year. Please contact michcg1@icloud.com with the days you can help out.

AGAIN, DON'T FORGET YOUR TROPHY CARDS AND GET THEM SIGNED !!!

POINTS MAKE PRIZES



Well I think that's me for this month, hope to see you all at Poplar Park, I will be around before, after and en route, if you have any questions or want a chat.

If you are a newish member please come and introduce yourself - we are a friendly bunch, or come along to the informal morning at 'HAYDOWN'.

Happy Riding

Elaine Wallbridge