



TREC SOUTHWEST

THE OFFICIAL NEWSLETTER OF TREC SOUTH WEST

POLTIMORE TREC DAY CAMP

HANNAH GROOMBRIDGE & DENNIS

If you have never suffered with anxiety, trust me it can be crippling. I had a nasty accident on horseback about 18 years ago that left me with a fractured back, several broken ribs, and even more broken nerves. I had always been a very competent and confident rider so to lose my nerve was devastating. Roll on to 2021 and I was still riding (just) but anxious every time I got on. Then my good friend Lydia Thomas talked me into giving the Trec training day at Poltimore a go. I won't lie, I was worried. It included the things that made me most anxious, open space, other horses going at varying speeds in different directions and an expectation that I should be under some sort of control of my ex-racehorse (not that he remembers he ever raced), Dennis.

It started well, we arrived and were met with the warmest welcome from Karen. We set up our corral and Den settled straight away. So far so good. Next up was walking the PTV. Okay, I didn't have nerves about that, but I was still pleasantly surprised that there was a mix of abilities from complete newbies to some serious competitors. Yo led the group and was an informative delight. It was so humbling to have guidance from the more experienced members as well as hearing stories of how it doesn't always go to plan for them with missed flags and road closures on POR routes!

