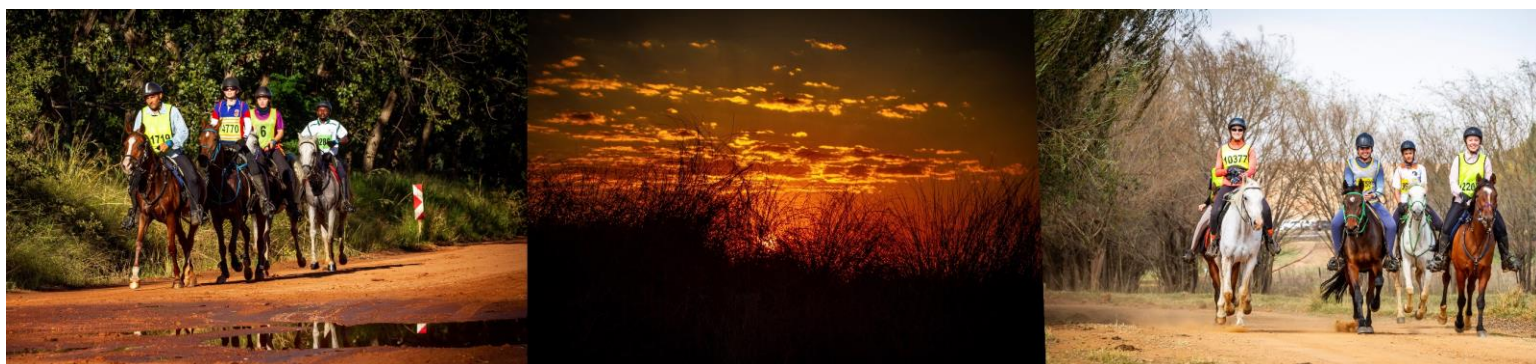


ERASA NEWSLETTER



ISSUE NO 10 | MAY 2022 |



To all our ERASA members

The year is flying past with our National Ride around the corner and we are very excited to host all riders, grooms, horses, especially after the two-year drought we experience.

This event will also host our yearly Provincial team challenges and we are looking forward to some good competition between the provinces. We currently have around 170 entries but hope that this will end up with more than 200. Please contact Charmaine if you have any questions regarding Fauresmith 2022.

The first International Ride was held at Gobabis and thank you to all the riders that represented ERASA at the ride. Congratulations to all the winners who are listed below.

This month the endurance community also had to say goodbye to one of our legends, Oom Piet Hayward. Our deepest condolences to the Hayward family.

ERASA's AGM will be held at Fauresmith on Monday, the 4th of July at 14:00. Many positions on the ERASA management team are open for nominations, so please vote when you receive a request from your club.

Always remember: "The will to win means nothing if you don't have the will to prepare." *Juma Ikangaa*

Stay safe and Lekker Ry

Important dates

FAURESMITH 5 – 7 July 2022

ERASA AGM 4 July 2022

SAIC 6 – 8 Oct 2022
SONDELA

Changes to ride Calendar:

Please check the ride calendar on a weekly basis before you plan, as the calendar is constantly changing.

GOBABIS 2022

Results for Gobabis as below

TEAM RESULTS

Heavy Weight Team – South Africa 1ST Place

Individual results 120KM 27 May 2022 – full results are on the ERASA website

Heavy Weight

2nd Andries Swart riding El Nize Amazing Grace

3rd Dube Pricemoor riding Mijasto Brian

5th Hubert Ferriera riding Welgeval Salvador

Light Weight

3rd Dawie de Meyer riding Shaprisure Zahara

4th Ankia Greyling riding A-Hicca Sau Licalo

Junior/Young Riders

1st Ilandi Koch riding Chirune Issachar

5th Ankia Koch riding Blackstone A Joe II

6th Gisele Olivier riding Johrhemar Zambezi Ibn Shakkarr

7th Marli Geldenhuis riding Indiana

FNR – Gian Steyl riding Steyl Night Raven

Child Rider

6 Johaney Bean riding Zarafa Duiker

Honorary 2* colours awarded to:

Dube Pricemoor

Ankia Greyling

Ilandi Koch

CONGRATULATIONS TO ALL OF THE ABOVE

FEEDING THE ENDURANCE HORSE

It takes a lot to **prepare your horse** to compete successfully in endurance competitions. For us to understand this do we need to explore some of the factors that affect the performance of endurance horses.

- **Energy levels** - Horses store energy in the form of glycogen in muscle and liver and as fat in adipose tissue.
- **Body weight and condition** - The body weight and condition of your horse significantly impact performance and ability to finish the ride.
- **Hydration** - Bodyweight also includes gut fill and water reserves, which are significant considerations for performance in endurance events.
- **Fatigue** - Fatigue arises from central (neurological) or peripheral (physiological) causes. Amino acid catabolism and low glucose levels are common reasons for central fatigue.
- **Health concerns** - As the pace of endurance rides have increased, higher rates of health and safety issues have led to elimination from the event.
- **Nutritional needs** - The nutritional requirements of horses competing in long-distance rides are different from the requirements of show jumpers or sprint-based disciplines, such as barrel racing.

Here are a guide to help you start to feed your endurance horse:

1. Assess your horse's health
2. Feed high-quality forage
3. Add calorie sources
4. Optimize protein levels
5. Ensure vitamin and mineral requirements are met
6. Support electrolyte balance
7. Support hydration

To read more on each of these sections, please click on the following link:

[How to Feed the Endurance Horse for Energy & Stamina \[7 Point Guide\] | Mad Barn](#)

RULE REFRESH NO 10 – Chapter 2 – Article 2.11.3.10

Riders do not have the right to appeal decisions made by the veterinary panel. Veterinarians will not become involved in arguments with riders, owners or helpers. All dissatisfied riders, owners and helpers shall address their complaints to the ridemaster to so allow the veterinarians to continue with their work.

Riders do not have the right to appeal decisions made by the veterinary panel.

MAY BEST CONDITIONED HORSES

RIDE	HORSE	RIDER	DISTANCE
RAND RIDE	ARION KALIM NUGAD WASABI EL MALUK EL HABIBA KLARISSA KARIBUNI THUNDERBOLT	JANA JOUBERT JANIKA JOUBERT JEANDRE ENGLEBRECHT RONEL WILSON MASSIMO VALENTE	80KM C 80KM JYR 80KM LW 80KM STD 80KM HW
SCHWEIZER-RENEKE	BF ASSAULT ANATOT RATEQUA EL NIZE SHAH AZARIA RAKKAS	JJ KASSELMAN ROLINE BRONKHORST ISONE SWART WIANA WYNGAARDT KAY LEE HEYNS	80KM HW 80KM STD 80KM LW 80KM JYR 80KM C
WILLOWS	VW FANCY JAGGERMEISTER HURST GUZARRA EL SAHRA YASMIN SANNIESGUNS JA BOY	NICOLAAS ENGLES MELISSA MENTZ SHERIKA VD MERWE ALET BOTHA ESHTE VAN EEDEN	80KM HW 80KM STD 80KM LW 80KM JYR 80KM C
WILLOWMORE	BLOK HANNIE WELGEVAL DIEGO ROGER SARUK BASILISK SARUK SUMU	KORLIA SCHMIDT DIEDERICK LOTTER RIANA GRIEBOUNOW ANKHE MULLER MABET CILLIERS	120KM STD 80KM HW 80KM LW 80KM JYR 80KM STD
EMERALD VALLEY	SHAHEER QUATRO DELMAR STORMBELL LORMAR AIRBENDER LORMAR EDDIE	ANNIEKE KOEGELENBERG CARIKA FOURIE MARLI GELDENHUYS ELI KLOPPER	80KM HW 80KM LW 80KM JYR 80KM STD
PREMIER – FRIDAY	UR HERULES	SCHALK FOURIE	80KM STD
PREMIER – SATURDAY	IDAHO STARLIGHT ARKAB NADIMA	SCHALK FOURIE DANIELLE BREED	120KM STD 80KM LW
BETHLEHEM – FRIDAY	DEO-GRATIAS ECAHO ZA MALIKA YASEEM EL-CHITAN NIKITA CISKA MOOLMANSHOEK DON	BARRIE BADENHORST CORLIA SWART HENNIE ENGELBRECHT JUAN JOUBERT ANNE NEL	80KM HW 80KM STD 80KM LW 80KM JYR 80KM C
BETHLEHEM – SATURDAY	BLACKSTONE HAIWA JADON CAVALLO MARDIEN FLAVIA LEOMAR ANTAR ARKAB ALPHA	STEPHEN SWART RIETTE SWART LETICIA ENGLEBRECHT MARONE BORNMAN RHONE NAUDE	80KM HW 80KM STD 80KM LW 80KM JYR 80KM C
JAKKALSOP	RUQUA OLAF	WINEL KEYSER	80KM STD