

# Join Us

There are three ways you can get involved with the **North & East Yorkshire Group of Endurance GB**:



**Non-member** Come along to a pleasure ride as a non-member. Non-members are welcome at all group and national pleasure rides and social events. Non-members pay an increased premium to cover insurance for the day.

**Associate members** Riders can join their local group as an Associate Member. Associate Members benefit from reduced ride entry rates at local group pleasure rides. Associate Membership is a good route into endurance for those keen to attend more than a couple of rides during the season.

**Full membership** Endurance GB membership automatically gives you membership of your local regional group. Each horse is given its own log book to record and track progress, enabling you to work up from Novice to Advanced level competitions.

Members are eligible for trophies at the end of each season, rider must help at a **North & East Yorkshire Group** ride. To join go to the EGB website [www.endurancegb.co.uk](http://www.endurancegb.co.uk)



North & East Yorkshire  
Group of Endurance GB

# Rides 2018

R&R Country Escrick Park	18 <sup>th</sup> February
Thorpe Perrow** Saturday	14 <sup>th</sup> April
Wykeham*	22 <sup>nd</sup> April
Jolly Moors, nr Whitby	5 <sup>th</sup> &/or 6 <sup>th</sup> May
Terrington	20 <sup>th</sup> May
Dialstone, nr Thirsk*	17 <sup>th</sup> June
Moors & Dales	TBC
War of the Roses*, Harrogate	7 <sup>th</sup> &/or 8 <sup>th</sup> July
Aram Grange**	Sat 14 <sup>th</sup> July
Aram Grange *	15 <sup>th</sup> July
Harwood Dale*, Scarborough	19 <sup>th</sup> August
White Horse Wander	23 <sup>rd</sup> September



\*include national competitive rides as well as Pleasure Rides.

\*\* rides organised in conjunction with Bedale and West of Yore Pony Club

Dates are subject to confirmation, please check website for entry details and other rides.

**All places must be pre booked.**

[www.endurancegbneyorkshire.co.uk](http://www.endurancegbneyorkshire.co.uk)

Ride Secretary: Heidi Lewis contact on:

01845 527547 or 07973445602 before 9.30 pm



## North and East Yorkshire Group of Endurance



## Competitive and Pleasure Rides



# 2018

# Discover Endurance

Endurance riding in the UK is an ever growing equestrian sport catering for all ages, abilities and types of horses.



Endurance riding through the national society 'Endurance GB' is divided into three types of rides:

**PRs (Pleasure Rides)** or **TR's (Training Rides)** – these can range in distance from a 10 km class to around 32 km rides. At national level rides where there is a pleasure ride, horses must trot up before a vet at the start of the ride and also on completion.

**Pleasure Rides** are to be completed ideally between 8km/hr and no more than 12km/hr and are easily achieved by all riders. Pleasure rides are run by regional groups of Endurance GB and open to all.

These events can also include fun activities such as treasure hunts, fancy dress, pairs and team classes.



## GER's (Graded Endurance Rides)

– these add an element of competition to your ride, as well as the opportunity to ride longer distances.

GER's range from 32km all the way upto 160 km, however they are divided into three steps: Novice, Open and Advanced. All horses must pass a vet as well as a heart rate check. On longer distances riders must complete a series of loops and rest periods. Grade Points are awarded depending on speed and heart rate.



**ER's (Endurance Rides)** – considered the top level of endurance competition, ER's are long distance race rides, where all riders set off together and aim to complete in the fastest time, ER's are usually between 80km and 160km in length and include a number of rest 'holds'.



[www.endurancegbnyorkshire.co.uk](http://www.endurancegbnyorkshire.co.uk)

*Photos by marimages.co.uk*

## Comments from our riders:

Fabulous day! Thank you to all the organisers and the helpers the water & slouch on route were very much appreciated today with the heat!

Thank you Heidi and gang so very much, it was an amazing ride even in those conditions. Thank you thank you thank you 😊😊😊😊😊😊 I feel very proud to be able to be part of such an amazing sport with fabulous supportive people 😊😊😊😊😊😊

Fab ride. Well marked. Well organised. A very big thanks to all those people involved in making it so.

We had a fab time and amazingly didn't get lost due to brilliant road markings 😊😊 thank you to everyone who gave up their time to make this happen- organisers, Marshalls, car parkers etc

Thank you to everyone involved in organising and helping at Harwood Dale we had a brilliant day. 😊

## Join Us.

If you are interested in attending a few of the Endurance Rides, why not join our Group. Members benefit from reduced ride entry rates and are eligible for distance rosettes and trophies at the end of the year.



