



SA HORSE November 2010

4 & 5 NOVEMBER 2010
TURFFONTEIN

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also featuring

Gillian Higgins - The Painted Horse

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Research & techniques from the best in the world

The latest on equine health and exercise, presented by International experts. These authorities in exercise physiology will share the latest findings and knowledge with you, the horse owner, trainer and breeder, in a two-day conference.

During the conference (**4&5 November**) there will be a lot to see and do for horse enthusiasts. Throughout the conference local and international companies will be displaying various equine-related products - **come and see what's new in the marketplace.**

Gillian Higgins (a professional therapist from the UK, www.horsesinsideout.com) is sure to draw crowds with her demonstration called "**The Painted Horse**".

In this demonstration she explains to horse enthusiasts where the various anatomical structures are, using a live horse. Painting the skeleton and musculature on the side of horses really helps to bring this subject to life. Gillian looks at how understanding equine anatomy, biomechanics and physiology can help: Improve performance, reduce injury, maintain top physiological condition, manage horses for optimum muscular health.

Gillian is dynamic and enthusiastic about equine anatomy and biomechanics and works with the comfort and welfare of the horse in mind. This show is currently receiving rave reviews in the UK.



Practical demonstrations by Colleen Kelly on Saturday is another reason not to miss this fantastic event. She will focus on the science of **Rider Biomechanics** analyzes to test and improve balance, co-ordination and timing of the rider.

Free individual posture assessments after the demonstrations! Visit her website at www.colleenkelly.net

On Saturday, 6 November, Phumelela will put on a race day, the **Charity Mile November Handicap**. This would be the first time in many years that **Arabian flat racing** will take place in South Africa. What's special about this race is that each runner also races on behalf of a charity and its finishing position determines how much the charity wins.



To add **glitz and glamour**, each runner is publicly represented by a celebrity. A total of R550,000 is given away to the 16 participating charities. The charity of the winning horse gets R100,000 and emotions will run high as the runners drive to the line.

The joy, the excitement and the tears of the representatives of the winning charity are the most **touching moments** in horseracing annually. Twelve races are run with the action starting soon after midday and finishing under lights.

PRELIMINARY PROGRAMME Subject to change

Turffontein Race Course - 4 & 5 November 2010

Racing and exhibitions on 6 November 2010

4 NOVEMBER

RACEHORSE TRAINERS/BREEDERS/OWNERS

5 NOVEMBER

- | | |
|---|---|
| 08:30 Nutrition of the broodmare and foal: bias towards thoroughbred studs: Joe Pagan | 08:30 Overtraining in racehorses- what, why, how: Cathy McGowan |
| 09:30 Genetic tests for performance in racehorses: Eric Barrey | 09:30 Exercise associated collapse and sudden death - What we know and don't know: Lesley Young |
| 10:30 Tea | 10:30 Tea |
| 11:00 Update on bleeders: Ken Hinchcliff | 11:00 Nutrition and Gastric Ulcers - Cause or Cure: Pat Harris |
| 12:00 Do racehorses with big hearts run faster and further? Lesley Young | 12:00 10 tips for improved performance in racehorses: David Marlin |
| 13:00 Lunch | 13:00 Lunch |
| 13:45 Effects of bicarbonate administration ("milkshakes"): Joe Foreman | 13:45 The influence of early training on the young TB: Rene Van Weeren |
| 14:45 Respiratory disease in the racehorse: Dave Hodgson | 14:45 Effect of diet on behaviour of young horses: Pat Harris |

4 NOVEMBER

SPORT HORSE

5 NOVEMBER

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|---|--|
| 08:30 Heart rhythm problems in perspective: Lesley Young | 08:30 The effect of early jump training on show jumping ability: Rene van Weeren |
| 09:30 Murmurs and squeaks: Heart murmurs in perspective: Lesley Young | 09:30 Fat, foundered horses - what is equine metabolic syndrome? Hal Schott |
| 10:30 Tea | 10:30 Tea |
| 11:00 Investigating reasons for poor performance in sport horses: Emmanuelle van Erck | 11:00 Activate your horse's core: Hilary Clayton |
| 12:00 Balance of Horse and Rider in Equestrian Sports: Hilary Clayton | 12:00 Overtraining in Sports horses: Cathy McGowan |
| 13:00 Lunch | 13:00 Lunch |
| 13:45 Genetics and Sport Horse Performance: Eric Barrey | 13:45 10 top tips for better nutrition for the Sport Horse: Joe Pagan |
| 14:45 Medication rules in equine competitions: Jon Foreman | 14:45 Leg protection for horses - what to look for and what to be aware of: David Marlin |

4 NOVEMBER

HORSE OWNERS

5 NOVEMBER

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| 08:30 Arena/Race surfaces in relation to performance and soundness: Lars Roepstorff | 08:30 What makes an elite sport (event/dressage/Showjumping) horse: Hilary Clayton |
| 09:30 Performance horse nutrition: Joe Pagan | 09:30 Nutrition and colic: Pat Harris |
| 10:30 Tea | 10:30 Tea |
| 11:00 Practical fitness tests - how to ensure your horse is fit: D Marlin | 11:00 Buying a new sport horse - breeding, conformation, genetic test or selection test: David Marlin |
| 12:00 Biomechanics of the equine back: Rene Van Weeren | 12:00 Supplements - sage of wisdom or a waste of thyme: Pat Harris |
| 13:00 Lunch | 13:00 Lunch |
| 13:45 Nutrition of the broodmare and foal: bias towards sport horse owner/breeder: Joe Pagan | 13:45 Ten top tips to improve your dressage/showjumping/eventing: David Marlin |
| 14:45 Back pain in horses: Cathy McGowan | 14:45 So my horse has a heart murmur, what does it mean? Lesley Young |

4 NOVEMBER

ENDURANCE

- 08:30 Exercise - how is it fuelled?: Ken Hinchcliff
09:30 Overtraining Syndrome: Cathy McGowan
10:30 Tea
11:00 The influence of exercise on the developing musculoskeletal system (potential benefits/harm): Rene van Weeren
12:00 Optimising performance: David Marlin
13:00 Lunch
13:45 Reducing the impact of transport on health and performance: David Marlin
14:45 Training for effect and minimising injury: David Marlin

FARRIERS

5 NOVEMBER

- 08:30 Hoof function- the effect of shoeing and frog pressure: Lars Roepstorff
09:30 Sole depth and its relation to weight bearing: Brian Hampson
10:30 Tea
11:00 Corrective trimming and shoeing in the foal with limb deformities: Lars Roepstorff
12:00 The effect of environment on horses feet: Brian Hampson
13:00 Lunch
13:45 Equine metabolic syndrome/Pasture associated laminitis: Cathy McGowan
14:45 3D kinematics of the digit: Hilary Clayton

4 NOVEMBER

PHYSIOTHERAPY

- 08:30 Activate your horse's core: Hilary Clayton
09:30 Biomechanical effects of physiotherapy techniques: Hilary Clayton
10:30 Tea
11:00 The riders interaction with the horse: Hilary Clayton
12:00 Recent research in back and pelvic pain - what can we learn from physiotherapy approach: Cathy McGowan
13:00 Lunch
13:45 Physiotherapy - Rehabilitation and performance enhancement in the sport horse: Narelle Stubbs
14:45 Biomechanics of the equine back (in relation to the use of the horse especially dressage): Rene van Weeren

EXTRA GENERAL SESSION 5 NOVEMBER

- 08:30 What makes your horse tick: Heart problems in perspective: Lesley Young
09:30 Clinical evaluation of the new born foal: Ken Hinchcliff
10:30 Tea
11:00 Gait analysis: Eric Barrey
12:00 Physiological effects of eventing: heat, altitude, level of competition: Jon Foreman
13:00 Lunch
13:45 Getting your horse to drink - do electrolytes work?: Hal Schott
14:45 Hoof - ground interaction, the effect of different footings (lots of high speed video): Lars Roepstorff



TAB supports responsible gambling. Gambling for persons 18 years and older. Winners know when to STOP. National Responsible Gambling Toll-Free Helpline 0800 006 008.

ENDURANCE
MAGAZINE

SHOW HORSE
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SPORTING HORSE
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Arabic HORSE
MAGAZINE