



**ON THE COVER**

Kirstie Wakling from Bicester, Oxfordshire. Photograph by Steve Bardens.

# CONTENTS

## August 2010



There's this horse I know called Plum, who my friend nearly didn't buy. "She's a *nightmare*. A bitey, bucking nightmare." She'd had her on trial for a week, and Plum

had just thrown her off "for the last time".

As she was leading the mare back to the stables, a man stopped her. He was a saddler on another job and had been watching Plum chuck my friend about the arena. "You poor lass," he said (to Plum). He whipped off her saddle, and replaced it with one he had in his van – and Plum was transformed.

The point is, getting the right tack for your horse is vital. On page 60, master saddler Mark Fisher gives five horses a tack makeover, plus arms us with vital information and advice on getting the right fit for your horse, whatever his shape.

On page 28, we talk to eventing's rising star, the charming Alex Hua Tian. Plus, we have pages of expert training tips from a raft of top stars, including Brook Staples and Ruth Edge. And don't miss our real life feature on page 66, where you can meet three incredible women who dedicate their lives to helping save horses' lives.

We hope you enjoy reading this issue as much as we loved putting it together. As ever, thank you so much for your support, your letters and photos. Please keep them coming!

*Lisa*

### Cover stories

- Alex Hua Tian interview **28**
- Brook Staples masterclass **35**
- The perfect halt **44**
- Novice dressage tips **48**
- The big tack makeover **60**
- "We save horses" **66**
- Give your horse medicine **80**



**PAGE 28**  
**ALEX HUA TIAN**  
China's eventing star tells us why he has put his education on hold until after London 2012.

### OUR MONTH

- 6 **News update**  
The latest news from the horse world and results of our reader poll
- 10 **Your month**  
Photos and stories about your horses
- 13 **New products**  
The very latest equestrian gear
- 16 **Diary dates**  
Fun things to do this month
- 18 **Your letters**  
Send in your opinions and you could win Spillers feed vouchers worth £30



13

- 24 **Walker's world**  
Meet our new columnist, best-selling chick lit queen Fiona Walker
- 28 **Interview: Alex Hua Tian**  
The Chinese Olympic eventer on scary cross-country fences, his narcoleptic horse and equine injury setbacks
- 51 **We try...**  
Two of the *Horse* team have a go at polo. Find out how they got on
- 60 **The big tack makeover**  
We give five horses and riders a professional tack check
- 66 **Real life**  
Meet the people who devote their time to saving horses from neglect
- 130 **5 minutes with...**  
Equine photographer Tim Flach

60



### FEATURES & COLUMNS

- 20 **News report: Kentucky 2010**  
Why some of our top competitors are struggling to get to the World Equestrian Games, plus a preview of the action



20

### PERSONAL TRAINER

- 35 **Masterclass: Brook Staples**  
The eventer helps one reader improve her performance over fences

Editor  
**Jo Browne**  
 Acting editor  
**Lisa Reich**, tel: (020) 3148 4600  
 lisa\_reich@ipcmedia.com  
 Sub editor  
**Jennie Hughes**, tel: (020) 3148 4608  
 jennifer\_hughes@ipcmedia.com  
 Editorial assistant/products  
**Stephanie Woolton**, tel: (020) 3148 4609  
 stephanie\_woolton@ipcmedia.com  
 Art editor  
**Garry Ashton-Coulton**, tel: (020) 3148 4606  
 garry\_ashton-coulton@ipcmedia.com  
 Picture desk  
**Eve Jones**, tel: (020) 3148 4605  
 eve\_jones@ipcmedia.com  
 Studio photography  
**Terry Hill**

EDITORIAL OFFICES:  
 Horse, 9th Floor, Blue Fin Building,  
 110 Southwark Street, London SE1 0SU

Editor-in-chief  
**Mark Hedges**  
 Group art editor  
**Nicola Acketts**  
 Publishing director  
**Simon Hare**  
 Managing director  
**Paul Williams**

DISPLAY SALES  
 Acting group ad manager: Emma Clements (020) 3148 4226; Senior sales executives: Sarah Layton (020) 3148 4225; Nicola Green (020) 3148 4227; Justeen Jones (01622) 861 148.  
 Advertisement production: John Campbell (020) 3148 4196  
 CLASSIFIED SALES  
 Tel: 0800 7310 619 Fax: 0800 7310 619  
 ADVERTORIALS AND SPONSORSHIP  
 Charlotte Harris (020) 3148 4231  
 Group advertising director: Greg Dunbar

INSERTS: Innovator (020) 3148 3710  
 BACK ISSUES: Contact Amanda Johnson,  
 9th Floor, Blue Fin Building, 110 Southwark Street,  
 London SE1 0SU. Tel: (020) 3148 4293.  
 Price £3.70 per copy (UK); £4.20 (Europe); £4.70  
 (ROW). Please make cheques payable to IPC Media.  
 HAVING TROUBLE GETTING A COPY?  
 Call our Horse helpline on (020) 3148 3300  
 WANT TO ORDER A PHOTOGRAPH?  
 Call our picture desk on (020) 3148 4605



**SUBSCRIBE TODAY...**

... and save up to 32 per cent in the Horse summer sale

To subscribe, call (0844) 848 0848 and quote code 11H or visit: [www.horsesubscriptions.co.uk/summer](http://www.horsesubscriptions.co.uk/summer) to subscribe online.

Manage your subscription online at [www.myipcsupscription.com](http://www.myipcsupscription.com)



**Get in touch!**  
**Write to: Horse Magazine**  
 Blue Fin Building  
 110 Southwark Street  
 London SE1 0SU

# CONTENTS



- 40 **School for scoundrels**  
*Horse* helps a young mare who refuses to have her headcollar put on
- 44 **Fair & square**  
 Achieve a perfect halt, with advice from event rider Ruth Edge
- 47 **10 minute exercise**  
 Using poles to vary your horse's trot stride
- 48 **Perform Novice like a pro**  
 Dressage trainer Nicky Barrett shares her tips for preparing a Novice level test
- 52 **Q&A riding**  
 Event star Rosie Thomas answers your riding-related questions
- 54 **Q&A showjumping**  
 Your jumping queries answered by top trainer Paul Crago
- 56 **Rider challenge**  
 The big day dawns for our endurance debutantes. Find out how they got on in their first competition

## HORSE SENSE

- 72 **H<sub>2</sub>O and your horse**  
 Must-read guide to spotting the signs of dehydration in your horse
- 76 **Q&A behaviour**  
 Behaviourist Emma Kurrels helps you understand your horse
- 78 **Cushing's disease**  
 Vet Caterina Termine offers advice on identifying and managing the illness
- 80 **Sweetening the pill**  
 Tips for administering medicine to your horse – without him noticing

- 84 **Q&A veterinary**  
*Horse* vet Vicki Winslet answers your horse health-related questions, plus how to deal with a joint injury
- 86 **Taking the strain**  
 Essential advice on how to prevent, diagnose and treat tendon sprains and strains
- 90 **Ready to ride?**  
 Part five of our equine development series looks at starting your horse's ridden career
- 94 **Q&A stable management**  
 Former international groom Liz Daniels answers all your questions
- 96 **Vet's casebook**  
 How quick thinking saved the life of a mare who was struggling to breathe
- 98 **Q&A nutrition**  
 Our nutritionist answers your questions

## TACK SHOP

- 102 **Stable style**  
 This month, it's all about clashing colours
- 105 **Instant expert**  
 The Rodney Powell PRO body protector
- 106 **Tried & tested**  
 We put eight pairs of competition breeches to the test
- 109 **Geared up/they use we test**  
 New products trialed, plus our team pick of the month
- 110 **Instant guide to dressage saddles**  
 What to look for when buying a dressage saddle – whatever your budget



## COMPETITIONS

- 43 **Win a lesson with Matt Ryan**  
 Once lucky reader will receive tuition from the top event rider, plus a Haygain hay steamer
- 112 **Giveaways/crossword**  
 Great prizes up for grabs, plus test your brain power with our crossword