



ON THE COVER

Photograph by Steve Bardens. Taken in East Malling, Kent.

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September 2010



I've caught the polo bug. Barbour recently invited a group of journalists to play a few chukkas, and even though I was convinced I'd be rubbish, I thought,

"Why not?" And you know what? I was pretty rubbish – but I still loved it. On my team was Lorraine Candy, the accomplished equestrienne and editor in chief of *ELLE* (meet her on page 138) and we did pretty well and gently thrashed our opposing team (ish).

Claire Tomlinson did once tell me that few people play polo just the once – and she's quite right. By the time you read this, hopefully I'll have started taking proper lessons and who knows, one day I might actually hit the ball.

One of the things I love most about the super-talented *Horse* team is that they're always full of great ideas. The problem with that is trying to fit them all into one issue. But we've tried, and this packed issue is what we've come up with for September.

Please read our first aid special, on page 66. Written by top vet Mark Tabachnik, it's full of essential tips on what to do if you encounter an equestrian emergency. We've also got an exclusive interview with the ruggedly handsome Guy Williams, plus tons of brilliant training advice from the likes of Andy Austin, Mary King and Fiona Bigwood. Enjoy the issue, let us know what you think and have a great month.

Lisa

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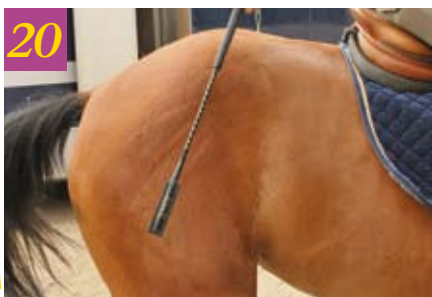


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