



ROYAL NAVY &
ROYAL MARINES
EQUESTRIAN ASSOCIATION

South Barrow Training

Training session held at South Barrow Equestrian Centre on 20 Jul 09

A South West area training session was held at South Barrow Equestrian centre on Monday 20 July 2009.

The main aim of the day was to give us a tune up before the RN Champs on 25-26 July at Sparsholt College, Winchester.

The training consisted of 2 groups each doing 1 hour of flatwork in the morning, followed by 1 ½ hours of jumping per group in the afternoon.

7 of us attended, and everyone who took part in the training was impressed with the facilities at South Barrow and the quality of instruction which was given by Hayley Gilmour.

The plan is to organise several more half day training sessions at South Barrow for those with their own horses as well as training for unmounted riders in the Plymouth area.

