

Breakaway Horse Riders Club Inc.

Po Box 5957, Mackay Mail Centre, QLD 4741
Newsletter Email Contact: kara_duff_87@hotmail.com

Minutes From the Meeting

- New Treasurer Elected: Congrats Jo Ryan
- ATHRA to reimburse 2 of our members for renewing their First Aid
- Endurance Ride in May discussed and sub committee formed for organizing event
- We have new members—please introduce yourself and make them feel welcome. Names on Notice Board
- Charity Ride Flyer to come out soon

Australian Endurance Riders Association Rule Book

This months snip it: **A6 Riding Leg Length**

6.1 At all affiliated endurance and marathon rides:

- a. An average of the distances between standard veterinary checkpoints must not be greater than 40 kilometers; and
- b. The maximum distance of any one leg must not exceed 50 kilometers

ATHRA Rule Book

This months snip it: **11 ATHRA Accreditation Training Program (continued)**

- 11.5**
- ATHRA Ride Training Manual
 - This covers the key areas required for ATHRA Ride Coordinator Certificate and ATHRA Trail Boss Certificate and Accredited Ride Stewards
 - ATHRA Code of Conduct



2015 Committee

President:

Kath Ryan 0488 301 083

Vice President:

Kara Duff 0407158406

Secretary:

Roxanne Aprile 0408 712 851

Treasurer:

Jo Ryan

Publicity/Newsletter:

Kara Duff 0407 158 406

Endurance Sec:

Jo Davis 0467 255 833

Calendar of Events

- **Next Meeting: 7:30pm, 7th April 2015, Harrup Park Country Club**
- 3rd to 6th April—Mia Mia Easter Trail Ride
- 2nd and 3rd May—Koumala Endurance Ride.

Notice Board

Team Penning

Next team penning event is being held in 2015.

Watch This Space for Upcoming Dates!



If anyone has any questions about Team Penning, can offer some assistance or want to have a go, please contact Merrilyn Green.
Ph.: 0459 343 995



Harrup Park
Country Club

• AFFILIATED CLUB •

Members of Breakaway can view all upcoming events happening at Harrup Park via their website. Just click on the tab below for all the details

[“What’s On”](#)

www.harruppark.com.au

New Members

Breakaway would like to welcome the following people into our club:

- Sally Balderson
- Amelia Farmilo
- Lee Henrich
- Caitlin McCarthy
- Chanelle Steggles
- Genell and Silvia Plath

We hope to see you out and about with us soon. Happy Riding!

2015 Men of Breakaway Profiles

Mr March!

Name: David Staines

Job: Retired (for a while)

My Favourite Band/Artist: Elvis Presley

My Favourite Song: Crocodile Rock

My Ultimate Holiday is: Camp in all the National Parks in Australia

The best advice I’ve ever received: Always be good to your mum

Three people (dead or alive) I’d like to have dinner with: Mike Doohan, John Wayne and Muhammad Ali

If I was a cartoon character, I would be: Pop Eye

My pet peeve: Getting mucked around

I love people who: are organised and on time

My ultimate meal is: Corn Beef, Spuds in their jackets and White Sauce

What is an activity/hobby you have always wanted to try: Pro fishing



Classifieds

- Molendinar Mike Equine Equipment – Design, manufacture and supply of specialized equine equipment including portable panels. Supporters of Breakaway Horse Riders Club Inc. <http://www.c-design.com.au/fencing.html>
- www.ancajealstockhorses.com



For all your feed needs:

www.hygain.com.au



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Exercise Induced Pulmonary Hemorrhage

Reference

<http://foranequine.com/horse-care-advice/exercise-induced-pulmonary-haemorrhage-eiph>

http://en.m.wikipedia.org/wiki/Exercise-induced_pulmonary_haemorrhage

Also known as 'bleeding' or 'bleeding attack', this is a serious condition for those horses who are competing at high speeds and intense work. EIPH is blood in the airways of the lungs, which is associated with intense exercise, due to fractured lung capillaries. Only a small proportion of horses show bleeding from or at the nostrils after exercise, which is known as Epistaxis.

It has been reported in a variety of breeds such as those who compete at high speeds like the American QH, Thoroughbreds, Standardbreds, Arabians and Appaloosas. Also in those horses that compete in Eventing, Jumping, Polo, Endurance and Draft breeds that pull competitively. It is similarly occurring in western sports such as Reining, Cutting and Barrel Racing.

It is now considered to be an evitable consequence of moderate and intense exercise. Fortunately for those competing with stallions, it is less frequent. With that being said, increasing in age is associated with EIPH.

Some signs to indicate EIPH are unusual poor performance or not meeting normal performance standards, frequent swallowing and coughing in the immediate post exercise recovery. The only real way of determining the cause is to do an endoscopy to discover from whether it is coming from the upper or lower lungs.

There are a few preventative measures that can be made.

- Keeping the stable area well ventilated and kept with good hygiene is a start.
- Avoid exposure to fungus, mould spores and other potential allergens.
- Exercise and Conditioning programs developed for fitness and stamina.
- High protein diets are considered factor, with excess is broken down into urea and expelled in their urine. If they are confined to an area, the ammonia can cause irritation to their airways.

There are a few management practices that can be taken:

- Rest
- Anti-inflammatories
- Bronchodilators
- Anti-Hypertensive agents
- Aspirin
- Diuretics
- Nasal Strips
- Concentrated Equine Serum
- As well as nutritional supplements:
 - ⇒ Vitamin C—construction and maintenance of blood vessels
 - ⇒ Vitamin K—involved in blood clotting
 - ⇒ Bioflavonoids—maintains strength and function of capillaries, anti-inflammatory, anti-histamine effect, potent antioxidant.
 - ⇒ Omega 3 Fatty Acids—deficiency causes dry coat, skin and hooves, reduced immunity, increased tendency for allergies. Cod liver oil and flaxseed oil are excellent sources of Omega 3

Exercise Induced Pulmonary Hemorrhage



As always please make sure you consult with your veterinarian if you have any concerns with your equine friends.



For more information on trail riding, code of conduct, events or have questions about the sport, please feel free to call us or visit the ATHRA website:

www.athra.com.au



<http://www.qldendurance.asn.au/>

**Queensland Endurance
Riders Association Inc**



Breakaway Horse
Riders Mackay