

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

- January Meeting was cancelled.

Australian Endurance Riders Association Rule Book

This months snip it: **7. Optional Elevation Legs**

7.4 A rider may elect to *retire* after the successful completion of the relevant minimum distance as required by Table 6 or Table 9 dependent on the ride control being used and any requested or compulsory represent veterinary inspections. Alternatively, the rider may elect to *retire* after the successful completion of any subsequent elevation legs and any requested or compulsory represent veterinary inspections, and the horse's *logbook* shall be notated as '*Retired*'.

7.5 In order to retire, the rider must notify the chief steward before the expiration of their *hold time*. If the rider is subsequently wishes to *retire* but has failed to notify the chief steward before the expiration of their *hold time*, then he horse must be 'withdrawn' pursuant to Clause 34 and shall receive no recognition for the distance already completed.

ATHRA Rule Book

This months snip it: **2. Risk Management**

2.5 The overall strategy to identify and manage risks that could impact ATHRA is encompassed in the following:

- Code of Conduct
- Risk Management Plan
- The ATHRA Accreditation Training Program
- Pre-Ride/Event check lists
- Pre-Ride/Event briefings
- Ride route, base/camp site and activity specific risk assessments
- Post ride/event de-briefings or summaries.



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

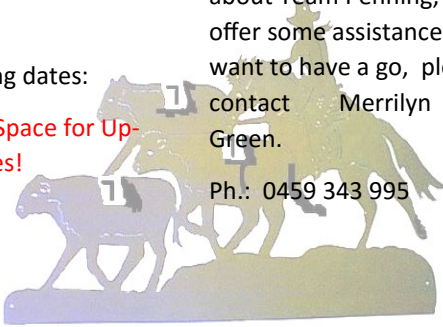
- **Next Meeting: 7pm, 1st February 2016, Harrup Park Country Club**
- AGM on Monday 1st February
- 20th-21st Feb—Koumala night ride/challenge
- 12th-13th Feb—Mia Mia Trail Ride
- 25th-28th Mar—Easter Camp (Suzettes Ride for Hope) charity ride Midge Point

Notice Board

Team Penning

For upcoming dates:

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



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

Annual General Meeting

Its that time again! Breakaway is scheduled to have our AGM on the 1st of February at 7pm. If anyone would like to become a committee member, please make sure you get your paperwork filled out in preparation.

Hope to see you all there!

2016 Women of Breakaway Profiles

Miss January!

Name: Pene Duff

Job: Farm Hand, Carer of One legged Husband

My Favourite Band/Artist: Dolly Parton

Favourite Song: Coat of Many Colours

My Ultimate Holiday is: Remote camping holiday

The best advice I've ever received: Be yourself.

Three people (dead or alive) I'd like to have dinner with: Dolly Parton, My father, Monty Roberts

If I were a cartoon character, who would I be: Road Runner Meep Meep!!

Pet Peeve: Picking up rubbish after people

I love people who: are honest.

My ultimate meal is: Corn Meat, white sauce and vegies

What is 1 activity/hobby you have always wanted to try: Sky Diving



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

Please Note

Ads will be run for 2 publications before being removed.

If you would like your ads to continue to run, please let me know :

kara_duff_87@hotmail.com

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Contact Roxy Aprile 0408712851

or

breakaway.sec@gmail.com if you would like one



Heat Management for Horses

Reference

For More Information:

Information provided by Anita Evers from Dr John Kohnke BVSc RDA

[www.hygain.com.au/
Nutrition_Centre/Heat-stress-in-horses.php](http://www.hygain.com.au/Nutrition_Centre/Heat-stress-in-horses.php)

In the area that we live in, the high heat and humidity can take its toll on both horses and humans alike. Horses have an efficiency percentage of around 25% when changing energy to movement, with some of that being lost in the form of heat. The faster a horse travels, the more heat it will produce from the energy expelled. An endurance horse covering 160km would produce enough heat to boil approximately 770L of water. Fortunately like us, horses use sweat to cool their bodies. In the endeavor to release heat from their body, the horse increases the rate of sweat, moves blood to vessels under the skin and increases their respiratory rate. There are a few signs of heat stress:

- Profuse sweating
- No sweating/stop sweating
- Rapid breathing (panting) >20 breaths/min
- Rapid heart rate >50 beats/min
- Hot and dry skin
- Unusually high rectal temperature (>38C)
- Difficulty breathing
- Distressed appearance
- Weak
- The development of diarrhoea
- Signs of colic

A simple pinch test can help determine your horse's dehydration level. If the skin does not return to its original shape immediately, you can assume your horse is in some form of dehydration.

There is an easy calculation to help you determine the likelihood of your horse suffering from heat stress.

The sum of the ambient temperature (C) and relative humidity (RH%)

The example below has come from the information by Dr John Kohnke BVSc RDA

- If the sum is less than 100 (eg. Temp 25C, RH% 70%), a horse in fit condition will be able to sweat efficiently enough to cool during strong, cantering and a short gallop over a 1 hr exercise period.
- If the sum is between 100-120 (eg. Temp 30C, RH% 75%) sweat loss efficiency is reduced and the horse may overheat if worked hard or for long periods of time. Limit intense exercise to 30 minutes.
- If the sum is greater than 120 (eg. Temp 35C, RH% 90%) sweat evaporation under humid conditions is significantly reduced and heat stress is likely to occur. Limit exercise to 10-15 minute intervals with bouts of rest in between. It is preferable though in these conditions that training be taken place in the cooler hours of the day—early morning or late afternoon.

Treatment

Immediately get horse into shade and hose/sponge. Direct the water to the insides of their legs, head and neck (where the larger blood vessels are). Use fans and encourage the horse to drink. Provide water and electrolytes which the horse can choose from. Unfortunately when a horse has overheated, they are likely to suffer from this again. Overweight and horses in unfit physical condition are at greater risk. Call your veterinarian as soon as possible if any of the above symptoms occur.

Please remember to take care during summer, as both horse and rider can overheat and suffer quite quickly if precautions and proper management isn't taken.

Be safe and happy riding!



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/>



Breakaway Horse
Riders Mackay