

# Donegal TREC

We would like to invite you and your club members to the next Donegal TREC event, a training competition at Glenleary Stables on Monday the 2nd of May. The day will run as a Level 1 three phase pairs competition so is ideal for newcomers to TREC. The event is open to any rider aged 12 and over. Those under 16 must partner with an experienced adult. Horses and ponies must be aged four or over.

**Phase 1: POR (orienteering)** At level one the orienteering is about 12KM and the route is generally walk and trot. In the map room there will be a copy of the route sellotaped to the table, you and your partner will have ten minutes to copy the route onto your own map and confirm that you know where you are going. You will be given a speed in which to get to the first check point and your time starts as soon as you leave the map room so having your horse ready for you to mount is important. Each route has a number of check points along it but you will not know where they are until you come to it. At the check point the steward will mark your times on your score card. You will have to stop for a five minute break and then you will be given the new speed which you will try to travel at until you get to the next check point. Each rider starts out with 240 points, each minute under or over the time for each of the sections will lose one point. Each pair will be given a time to start.

## **Phase 2: Control of Paces**

The control of paces route is 150 meters long, it is ridden twice, first in canter with points awarded for the slowest canter, then in walk with points for the fastest walk.

## **Phase 3: PTV Obstacle Course**

There are 16 obstacles in a PTV course, the number included in the training day will depend on weather and ground conditions though it is hoped to include a full course at this stage, PTV obstacles could include bending, S-bend, narrow corridor, jumping a log, ridden incline, immobility and more. The full list of obstacles is available on [www.trecireland.com](http://www.trecireland.com), all the obstacles are optional so riders can do what they are comfortable with at no stress.

There's also some equipment to bear in mind; each rider needs the following:

1. Reflective gear (minimum on rider)
2. Whistle
3. Medical armband
4. Mobile phone
5. Head collar and lead rope
6. Map case (a polypocket and a bit of baler twine will work fine).
7. Hard hat (PAS015 or EN1384 or equivalent)

All riders should also have the following:

8. Marker for the map (bright coloured gel pens are best plus biro or pencil)
9. Compass (SILVA are best make)
10. Rain gear

Each pair must have:

11. Hoof pick
12. Human First Aid kit
13. Equine First Aid Kit

Please note that at competitions penalties will be awarded for any missed equipment, but without items 1- 7, no rider will be allowed to compete in the orienteering phase. For obstacles and control of paces, only a hard hat and medical armband are necessary. If a martingale is used, horses MUST be led off a head collar and lead rope.

Entry forms are available from orla on [oreilly.orla@gmail.com](mailto:oreilly.orla@gmail.com) entries close the 29th of April and times will be issued on the 30th of April. Places are limited so early booking is advised. The cost for the day is TREC Members €20 or Non TREC Members, €30 (includes €8 temporary insurance)