

Improve your posture with science

In the first part of our new series, we find out how understanding biomechanics can improve your position and your horse's way of going



The world's best riders don't rely on natural talent and a top trainer alone; they have an extensive support crew, from psychologists to nutritionists, whose expertise polishes their performance. The good news is that this advice isn't reserved for the pros. Over the next few issues, *Horse* will be divulging the experts' secrets to any rider, whatever their level of experience, helping them become the best riders that they can be.

THE EXPERT

Russell Guire formerly groomed for international showjumpers Tim Stockdale and Di Lampard before training in Germany and then spending 16 months managing an equine rehabilitation centre. Russell completed an honours degree in equine and human sports science before starting his own company, Centaur Biomechanics. "I believe a lot of injuries that horses incur could be avoided through better understanding of biomechanics to ensure undue strain is not put on the horse," he says.



THE RIDER

Ginetta George is in her 40s and works full-time running her own graphic design company. She owns Hugo, a Dutch-bred gelding whom she competes in affiliated showjumping and dressage events. They now want to step up to Elementary level.

"I've only been concentrating on dressage for a year," says Ginetta. "It's been a steep learning curve and we've won some Novices, but the judges' comments tend to include 'on the forehand', so that's something I need to address."



Words: Sarah Jenkins; Photography: Kevin Sparrow

