

Improve your Riding & Confidence Conference V3

Conference Speakers 2015



2015 Conference Speakers

We are delighted to be able to offer a world-class line of internationally renowned speakers.

Lisa Ashton - Equine Behaviour

Lisa Ashton is the founder of Equitation Science which combines learning theory, psychology, biomechanics and ethology to examine the salience and efficacy of horse training methods. She is a fully qualified Equitation Science International Trainer, fully insured, and accredited by Dr Andrew McLean from the Australian Equine Behaviour Centre. Lisa is based in the UK and her clients include professional riders, coaches, horse owners, the British Horse Society, Universities & Colleges, and Riding Clubs. She delivers a host of national and international clinics and workshops.

Julia Scott Douglas – Human Nutritionist

Julia BSc (Hons) S.R.S, A.S.D is a freelance Accredited Sports Dietitian. She has worked in many sports, including cycling, running (all disciplines), rowing and rugby but has specialised in equestrian sport.

She has worked in the racing industry for over 12 years and is tutor in nutrition at the British Racing School. Julia also heads up a team of nutritionists funded by BHEST and working under the umbrella of the Professional Jockeys Association. In 2009 Julia joined the World Class Programme, where she advises on rider nutrition.

In 2011, Julia achieved the International Olympic Committee post graduate Diploma in Sports Nutrition. Following her graduation she was taken on by the English Institute of Sport to work as a Performance Nutritionist with the British Fencing team.

She is a member of Sports Dietitian UK and is also on the Sports and Exercise Nutrition register.

Dr Amanda Owens – Sports Psychologist

Amanda Owens PhD, MSc, Certified & Chartered AASP-CC Sport Psychologist, BASES Accredited Sport Psychologist (Scientific Support) & BOA Advisory Panel Committee Member and Leadership & Change Management Specialist. BASES Accredited Sport Psychologist is internationally recognised as the highest qualification within the field of sport psychology. Consultant certification is achieved over three years of rigorous, supervised experience and CPD to attain the required levels of competency and expertise (stipulated and regulated by the professional governing body BASES & AASP-CC).

Amanda is on the British Olympic Association Psychology Advisory Panel. She is a trained Humanistic & Gestalt counsellor and has been involved in the applied sports psychology field working as a sport psychologist with Junior, International, Olympic, Professional and World Class/Elite individuals and teams. Amanda Owens, a well-respected and leading sport psychologist, has over 19 years of applied experience; utilising effective sport psychology techniques in both sporting and business environments.

Amanda Owens entered the area of sport psychology from a coaching background and is a former International GB tennis player. Prior to her career in sports psychology Amanda worked as a tennis coach, a full time lecturer and subject/programme leader in sport psychology.

Yogi Breisner – Team GBR Event Manager

Yogi Breisner was appointed World Class Performance Manager and Chef d'Equipe to the British Eventing team in 2000. He had just eight months to get to know the squad before the Sydney Olympics, at which they won team silver, Britain's first Eventing Olympic medal for 12 years.

Yogi has since led medal winning teams at the 2004 Athens, 2008 Beijing and 2012 London Olympic Games, in addition to enjoying many successes at both European Championships and World Equestrian Games.

Yogi is Swedish-born and first trained under fellow Swede, Lars Sederholm, at Waterstock where he was based for 13 years from 1978. A member of the Swedish Eventing team from 1976-1987, Yogi won European team gold in 1983 and competed at the 1984 Los Angeles Olympics on Ultimus. He has finished in the top 10 at Badminton four times.

Aside from his duties as British Eventing's National Coach, Yogi is much in demand in National Hunt racing, training both jockeys and horses to jump. Yogi grew up in a small village outside Malmo, he was 21 when he left Sweden to live in Ireland before coming to live in Britain in 1978.

Russell Guire, Centaur Biomechanics & Visualise Sportswear

Centaur Biomechanics, founded by Russell Guire (BSc Hons), is a company which specialises in horse and rider performance analysis. With the use of sophisticated software, namely Quintic, Centaur Biomechanics provides the industry with the latest methods and technology in performance analysis as a means of improving the health and performance of both the horse and rider.

Russell graduated from Warwickshire College after studying a degree in Equine and Human Sport Science. Whilst studying, Russell regularly competed his horses in show

jumping and worked for Tim Stockdale and Di Lampard. He then worked on the continent for six months at the Young Rider Training Centre. Through his own experience he learned that horses have mechanical limits and pondered the question “Is there anything that can be done to prevent these mechanical injuries occurring?” To find out more, Russell managed a rehabilitation centre for two years. Russell has always been fascinated with the horse’s limbs and structures, therefore working in this field seemed a natural progression.

Russell is based in Moreton Morrell Warwickshire and currently offers services such as gait analysis, rider analysis, rider clinics, lectures, saddle analysis, product testing, undergraduate research and high speed analysis. Russell also formed part of the research team behind the Fairfax Performance girth, titled by Horse and Hound as “Team GB Secret weapon”. Since 2006 Russell has worked with the British Equestrian Federations World Class Programme in providing performance analysis to squad horses and riders from all disciplines. Russell has also presented to the FEI Vaulting group and the British Equestrian Federations Futurity selectors.

Mark Fisher - SMS and BEF Master Saddler

Mark left the King's Troop RHA as the Master Saddler in 2004, after 22 years’ service. In the army, he competed in Eventing, where he reached intermediate level, and in team chasing up to open level. He has also been involved in Showjumping and hunts on a regular basis. He is a registered, qualified, saddle fitter and regularly lectures and assesses for the Society of Master Saddlers (SMS).

Mark works in conjunction with the British Equestrian Federation on the World Class Programme, operating the Pliance saddle pressure system, which is jointly owned by the BEF and the SMS. He is also employed as an overseas trainer for World Horse Welfare, working with working horses in developing countries.

Helen Mathie – Equine & Human Physio

Helen MSc BSc (Hons) MCSP HPC ACPAT currently works as physiotherapist for both riders and horses on the para-equestrian Dressage World Class Development Squad. She also works with the Performance squad riders and has accompanied them to the Beijing 2008, WEG 2010 and the London Paralympics 2012.

Helen graduated from Nottingham University in 1997 and then went on to train as a physiotherapist graduating from St Georges Hospital Medical School, London. Helen is dually qualified to treat both humans and animals having completed an MSc Veterinary Physiotherapy at the Royal Veterinary College, London in 2007.

Helen joined the World Class team in 2007 working with physiotherapist Andy Thomas. In addition Helen is a National RDA Classifier.

Adeline Cornelissen Fitness and Mental Coaches

The Adeline Training Centre is a platform for anyone who wants to be fit. In recent years followed Adeline an intensive training program at Eco-coach in Heerenveen. Every horse lover knows to what great achievements it has led. The training Adeline brought to these successes are collected on this website. By joining the Adeline Training Center member you get access to this exclusive training and columns. Then set your own program and become as fit as Adeline!

Lindsey Wilcox Reid – Equi Pilates

Lindsay Wilcox-Reid is the founder of Equipilates™ and was the first British Dressage Registered Trainer in the UK to recognise the potential of Pilates to transform riders and commit to train as a professional teacher of classical Pilates; she holds the Level 3 instructor certification in classical Pilates and is also a qualified Specialist Biomechanics Coach™ (Intelligent Training Systems), accredited on the Register of Exercise Professionals. Lindsay is a Group 3 Rider with experience of competing and training horses up to advanced levels in Dressage; her horses are currently working at a range of levels from recently backed to intermediate II. She is an experienced and inspirational teacher, dedicated to promoting correct training principles and bringing the biomechanics and musculature of each individual horse and rider combination together in harmony. She is able to show you how to open doors, both within yourself and your horse, which may have seemed forever locked! She is in a unique position to train the rider's body and mind whilst incorporating correct development of the horse according to classical principles. She has an incredibly sensitive eye for the smallest detail, and through her insight and perception of asymmetric movement, along with her skills in functional testing for biomechanical dysfunction, she is able to take your performance to a whole new level, whether you are a weekend rider or an international equestrian athlete.

Lindsay takes referrals from other equestrian professionals (trainers, equine physios, vets and saddle fitters) to help their clients with postural issues which can affect the horse in ways ranging from difficulty with lateral movements in one direction to persistent saddle fit problems or lameness caused by poor rider balance/alignment. Lindsay teaches throughout the UK and beyond; she has had several training articles published in the British Dressage Magazine in 2008 and has also featured in Your Horse magazine (May 2009), NFU Countryside magazine (October 2009) and Horsescene and Your Horse Magazines in 2010. Lindsay has presented very well received Equipilates demonstrations in the Interactive Zone, now the 'Improve Your Riding' Zone, at the 2009, 2010 and 2011 Your Horse Live event. She has also presented in the 2014 Your Horse Live 'Learning Zone'. Her books, 'Pilates for Riders' and 'Core Connection for Riders' are receiving worldwide acclaim.