



# Beijing Bound via *Hong Kong*

June 2008

## Welcome

*From the High Performance Department*

## BIT S and pieces

With all major competition for Olympic selection all but complete, these are anxious times now for many riders and owners as selection meetings are held to finalise the 2008 Australian Olympic Equestrian Team.

The formal announcement of the team from the AOC will be on or around 04 July.

Once the team is announced, final preparations for the team become more urgent with just under 4 weeks from the announcement of the team to their arrival in Hong Kong.

Our next issue, on 04 July, will be a special edition which will name our 2008 Olympic Equestrian Team.



The Olympic Rings in Hong Kong

## More Olympic Tickets released

The Equestrian Company and China Travel Service at a press briefing on June 10 gave an update on the latest "Games-Time" ticket sale arrangements for the Olympic Equestrian Events.

All of the previously released 40,000 odd tickets have been sold, so a further 60,000 'Games-Time' tickets have been allocated to Hong Kong by BOCOG.

Games-time tickets are available for sale from June 12. As in the first two ticketing phases, CTS has been appointed as the official ticket agent for the Games-Time tickets for the Equestrian Events.

To encourage more public participation, the Equestrian Committee continues to adopt the BOCOG policy and set the ticket prices at affordable levels ranging from HK\$58 to HK\$544.

The spokesman for CTS, Mr Ng Hi-on, said interested persons could purchase the Games-Time tickets at all CTS branches or on its website ([www.ctshk.com](http://www.ctshk.com)) on a first-come, first-served basis.

For the five final events, tickets will be available only at CTS headquarters in Sheung Wan, and at its Wan Chai, Mong Kok, Kwun Tong, Tsuen Wan and Sha Tin branches. Each applicant may select a maximum of two tickets for final sessions and 15 tickets per match for every transaction.

Another important note: The tickets are not limited to local Hong Kong residents. Foreigners can also purchase the tickets through the CTS website, or from CTS branches.

For details please visit the CTS website or call its ticketing hotline: (852) 2998-7080.

## Welcome Party

Hong Kong recognises that there should be only one Olympic Games in Beijing and one set of protocol to be followed.

Hence, Hong Kong will not stage any Team Welcome Ceremony in the Hong Kong Olympic Village, Opening Ceremony or Closing Ceremony.

However, in order to extend a warm welcome to all participating athletes and officials who are not able to attend the Beijing Opening Ceremony due to tight competition schedules, it is proposed to organise a welcome reception, to welcome athletes, team officials and relevant overseas officials on 08 August 2008.



Visit the Hong Kong Tourism Board's web site for some great travel information about HKG. Also you may enjoy the television commercial that is on the site starring Jackie Chan and a singing horse, at <http://www.hktb.com/equestrian2008/eng/>

## Team Members and reserves for the Olympic Eventing Team at SIEC 19 July

Members and reserves of the Eventing Team will be competing at SIEC on Saturday 19 July. They will be riding the Hong Kong Dressage Test in the morning and showjumping in the afternoon (TBC). Take the opportunity to be involved in a "meet and greet" session with our Olympians (details to be confirmed) and show your support at this final "hit out". Details will be on our National web site.

## Equestrian Venue completed



Key to events: Chief Secretary Henry Tang (centre) with Mr Winfried Engelbrecht-Bresges, the HKJC Chief Executive Officer (left), and Mr. Lam Woon-kwong, ECo Chief Executive Officer (right).

From Hong Kong's Information Services Department.

The Hong Kong Olympic Equestrian Venue (Sha Tin) has been completed and handed over to the Equestrian Company

Officiating at the handover ceremony this afternoon, Chief Secretary Henry Tang said a host of factors have been taken into consideration when designing the venue, including horse-training, transport, laboratory tests and waste recycling.

The facilities can also cope with adverse weather conditions.

International equestrian experts have hailed the venue's design and facilities, he noted. The Equestrian Company will ensure the venue's functions are used to their fullest extent and the Equestrian Events will run smoothly.

The Jockey Club will also work closely with the company and offer professional advice in stable management, horse management, transport and quarantine work.

## Equestrian Olympic Schedule (09Aug-21 Aug)

Date	Session	Start Time	Events
2008-8-9 (Saturday)	EQ01	06:30	Team/Individual Eventing Dressage - Day 1
	EQ02	19:15	Team/Individual Eventing Dressage - Day 1
2008-8-10 (Sunday)	EQ03	06:30	Team/Individual Eventing Dressage - Day 2
2008-8-11 (Monday)	EQ04	08:00	Team/Individual Eventing Cross-Country
2008-8-12 (Tuesday)	EQ05	19:15	Eventing Jumping - Team Final/Individual Qualifier
		22:45	Eventing Jumping - Individual Final
			Team & Individual Eventing Victory Ceremony
2008-8-13 (Wednesday)	EQ06	19:15	Team Dressage Grand Prix & Individual Dressage 1st Qualifier - Day 1
2008-8-14 (Thursday)	EQ07	19:15	Team Dressage Grand Prix & Individual Dressage 1st Qualifier - Day 2
			Team Dressage Victory Ceremony
2008-8-15 (Friday)	EQ08	19:15	Individual Jumping - 1st Qualifier
2008-8-16 (Saturday)	EQ09	19:15	Individual Dressage Grand Prix Special - 2nd Qualifier
2008-8-17 (Sunday)	EQ10	19:15	Team Jumping Final - Round 01 & Individual Jumping 2nd Qualifier
2008-8-18 (Monday)	EQ11	19:15	Team Jumping Final - Round 02 & Individual Jumping 3rd Qualifier
			Team Jumping Victory Ceremony
2008-8-19 (Tuesday)	EQ12	19:15	Individual Dressage Final Grand Prix Freestyle
2008-8-20 (Wednesday)			Rest Day
2008-8-21 (Thursday)	EQ13	19:15	Individual Jumping Final Round A
		22:10	Individual Jumping Final Round B
			Individual Jumping Victory Ceremony



## Johnson and Johnson Athlete Family Support

A reminder to athletes that applications for "Equestrian" close on **15<sup>th</sup> July**.

Apply now for your chance to receive this generous assistance from JJP.

Johnson & Johnson Pacific (JJP) is donating **\$200,000** to assist a key family or support member of Australian athletes in getting to the Beijing 2008 Olympic Games.

There will be 21 x \$5,000 and 6 x \$10,000 grants awarded to successful athletes' nominated family or support members after the conclusion of each wave between January & July 2008.

**Equestrian** - \$11K of the discretionary fund to be distributed to family/support members of the team in July when team is announced.

The final Panel Sitting is scheduled for 16th July. Equestrian will be reviewed in this sitting.

To ensure that athletes don't miss out on the opportunity to potentially receive a Johnson & Johnson Athlete Family Support Program grant to enable a family or support member to "Get to the Games" and share the Games experience, please encourage your athletes to apply now. With less than 70 days to go to the Opening Ceremony of the Beijing 2008 Olympic Games, the countdown is well underway.

Johnson & Johnson Family of Companies recognises the importance of families and the incredible support provided and often sacrifice made, by families of athletes.

Athletes will be asked to complete a simple application form, detailing who they wish to nominate as their family/support member and why they would like them to go to Beijing to accompany and support them.

There are four **Program Application Periods**. Wave 4 applies to Equestrian; 21st June 2008 - 15 July 2008 (**entries close 5pm July 15**)

Johnson and Johnson Pacific stresses the point that the **Athlete Family Support Program** is providing cash grants only. Accommodation, flights and ticketing are not included. The bursary is intended to assist in covering costs for family/support members that are going to support their athlete in Beijing. Independent investigation of accommodation, flights and ticketing is recommended in advance of Team Selection, to avoid disappointment for athletes whose application for this Program is successful.

Athletes and their family/support members may also wish to seek independent advice on tax and other related issues with respect to receipt of a grant.

Full terms and conditions of the program are outlined in the Athlete Criteria Application

The form is available on

[www.jnjaust.com.au/gettothegames](http://www.jnjaust.com.au/gettothegames)

The form is also on the EFA National web site under High Performance / rider information.

Please be aware, all athletes on the Australian shadow team are eligible to apply for a Johnson & Johnson Athlete Family Support Program grant, with only athletes selected to compete in Beijing, able to receive a grant.



[Need to double check the anti-doping rules?](#)

[IOC Anti-Doping rules applicable to the Games of the XXIX Olympiad, Beijing 2008](#)

For all drug relation queries please see the [Drugs in Sport](#) page on our national web site.

## Olympic Participating Nations

From the FEI

### 03/06/2008 - EVENTING

The following nation has decided not to participate:

- South Africa – 1 rider

According to qualification procedures, the space has been reallocated according to the Eventing Olympic world ranking list:

- Czech Republic – 1 place (Czech Republic now join the list of qualified nations). Participation is still subject to confirmation from the NOC and NF.



Qualified TEAMS

Australia  
Brazil  
Canada  
France  
Great Britain  
Germany  
Italy  
Sweden  
USA  
TOTAL: 9 teams (45 riders)

In addition: Qualified COMPOSITE TEAMS (5 individuals qualified from the same nation from the Olympic rankings to make up a team.)

Ireland (IRL) – 5 riders

New Zealand (NZL) – 5 riders

TOTAL: 2 teams (10 riders)

Qualified INDIVIDUALS

Argentina – 1

Austria – 1

Belgium – 2

Belarus – 2

Chile – 2

China – 1

Czech Republic – 1

Denmark – 1

Jamaica – 1

Japan – 1

The Netherlands – 2

Poland – 2

Russia – 2

Switzerland – 1

TOTAL: 20 riders



#### 03/06/2008 - DRESSAGE

The following nations have decided not to participate:

- Antigua – individual rider
- Austria – individual rider (as they had two individual Dressage riders qualified, one individual rider still remains)

- Belgium – individual rider

- Switzerland – team (3 riders)

According to qualification procedures, the quota spaces have been reallocated according to the Dressage Olympic world ranking list:

- France – 1 place thus allowing France to have a team of 3 riders

- Russia – 2 places thus allowing Russia to have a team of 3 riders

- Poland – 1 place

- Portugal – 1 place (Portugal now join the list of qualified nations)

(Their participation is still subject to confirmation from the NOC and NF)

Qualified TEAMS

Australia (AUS)

Brazil (BRA)

Canada (CAN)

Germany (GER)

Great Britain (GBR)

Japan (JPN)

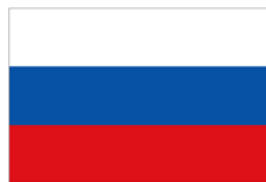
Sweden (SWE)

The Netherlands (NED)

United States of America (USA)

TOTAL: 9 Nations (27 riders)

In addition: Qualified COMPOSITE TEAMS (3 individuals qualified from the same nation from the Olympic rankings to make up a team)



Denmark (DEN) – 3 riders

France (FRA) – 3 riders

Russia (RUS) – 3 riders

Spain (ESP) – 3 riders

TOTAL: 4 teams (12 riders)

Qualified INDIVIDUALS:

Austria (AUT) – 1

Belarus (BLR) – 1

China (CHN) – 1

Finland (FIN) – 1

Italy (ITA) – 1

Korea (KOR) – 1

Mexico (MEX) – 1

Poland (POL) – 1

Portugal (POR) – 1

South Africa (RSA) – 1

TOTAL: 10 riders

#### 03/06/2008 - JUMPING

Qualified TEAMS:

Australia (AUS)

Brazil (BRA)

Canada (CAN)

China (CHN)

Germany (GER)

Great Britain (GBR)

Hong Kong (HKG)

Mexico (MEX)

New Zealand (NZL)

Norway (NOR)

Saudi Arabia (KSA)

Switzerland (SUI)

Sweden (SWE)

The Netherlands (NED)

Ukraine (UKR)

United States of America (USA)

TOTAL: 16 teams (64 riders)



Qualified INDIVIDUALS:

Argentina (ARG)

Azerbaijan (AZE)

Belgium (BEL)

Bermuda (BER)

Colombia (COL)

Egypt (EGY)

Guatemala (GUA)

Ireland (IRL)

Jordan (JOR)

Japan (JPN) – 2

Russia (RUS) – 2

United Arab Emirates (UAE)

Venezuela (UAE)

TOTAL: 15 riders

Would you like to be a T V star?

**Panasonic**  
ideas for life



Panasonic have a long history with the Olympic Games, but this year as a TOP sponsor of the 2008 Beijing Games, their involvement is more than a straight sponsorship. For the first time in the history of the Olympics, Panasonic will be filming every moment of action on their high definition cameras, that footage will then be broadcast into our living rooms in perfect high definition quality.

In celebration of this milestone, Panasonic is developing an advertising campaign that will feature as the first spot in the opening ceremony of the Olympic Games. As we all know this ceremony is watched the world over by millions of people and this year in high definition - it will be like no other. Panasonic would like to use this amazing opportunity to include a select group of Aussie athletes.

The idea behind the campaign is to showcase a series of Aussie athletes as children, the footage should somehow relate to their now professional sport, eg. a professional swimmer as a child in a wading pool. The voice over will read..... Our athletes have been filmed all of their lives. But no one's ever seen them like they'll see them in Beijing. The 2008 Beijing Olympic Games. Filmed on Panasonic high definition cameras.

Both the Campaign Palace and Panasonic believe this spot will be testament to the dedication, sheer hard work and emotion involved in the journey from these simple childhood moments to the incredible athletes they are today. We hope the athletes will share our enthusiasm by getting involved.

#### Requirements

- Footage of Australian Olympic athletes as children that somehow relates to their Olympic sport.
- This will need to be submitted to the advertising agency, 'The Campaign Palace', and will be reviewed as part of our campaign footage.
- The campaign will commence on 8 August 2008 and finish 24 August 2008

#### Reimbursement

- If footage is chosen, Panasonic would like to thank you for your involvement by offering an SD Card Camcorder and VIERA 42" Plasma panel (featured below)



**Want to take part in this once in a life time opportunity?**

**Please send your footage to as soon as possible to**

The Editors  
Attn: Barbara Waters  
Level 1, 5 Alexander St,  
Crows Nest NSW 2065

**For more information please contact:**

Ally Fowler  
Fountainhead Casting  
ph: +61 2 9331 4300 fax: +61 9331 4399  
mob: +61 419 635 498  
20 Nichols St, Surry Hills NSW 2010



Mark Todd announced in the NZ Team

Well, he did it. Mark Todd has been selected in his sixth Olympic Team. Todd achieved his qualifications in record time, only coming back to competition earlier this year, after an eight-year break.

Also named on the New Zealand Eventing Team are former World Champion Andrew Nicholson, this will also be Andrew's Sixth Olympic Games, Joe Meyer, Caroline Powell and Heelan Tompkins. Atlanta Olympic Champion Blyth Tait will be the Team Manager.

The response to Mark's comeback has been enormous. "It's been huge, bigger than huge," said Jim Ellis, Equestrian Sports New Zealand Chief Executive, "I have been really surprised at the scale of support for him and the degree of reverence in which he is held, it's not just within New Zealand, it's all over the world. "It has been phenomenal and to be honest, has taken us a little by surprise."

Welcome back Mark – we look forward to the challenge.



Mark Todd and Gandalf at the NZ Horse of the Year Show

#### Beas River Venue Information – Cross-country

The Hong Kong Olympic Equestrian Venue (Beas River) is converted from Hong Kong Jockey Club's Beas River Country Club and the adjacent Hong Kong Golf Club

An approximately 5.7-km temporary Cross-Country track measuring 10 metres in width will be constructed. The facilities will also include a warm-up area, a cool down area and a stable block for 80 horses

Beas River Country Club, Sheung Shui, New Territories  
Hong Kong Golf Club, Lot No.1, Fan Kam Road, New Territories

## DRESSAGE NEWS



Kristy and Quando-Quando at Lingen

### Results from Lingen CDI 5\*

Well done to all our riders at Lingen.

The main results are as follows:

#### 2008 Medien Cup Qualifier - Preliminary Grand Prix

- 1 Kristy Oatley - Clive - 68.650% (Australia)
- 2 Christoph Koschel - Donnperignon - 68.600% (Germany)

#### 2008 Median Cup Qualifier - Finals Grand Prix

- 1 Christoph Koschel - Donnperignon - 69.900%
- 2 Gina Capellmann-Lütke-meier - Baldessarini - 69.350%
- 3 Kristy Oatley - Clive - 68.600%

#### Grand Prix for Special

- 1 Isabell Werth - Satchmo - 77.375% (Germany)
- 2 Laura Bechtolsheimer - Mistral Hojris - 73.208% (England)
- 3 Matthias Rath - Sterntaler-Unicef - 71.708% (Germany)
- 19 Chantal Wigan - Ferero - 61.417% (Australia)
- 20 Mary Hanna - Rambo - 60.417% (Australia)



Brett Parbery and *Victory Salute*

#### Grand Prix Kur to Music

- 1 Anky van Grunsven - Painted Black - 80.500% (Holland)
- 2 Andreas Helgstrand - Blue Hors Don Schufro - 75.050% (Denmark)
- 3 Jan Brink - Björsells Briar - 74.750% (Sweden)
- 4 Kristy Oatley - Quando-Quando - 73.950% (Australia)
- 12 Hayley Beresford - Relampago do Retiro - 65.000% (Australia)

#### Grand Prix Consolation class

- 1 Hiroshi Hoketsu - Whisper - 66.736% (Japan)
- 2 Anna Katharina Lüttgen - Zancor - 66.042% (Germany)
- 3 Wieger Derk de Boer - Cosmopolitan - 65.347% (Germany)
- 4 Heath Ryan - Greenoaks Dundee - 64.861% (Australia)
- 6 Maree Tomkinson - Lanzaro - 63.403% (Australia)
- 7 Brett Parbery - Victory Salute - 63.333% (Australia)
- 9 Chantal Wigan - Ferero - 63.056% (Australia)
- 10 Rozzie Ryan - Donna Carrera - 62.708% (Australia)
- 11 Mary Hanna - Rambo - 62.222% (Australia)

For full [results click here](#)

#### Grand Prix for Kur

- 1 Andreas Helgstrand - Blue Hors Don Schufro - 72.833% (Denmark)
- 2 Klaus Husenbeth - Piccolino - 70.875% (Germany)
- 3 Kristy Oatley - Quando-Quando - 70.500% (Australia)
- 4 Anky van. Grunsven - Painted Black - 70.333% (Holland)
- 8 Hayley Beresford - Relampago de Retiro - 67.333% (Australia)
- 14 Brett Parbery - Victory Salute - 65.208% (Australia)
- 16 Heath Ryan - Greenoaks Dundee - 65.000% (Australia)
- 17 Rozzie Ryan - Donna Carrera - 64.500% (Australia)
- 19 Mary Hanna - Port Said - 63.000% (Australia)
- 20 Maree Tomkinson - Lanzaro - 62.750% (Australia)
- 21 Peter J. Weston - Winslow - 61.750% (Australia)



Hayley Beresford



Heath Ryan and *Greenoaks Dundee*

### Minimum Eligibility Standards

To be able to compete at the 2008 Olympic Games, athletes and their horses need to achieve a Minimum Eligibility Standard (MES). To check on the MES requirements for each discipline please refer to: [www.equestrian.org.au](http://www.equestrian.org.au)

Rider	Horse	Qualified (MES)
Mary Hanna	Port Said 10	Yes
Mary Hanna	Rambo	Yes
Kristy Oatley	Quando-Quando	Yes
Kristy Oatley	Don Bolero	Yes
Brett Parbery	Victory Salute	Yes
Rozzie Ryan	Donna Carrera	Yes
Hayley Beresford	Relampago de Retiro	Yes
Maree Tomkinson	Lanzaro	Yes
Heath Ryan	Regardez Moi	Yes
Heath Ryan	Greenoaks Dundee	Yes
Peter Weston	Winslow 15	Yes
Chantel Wigan	Ferero	Yes

## EVENTING NEWS

Megan wins Melbourne CCI 3\*



Megan Jones *Kirby Park Irish Jester*. the winners of the 2008 Melbourne 3DE. Photo by Derek O'Leary

This was the final opportunity for Australian-based Eventing riders to impress the Olympic selectors.

In second place was a very happy Shane Rose and *All Luck*. Putting the set-back at the Sydney Three-Day Event behind them Shane and *Lucky* have now achieved their Olympic qualifications and are eligible for Team selection.

In third place was Christopher Burton from Sydney riding *Newsprint*. Christopher has put himself into Olympic contention with an excellent performance.

Winner of the Sydney Three-Day Event in April, Sonja Johnson and her Australian Stock Horse *Ringwould Jaguar* finished in fourth place.

It was a great effort by all our Olympic contenders with no penalties on the cross-country course or in the showjumping for our top four placegetters.





Shane Rose and *All Luck* at Melbourne photo by Derek O'Leary

## Stuart 3<sup>rd</sup> at Luhmühlen CCI 4 Star

Report from the FEI

Britain's William Fox-Pitt secured a superb victory with *Macchiato* in the CCI 4-Star at Luhmühlen this afternoon and subsequently soared to the top of the HSBC FEI Classics™ standings.

The German fixture is the third in the series that links the 4-Star events at Kentucky, Badminton, Luhmühlen, Burghley and Pau and, adding the points he earned for his third-place finish with *Ballinacoola* at Badminton to today's result, the 39 year old British star now leads the rankings by a significant margin.

Australia's Andrew Hoy held the lead after a great cross-country performance yesterday, but the final show jumping phase proved pivotal when his Irish thoroughbred *Moonfleet* left four show jumping poles on the floor and also added three time penalties to drop them to fourth place. Like the eventual winner, Germany's Frank Osholt held firm with a clear round from Little Paint to finish second and Australia's Stuart Tinney also kept a clean sheet with *Vettori* to slot into third. The result of the 2008 CCI 4-Star at Luhmühlen was most definitely not decided on dressage marks - the top-three finishers improving from 9th, 10th and 11th spots respectively after the opening phase, while just 14 of the initial 24 starters completed.

Australia's Emily Anker (*Balmoral Cavalier*) and Italy's Luisa Palli (*Axia*) were removed from the start-list at the final horse inspection, but numbers were already depleted following the withdrawal of the dressage leaders, Australia's Lucinda Fredericks and *Headley Britannia*, before cross-country

yesterday and then five retirements and two eliminations on course.

For full results please go to [www.luhmuehlen.de](http://www.luhmuehlen.de)



Stuart Tinney and *Vettori* at Badminton Photo by Seamus Marwood

## Minimum Eligibility Standards

To be able to compete at the 2008 Olympic Games, athletes and their horses need to achieve a Minimum Eligibility Standard (MES). To check on the MES requirements for each discipline please refer to: [www.equestrian.org.au](http://www.equestrian.org.au)

Rider	Horse	MES
	Ben Along Time	Yes
Clayton Fredericks	Nullarbor	Yes
Lucinda Fredericks	Headley Britannia	Yes
Sonja Johnson	Ringwould Jaguar	Yes
Megan Jones	Kirby Park Irish Jester	Yes
Megan Jones	Kirby Park Allofasudden	Yes
Wendy Schaeffer	Koyuna Sun Dancer	Yes
Wendy Schaeffer	Koyuna Sun Shine	Yes
Wendy Schaeffer	Koyuna Sun Magic	Yes
Paul Tapner	Inonothing	Yes
Stuart Tinney	Vettori	Yes
Andrew Hoy	Master Monarch	Yes
Andrew Hoy	Moonfleet	Yes
Christopher Burton	Unrepentant	Yes
Clayton Fredericks	The Frog	Yes
Stuart Tinney	Panamera	Yes
Janelle Pitts	Mr Showoff	Yes
Shane Rose	All Luck	Yes

# JUMPING NEWS

Pforzheim CSI 3\*



Peter McMahon and *Kolora Stud Genoa* at Pforzheim

Peter Cooke reports

The largest contingent of Australian jumping riders to gather at a European show competed at Pforzheim CSI 3\*, Germany, on the weekend in the first of two final selection events for the Australian Olympic Jumping team.

Eight combinations competed over two classes to register their scores, which will be combined with scores taken over a further two rounds at the final selection event to be held in Aach, Germany, on June 13-15.

shows will automatically join pre-selected rider Edwina Alexander on the Australian team to compete at the Olympic Games in Hong Kong in August. The fourth position and one reserve will be determined by the National Selectors, taking into account performances over these and previous competitions.

Chairman of Selectors, Graeme Watts, said the testing tracks designed by International Course Designer Frank Rothenberger had provided a good challenge for our riders.

"This competition has been a useful bridge for our riders between the Australian level of competition and an indication of the level they can expect to face at Hong Kong, with the pressure of competing against a strong field of international riders over a genuine 1.55m track on a 70x70m sand arena in front of a big crowd," Graeme Watts said.

There were only five clear rounds among the 47 riders, with the eventual winner German rider Franke Sloothaak on *Legurio*.

Australian rider Laurie Lever praised the Equestrian Federation of Australia for providing a clear and

transparent selection process and a well-supported program to get the best team to the Olympics.

"It is good for our sport that the team positions are being so keenly contested by our riders at a top German show against some of the leading riders in the world," Laurie said.

"This is where it is all happening in show-jumping. These shows are the toughest and the most tightly-contested, so we are getting a taste of top-level competition, which is invaluable," he said.

The Australians had a strong presence at the Pforzheim show with more than 35 Aussies on hand to support the riders in their endeavours to make the national team.

Australian Chef d'Equipe Stephen Lamb said the show organisers had been highly accommodating to enable the Equestrian Federation of Australia to use an important three-star show as a selection event, with the largest number of Australian entries ever accepted at a high level European Jumping show.

"The opportunity for Australian riders to prepare for the Olympic Games by competing against international riders from fourteen countries including Franke Sloothaak, Hugo Simon, Marcus Ehning, Peter Wylde and Otto Becker has been great for our riders," Stephen Lamb said.

"The basic formula we are using is very similar to what we used prior to the World Equestrian Games in Aachen, and so the riders are familiar with what is required of them."

"The riders now have two weeks to consolidate and prepare for the final selection event at Aach on 13 June", he said.

The Australian Jumping Team for the 2008 Olympic Games will be announced on 04 July 2008.

For full results please see [www.goldstadt-cup.de/](http://www.goldstadt-cup.de/)



Chris Chugg and *Vivant* at Pforzheim

Results after the two Nomination Shows		Pforzheim			Aach			Overall	GP total for equality	Ranking
		31-May	1-Jun	Total	13-Jun	15-Jun				
		Class 2	Class 1		Class 3	Class 7				
RIDER	HORSE	Penalties	1st Round		Penalties	1st Round	Total			
<b>WILLIAMS, Matthew</b>	Leconte	0	4	4	8	4	12	16	8	1
<b>MC MAHON, Peter</b>	Kolora Stud Genoa	4	8	12	0	4	4	16	12	2
<b>LEVER, Laurie</b>	Ashleigh Drossel Dan	0	8	8	0	8	8	16	16	3
<b>CHUGG, Chris</b>	Vivant	4	12	16	5	0	5	21	12	4
<b>ATHANASOFF, Paul</b>	Wirragulla Nicklaus	8	4	12	1	21	22	34	25	5
<b>MELLERS, Adam</b>	Animate	16	12	28	1	16	17	45	28	6
<b>AMITRANO, Tim</b>	Mr Innocent	4	23	27	8	17	25	52	40	7
<b>ROYCROFT, Vicki</b>	Noblewood Park Blatini	8	12	20	21	DNC	-	-	-	8

## Aach CSI 3



Paul Athanasoff and *Wirragulla Nicklaus* at Aach



Laurie Lever and *Ashleigh Drossal Dan* at Aach

### Results for the Grand Prix Qualifier – Friday 13th

Rider	Horse	Faults	Time	Place
Peter McMahon	KS Genoa	0.00	69.30	7 <sup>th</sup>
Laurie Lever	Ashleigh Drossal Dan	0.00	69.99	8 <sup>th</sup>
Adam Mellers	Animate	1.00	75.30	20 <sup>th</sup>
Paul Athanasoff	Wirragulla Nicklaus	1.00	75.99	23 <sup>rd</sup>
Chris Chugg	Vivant	5.00	72.91	41 <sup>st</sup>
Matt Williams	Leconte	8.00	68.09	56 <sup>th</sup>
Tim Amitrano	Mr. Innocent	8.00	69.21	62 <sup>nd</sup>

Rider	Horse	Faults	Time	Place
Chris Chugg	Vivant	0.00	54.5	4 <sup>th</sup>
Peter McMahon	KS Genoa	4.00	70.18	16 <sup>th</sup>
Matt Williams	Leconte	4.00	71.68	20 <sup>th</sup>
Laurie Lever	Ashleigh Drossal Dan	8.00	71.33	30 <sup>th</sup>
Tim Amitrano	Mr. Innocent	17.00	75.54	48 <sup>th</sup>

At the completion of our two nomination shows the results are as follows

For full results see [www.csi-aach.de](http://www.csi-aach.de)





As Coca Cola are the Olympic sponsors, there is going to be a wide range of their products available to athletes, free of charge. The sports drinks will be different to the products available in Australia, however. The sports drink being made available in HKG by BOCOG is BonActive. The BonActive sports drink will be in Tangerine and Grapefruit flavours,

has a similar sodium (salt) content (23.7 mg/100mL) but a lower carbohydrate content (4.2g/100mL instead of 7.6g/100mL) to the Australian Powerade. For optimal hydration, the sodium content is a little lower than would be ideal, so if the ambient temperature is higher than  $\sim 30^{\circ}\text{C}$ , it may be necessary to add a little salt to the drink or an electrolyte sachet (such as Gastrolyte). Be aware though that higher salt levels impact on the taste of the drink – but if you are struggling to retain fluid and maintain hydration levels it is worth pushing your taste buds a little! The carbohydrate level is good for equestrian riders as it will enable a top up for blood glucose levels to maintain brain function, without being excessive. The carbohydrate also helps with the absorption of the fluid, and therefore aids hydration.

#### Other ways to stay cool:

Obviously staying out of the heat as much as you can helps to prevent rises in core body temperature, but the nature of equestrian riding may make this difficult. The AIS has been doing some tests to determine the most effective methods of maintaining body temperature. A number of options were tested, including ice baths, cool vests, and slushies.



**Cool vests:** Whilst cool vests can help you feel cooler psychologically, they don't change your core body temperature and once they warm up a bit actually become insulators of heat, trapping it in your body. So, with cool vests, use them for short periods to relieve the psychological impact of the heat, rather than as a means of lowering your core body temperature.

**Ice baths:** A 10 minute plunge in an ice bath can certainly help lower your core temperature. However it relies on access to ice, and of course the bath itself! Also, it can become impractical to change in and out of your equestrian clothing.

**Slurpees:** Also known as slushies, this is a frozen slurry of flavoured ice (not just a cold drink). The AIS found it to be as effective as an ice bath in terms of lowering core temperature. As long as you have access to a freezer, they are also the more practical. Take a bottle of sports drink, open it and pour out a then close the bottle and freeze it overnight. Around 1.5-2hrs before you want to have it, take it out of the freezer and place it at room temperature. As it defrosts, you can either cut the bottle in half and blend up the ice, or use a knife to break up the ice within the drink container. Thick straws (like McDonald's straws) are the best for consuming the slushee. You'll need to trial this a few times to work out the best timing of when to consume it and to get used to the sensation, but it's definitely worth a try!

#### Practical tips for staying cool and well hydrated

- Carry a cold bottle of water or sports drink with you at all times.
- Hydrate first thing in the morning because we know that we dehydrate overnight (300-500ml)
- Drink regularly throughout the day. Don't wait till you're thirsty – drink to prevent thirst.
- Ensure that your urine is a pale colour most of the day (even if you use multivitamins which change your urine colour)
- Work on a strategy to keep yourself cool – whether it be an ice bath, a slushee, or staying in air-conditioned places as much as possible.



Australian Government  
Australian Sports Commission

The Olympic Spirit is everywhere in China!

