

Keysoe and Three Shires Training Weekend

21st-23rd April 2023

Brigstock, Northamptonshire

Our Venue!

Hilltop Farm is ideally located in Northamptonshire to allow easy access from major road networks.

There is a cross country course on site with jumping options ranging from 1ft to more advanced 3ft fences with skinnies, steps and ditches. As well as an arena for some confidence boosting pole and grid work and an area ideal for setting up PTV Obstacles.

It is close by some complex woodland areas giving us the ideal location to combine comprehensive riding training and orienteering training from level 1 all the way up to international level complexity.

Training Sessions

The weekend will include multiple training sessions, ranging from Map Room sessions, all the way through to PTV and Fixed Obstacle training. Full details of these, and our Trainers is below.

- Fixed Obstacle Training with Kate Pegrum - Kate is a Freelance BHS Accredited Professional Coach and Rider based near Kettering, Northamptonshire. Kate has evented up to Intermediate level on horses she has produced from scratch. She has many years experience with Hunters, Eventing, P2P, Polo, and Producing Young Horses. She takes a Quiet and professional approach and has lots of experience coaching riders of all abilities and working on building confidence of both horse and rider. Kate teaches at other camps at the same venue so knows the course at Hilltop Farm like the back of her hand, making sure you get the most out of your training session with her! <https://m.facebook.com/katepegumequestrian/>
- PTV Training with Evie – Evie started competing at TREC in 2004 and competed at level two and three until 2013, and it became her passion! She began training TREC for riding clubs in 2009, set up as a freelance coach in 2015. Her aim is to improve the partnership, trust and confidence that horse and handler have throughout a session. Evie has been a BHSTREC judge in 2005 and is now a TREC GB Judge Trainer, Tracer & Technical Delegate. She has organised and scored for many competitions, including setting routes & building PTV courses meaning she knows the sport inside out with in depth knowledge of the rules. Evie has trained and competed on some very different horses; and riding them as well as coaching hundreds of others in training sessions has given her a variety of tools and approaches for different scenarios. [About Evie – TREC Training \(wordpress.com\)](#)
- Poles and Grids with Jennie Sharpe - Jennie is UKCC Level 2 British Showjumping qualified coach. More info on her website www.jkequestrian.com

- Orienteering and Map Room Training with Caroline Brammer – Caroline is an International TREC Rider with 20 years’ experience and has ridden competitively in France, Belgium, Austria and Spain over the years, on both her own and hired horses. Her passion is for POR and developing riders confidence in this phase so that they may enjoy new challenges.
- How To Be More Confident with Charlie Brodie - Charlie will join us to share how to work with our mind and body to have a healthy relationship with our emotions and how to activate a positive mindset. Not only will you understand your mind a little more but you will walk away with actual techniques that you can use day to day or in those moments of heightened emotions. Charlie is a Transformation Coach that works with Neuro - Linguistic Programming, Hypnotherapy and Time Based Techniques. Offering individual sessions for those that want to make changes in life and delivering workshops on emotional intelligence and conscious leadership in the corporate world - <https://www.charliebrodie.co.uk/>

Draft Timetable

	Friday	Saturday	Sunday
Morning		Poles and Grids	Orienteering Training
Lunch		Map Room Practice	On foot Bearings Training
Afternoon	Arrive and setup	Fixed Obstacle Training	PTV Training
Evening	Guest Speaker - Charlie Brodie	Team Quiz	

Food

All lunches and evening meals are included, there will be fresh milk and hot water available for drinks and breakfast.

Cost

£250 max (we will try and come in below this if numbers warrant), £75 deposit.

Entry via jot form (copy and paste to browser)

<https://form.jotform.com/212711764325048>