



PRACTICE MAKES PERFECT

Experienced horse rider and local resident, Lucy Woolhouse has never been one to just make up the numbers. She's definitely in it to win it! As a child she was part of a Pony Club games team that competed in the prestigious Prince Philip Cup and won many rosettes for showing, dressage, jumping and one day eventing. She began her riding career aged 8 with her cheeky Shetland x Dartmoor pony, Little Man, and after that many ponies followed.

After her much loved mare, Ella, sadly died in an accident whilst Lucy was away at university, it was ten years before she returned to the saddle. "I find it hard to believe I stopped. It's not just the riding but also the emotional connection being with the horses and getting to know their quirks and characters."

Once her two children, Rose and George, were both at school, Lucy decided it was time to ride regularly again. She was impressed by the quality of horses she had seen on Wimbledon Common and called in to Wimbledon Village Stables. "I signed up for a dressage course in 2000 and have never looked back since."

All round sportswoman, Lucy, is also a competitive runner so keeping fit is important. Since the arrival of the riding Simulator at WVS in 2015, she has enjoyed improving both her technique and her fitness using the cutting edge equipment; "The strength exercises have been a fun way to work the muscles. It has really improved my core stability which helps both my riding and my running, making me more efficient and balanced."

The talented rider has clinched the top spot in many of the WVS events over the years and is

currently using the Simulator to train for the hotly contested dressage competition. "It enables you to practice movements and aids on the perfect horse without it getting tired or bored! It requires absolute precision. It makes you accept that the faults are yours - if it doesn't perform it's your aids that were wrong!"

The Simulator's test riding option allows riders to practice different tests of varying difficulty and teaches them how to co-ordinate aids, direction and accuracy. "It's great for perfecting your skills as well as being good fun to do" says Lucy.

WVS holds a variety of competitions throughout the year and it's a chance for members to show off their skills and have fun together. "The stables is a very sociable place, the staff are really welcoming and the atmosphere is very friendly. It makes you feel part of something special."

If you, like Lucy, would like to feed your competitive streak or simply perfect your skills, why not book a session on the Simulator today? ■

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