



TREC Isle of Man

June Newsletter

June 24, 2021



TREC Isle of Man News

Welcome to the first newsletter we've done for a long while. With the border restrictions due to relax next week it feels like we can finally look forward to some TREC fun on our Island.

We have put forward teams for all the Manx Horse Council Team competitions so far - some with more success than others ! The Mounted Games team had particularly good fun!

We are also looking forward to sending a team to the TREC GB National Championships to be held at Brynllwelyn, Llanllwni, Pencader, Carmarthenshire on the weekend of 6/7/8th August 2021. Jo, Gillian, Caroline & Sam are looking forward to once again representing the Island. Many thanks must go to the Isle of Man Steam Packet for their support. Helen will be

Registered B.H.S.A.I. And accredited `RWYM` biomechanics coach.

Trained for 24 years with Mary Wanless the originator of the `Ride With Your Mind` method of teaching and coaching

Your horses ability to move and perform is directly affected by the way you ride. Whatever level of rider you consider yourself to be, how you position yourself in the saddle and how you organise your muscles and joints has a dynamic effect on your horse. As a biomechanics coach I will help you fine tune your riding in order to allow you and your horse to optimise your performance together.



Events coming up

30th June 2021 - Ride with your Mind/TREC Demo with Helen Wain

Llamedos Equestrian Centre @ 7.30pm

£5 per person including refreshments. Bring a chair

Spaces can be booked beforehand to [Jo Ralston](#)

1st July 2021 - TREC Clinic with Helen Wain - Strenaby Farm, Lonan

Groups of 4/5

2.00-3.30pm - 2 Spaces left

3.30-5.00pm - 2 spaces left

5.00-6.30pm - 2 spaces left

6.30-8.00pm - FULL

90 min lessons - £30/£35 per person

[Entry Form](#)

3rd/4th July 2021 - Affiliated Summer TREC Competition @ Eairy Mount, East Foxdale

Level 1 Pairs & Individuals (Sunday 4th July only)

Level 2 & 2a - Pairs & Individuals (2 day competition 3rd & 4th)

Camping available Fri & Sat nights

[Schedule & Entry Form](#)

[Read more on our website](#)

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