



60 SECONDS WITH AHMED SABRY

COUNTRY : EGYPT

DATE OF BIRTH: MAY 9, 1981

STAR SIGN: TAURUS

PROFESSION: PROFESSIONAL SHOWJUMPING RIDER & TRAINER

OWNER & MANAGER OF GREENWOODS COMPANY (HOMEWEAR)

Tell us a bit about yourself

My name is Ahmed Sabry. I have two older brothers & one younger sister. I am married and have my son Omar who plays soccer & Talia plays basketball, but both love horses as well.

I started riding when I was 8 years old.

My father passed away when I was 10 years old, but my mother supported us to continue riding; as she realized how much me and my brother Sherif loved horses!

I studied international business and marketing in MSA University.

Describe your typical practice?

I ride regularly in Gezira club in Zamalek, this place is my second home! It is near where I live as it makes life easier for me. We have two fibre sand arenas. One new big arena I think it will help us a lot for better training.

I check on my horses and the horses that I train as well. I ride around 2 or 3 horses a day. I train around 3 or 5 riders a day. No rest if we have competitions.

Tell us one or two things in your training that contributed to your success.

I believe that consistency in training is very important for both the rider and the horse. I mean riding at least 5 or 6 days a week to work horses muscle's and brain as to make them as fit as possible.

But at the same time we must keep horses happy, not over work them

What was the best advice you were given?

The best advice given to me was to work hard and be patient

What advice would you give to young athletes?

I would give the same advice to keep working hard and be patient especially in our sport.

I believe that if we step up levels quickly we will fall maybe two or three levels down because horses must have the confidence all the way.

What is your best achievement?

I qualified to the World Equestrian Games during Sharm El-Sheikh Qualifications 2009. Ranked 6th in the A1 level of the Egyptian National Cup 2010. Won the third place in the A2 level for season 2012.



What is your favourite book and who is your favourite author?

The holy book "Qur'aan".

What is your favourite food?

Sushi.

What is the most memorable place you ever visited?

The Netherlands.

What is your strength and what is your weakness?

Strength: I am a patient hard worker.

Weakness: I quickly believe what people say which proved to be not quite right.

What is the biggest challenge you have ever faced?

Growing up missing my father's advice and guidance; as he passed away when I was young.

What is the biggest reward you ever got?

My wife.

If you had the power to change something in this world, what would you change?

I would end war and poverty.

If there is something about yourself that you would like to change, what would that be?

Make better decisions in my life without having to waste more time

If you weren't who you are today, what would you rather be?

Nobody else. I'm grateful for the person I've become. 🙏

What are the goals that you aspire to achieve?

One day I would love to have my horse in Europe till I reach top level in the sport.

Who has been your greatest support?

My family and friends.

What are your greatest motivations?

When I see the riders I train win and ride well in competitions. And of course when I my horses jump well at shows.

Who is your sporting hero?

Ludger Beerbaum and Marcus Ehning

What is your second favourite sport?

Football.

What is your favourite genre of movies?

Comedy.

What kind of music do you enjoy listening to?

I love Arabic songs especially the ones of Amr Diab and George Wassouf.



PROFESSIONAL RIDING GEAR



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