



60 SECONDS WITH Aly Sabbour

By Catherine James

Aly Sabbour & Layaly.

COUNTRY: Egypt

DATE OF BIRTH: 03/07/1994

STAR SIGN: Cancer

PROFESSION: Business owner/professional ShowJumper

Give us a short introduction about yourself

Horses are my passion and definitely a large part of my future. My daily schedule revolves around my training time while still staying totally focused on my office. In the ring, I forget everything and focus on my riding craft. Riding and competing is the adrenaline that navigates my momentum forward.

Describe your typical practice?

My practice in general depends on the horse, but mainly I work on the horses' down sides and the issues I face during shows. The issue I usually face with my main mare 'Layaly' is that you can never expect what her reactions are, she has a very unique character and she becomes very tense in competitions, so usually I focus on discipline while working her at home and I try to be very spontaneous to how she would react during shows.

Where is your favourite place for practice?

Platinum Club, New Cairo. Platinum is one of the top places to ride in Egypt, it offers every single facility a horse and a rider needs in addition to the exceptional ambiance.

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

Like all riders, riding different horses taught me a lot but what really made a huge difference in my riding was my trainer, I was blessed to have a true horseman who gave me his all. Alaa Mayssara, who brought me up from the 80cm class up to the A class. Alaa taught me a lot in terms of horsemanship, establishing the connection between myself and the horses in general and of course giving me all he has in terms of ring craft.

What was the best advice you were given?

My father always told me to follow my passion no matter how hard it was.

What advice would you give to young athletes?

Only effort, wisdom and commitment lead to success!

What is your best achievement?

Being part of the winning team in the World Cup 2010 for young riders.

What are the goals that you aspire to achieve?

I dream to raise the Egyptian flag on the podium of the Olympic Games.

Who has been your greatest support?

My family of course, they are always there for me every time I need them.

What are your greatest motivations?

To watch other great riders, like Marcus Ehning, it makes me feel humble and motivated that I still have so much more to learn and achieve.

Who is your sporting hero?

Mohammed Ali

What is your second favourite sport?

Like all Egyptians, my second favourite sport is Football.

What is your favourite genre of movies?

Comedy.

What kind of music do you enjoy listening to?

I am a huge fan of minimal house.

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

The forty eight laws of power by Robert Greene.

What is your favourite food?

McDonalds!

What is the most memorable place you ever visited?

Bali! It is mesmerising.

What is your strength and what is your weakness?

My strength is my passion for the sport which motivates me to work even harder, and my weakness is that I am a perfectionist so sometimes I stress a bit too much.

What is the biggest challenge you have ever faced?

To start riding again after being away for five years; and going right back to jumping big classes.

Another challenge was with 'Layaly' my mare; I bought her when she was 3 years old. At the beginning there was a 50 percent chance I won't be able to ride her and that's what most people thought, as she was a really stubborn young mare but I always knew she has plenty of ability to learn and show off her talent; and now she is 13 years old proving everyone wrong and my patience payed off by being placed in most of the classes we compete at.

What is the biggest reward you ever got?

An outstanding mare called Andiamo, she won each and every class she entered.

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

I would take away hatred and negativity from people's hearts.

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

To spend more time with my family.

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

I would have wanted to be my father, he has always been my role model ever since I was a child, his success has been my true inspiration and he always supports me by all means and how he believed in me and pushed me to my limits. 🙏