

60-SECONDS

# NOUR HAZEM

By Farah Rezeika

AN ACCOMPLISHED EQUESTRIAN WHO DEVELOPED A DEEP LOVE FOR HORSE RIDING AT THE AGE OF FIVE. FAMILY PLAYS A SIGNIFICANT ROLE IN HIS EQUESTRIAN JOURNEY, WITH HIS GRANDFATHER, BIG BROTHER, AND WIFE ALL SHARING HIS PASSION. INSPIRED BY HENRIK VON ECKERMANN, HE VALUES PATIENCE AND CONSISTENCY IN HIS INTERACTIONS WITH HORSES.



**HOW LONG HAVE YOU BEEN RIDING?**

Since I was 5 years old

**HOW MANY COMPETITIONS HAVE YOU PARTICIPATED IN SO FAR?**

Almost every single show in Egypt since I was 7

**HOW MANY CHAMPIONSHIPS HAVE YOU WON?**

A lot, I can't count them

**DESCRIBE YOUR FEELINGS AT THE ARAB MILITARY EQUESTRIAN CHAMPIONSHIP IN A FEW WORDS.**

I had a huge sense of responsibility

**DO YOU HAVE ANYONE IN YOUR FAMILY WHO RIDES HORSES?**

Yes, my grandfather, big brother and my wife

**DO YOU OWN A HORSE? WHAT'S THEIR NAME?**

Right now, I'm only riding La Blue.

**WHAT'S YOUR FAVORITE THING ABOUT RIDING?**

Riding is my passion. I can't describe how I feel when I'm riding. It makes me happy.

**BESIDES HORSE RIDING, WHAT IS YOUR FAVORITE SPORT?**

Football

**HOW DO YOU USUALLY SPEND YOUR FREE TIME?**

With my family

**IF YOU COULD TRAVEL ANYWHERE IN THE WORLD, WHERE WOULD YOU GO?**

For Vacation, maybe Mexico.



*“Work hard to create your own opportunities; don't wait for them to come to you”.*

**WHAT IS SOMETHING THAT MOST PEOPLE MIGHT NOT KNOW ABOUT YOU?**

I'm a very shy person

**CAN YOU SHARE A PERSONAL ACHIEVEMENT OR ACCOMPLISHMENT OUTSIDE OF EQUESTRIANISM THAT YOU ARE PROUD OF?**

My daughter, Lana, and my family are my biggest achievement.

**WHO IS YOUR BIGGEST EQUESTRIAN INSPIRATION?**

Henrik Von Eckermann

**WHAT IS THE MOST IMPORTANT LESSON YOU HAVE LEARNED FROM WORKING WITH HORSES?**

Patience and consistency

**IF YOU HAD TO CHOOSE A DIFFERENT CAREER PATH, WHAT WOULD IT BE?**

Nothing. I'm doing what I love.

**WHAT ARE YOUR FUTURE GOALS AS AN EQUESTRIAN?**

To represent Egypt all over the world.

**WHAT IS YOUR FAVORITE QUOTE OR MOTTO THAT YOU LIVE BY?**

Work hard to create your own opportunities don't wait for them to come to you. 🇪🇬



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