

The Grand Prix -- Syria

Congratulations **Alaa Maysara**, winner of the grand Prix & the national champion.

Adding to the Egyptian world wide successes in show jumping; Alaa Maysara won the grand prix in Syria competing with riders from Lebanon, Jordan, Holland, and Syria. Maysara Also won first place in the National Championship (A1 class) on the mare "Carta". Carta is one of the best mares imported to Egypt in the last period. Maysara bought this mare from Mr. Arno Neessen.

Not only Maysara, Ahmed Karara won the

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amateurs competition, and Nahla Al-Sawaf won "The best female rider's title.

According to Eng. Hisham Hatab, Deputy in chief of the EEF, this achievement is considered a very important step to the Egyptian show jumping world. Getting exposed to international professional riders helps the Egyptian riders improve technically their riding level.

The EEF, headed by its President Eng. Abdel Fatah Ragab, has a structured plan for the Egyptian show jumpers that would prepare them to compete in Arabian, as well as International competitions. The Egyptian riders are now preparing to participate in the Arabian games in Algeria next September ■



Alaa Maysara Habashi on Carta

Reflections by General

Ahmed El Sawaf

General Ahmed El Sawaf was classified second in the A1 class during this year's national show jumping season. Asking General Sawaf on his secret of success he said "despite being very occupied at work I manage to ride everyday. I believe that the vital elements in being successful in show jumping, especially at an age like mine, rest in three points:

1.Experience: I managed my horse very well, competed in just enough shows to be qualified. Also I kept my horse always in a good physical condition and made sure that he gave me his full output just at the finals. This kind of management comes with the experience of knowing your horse and knowing when and how to use him.

2.Physical fitness: I believe it is related to the sport that one practices. For show jumping, fitness is a lot of riding and a lot of stretching.

3.Training and practicing: I keep my horse exposed to all the technical difficulties that I know and the new ones that I learn. In every show there is a new experience. I try to stimulate this at home in my training and gradually raise the level of difficulty in order not to shock my horse.

Furthermore, General Sawaf gave us his sentiments regarding two future wishes. First he would appreciate if the federation considers allowing all riders to compete in international events at their own expense so as to improve the level of performance and the level of experience in shows; not only the Army and the Police.

In addition, General Sawaf hopes to qualify for the team that will represent Egypt in the next Mediterranean Games, as strategically such a team will need an element of experience not just as a rider but a team leader; an element that gives psychological stability to the whole team. That showed in the Last day of qualifications for the finals, when his daughter Nahla El Sawaf, saw him jump a clear round, she felt confident that she performed just as good as he did.

Finally, General Sawaf was very satisfied with the performance of his horse "MeshMesh Z" which he bought from Arno Neessen, who was also the supplier of the mare "Carta". Carta won first place in the A1 class - national competition, as well as the Grand Prix of Syria. Good Luck to General Sawaf and cheers for Arno Neesen as the supplier of excellent show jumping horses for the police force ■

