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VIEW POINT FROM THE CHAIRMAN



Dear Readers,

Work, work, work, there is always a new show, a new idea and a new concept!

In late March Horse Times' team flew to Jerash to cover the Friendly International Club Competitions, a great show that will be followed by another one in Russia in May 2018, and then Cairo Platinum Club in October 2018.

We have a classic educational / legal article detailing the USEF rule changes for 2018 – a must-read. On another note, we're gearing up for beach polo at El-Gouna in its second edition, a thrill for the sport as well as for El-Gouna.

Mahmoud Mowafy, a marketing star and a tireless rider, gives HT 60 seconds of his time. Here you get a sneak peek into the world richest race day held in the UAE, "Dubai World Cup 2018".

Latest updates about the Modern Pentathlon World Cup Series 2018 that was held in Cairo where Platinum Club raised the bar and the Egyptian Pentathlon Federation signed in advance for Platinum Club to continue to host the World Cup in 2019 and 2020.

Training your horse and training yourself ? Then why don't you start training your mind with an Equestrian mindset coach like Sandie Robertson ? Classical dressage riding and Emmad Zaghloul with more details about the canter.

A well spent day at the Inaugural Embassy of Argentina Polo Cup tournament held at Abu Seir Farm. In this issue ESI presents the perfect recipe for a perfect warm up and we learn about Albrecht Adam; a German artist who left us with great works of equine art.

Read on and enjoy,

Sincerely,

Khaled Assem



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JERASH FRIENDLY INTERNATIONAL CLUB COMPETITIONS 2018

SHOW JUMPING IN JORDAN

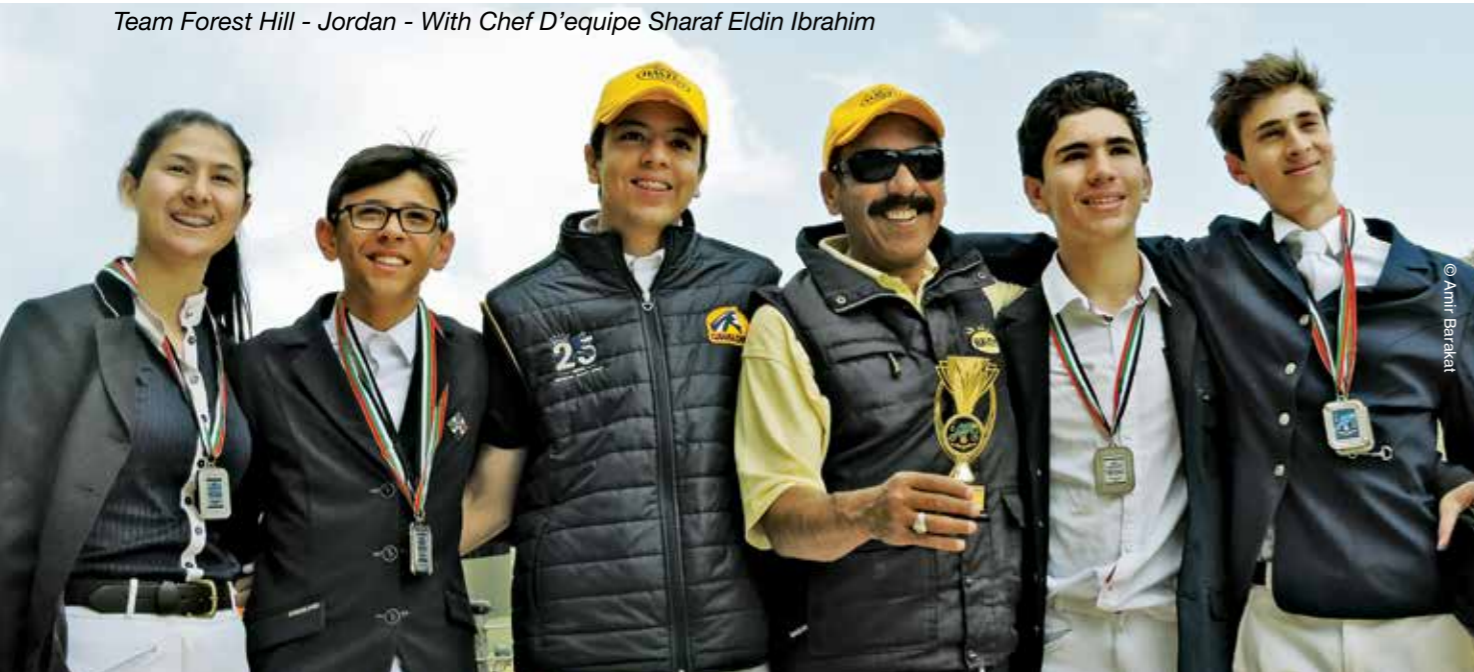
FRIENDLY SPIRIT, YET SERIOUS PERFORMANCE

By HT Team

THE FRIENDLY INTERNATIONAL CLUB COMPETITION IN JORDAN WAS, AS ITS NAME STATES, A FRIENDLY COMPETITION, WARM, WELCOMING AND COLLEGIAL. BUT, MAKE NO MISTAKE, IT WAS ALSO SERIOUS IN PURPOSE AND PERFORMANCE AS IT STRICTLY FOLLOWED ALL THE FEI RULES APPLIED TO INTERNATIONAL SHOW JUMPING COMPETITIONS.



Team Forest Hill - Jordan - With Chef D'equipe Sharaf Eldin Ibrahim



Olaf Petersen – Course Designer



Ziad Tarek Hemida – Team Platinum club - Egypt

Team Platinum Club – Egypt

Team Southern Riding Club

The idea really stresses horsemanship; riding borrowed horses means the riders have to use all of their equestrian skills and training to accommodate those horses whether or not they are of a high standard.

Horse Times' team was lucky to be part of this wonderful experience. It was not just like any competition we usually attend. There was something extra special about this week in Jordan. Riders, coaches, officials, and organizers stayed in the same hotel, gathered in the same bus, ate all meals together and we even explored the country together. At the time of competition you could actually hear riders cheering for each other, regardless of where they come from. It was really nice to see clubs from five nations mingling all together like one family united on one concept "Horsemanship".

Through the diversity of the teams participating in this event, there was also a cultural aspect so we're not only discussing equitation, but also discussing the social interconnection between countries and this helped foster greater understanding between riders and officials to make this program grow and become more versatile and useful to its members.

One of the very wonderful things about this competition was, as I mentioned earlier, that it was about horsemanship. Each rider had to feel and understand the different horse that he or she was to ride. Sometimes you sit on a horse and your coach or your chef d'equipe decides that you should switch this horse with another one among the team members all for the best possible performance of the whole team. So it basically promoted different technical elements in each rider and each horse in the framework of teamwork.

The course was designed by the world-class course designer Olaf Petersen. FEI judge Yuri Valev of Bulgaria was also one of the officials as well as Dr.Kroum Rachkov the Vice president of the Bulgarian Equestrian Federation and Ms.Tatyana Molchanova the Secretary of IECA and member of the Bureau.

On the first day riders were allocated horses through a draw made by the officials and the coaches of each team. There was a training course and the next day was their first time to compete riding those horses. The results were as follows, first place went for Nikoletta Pavlova and Cherry from Club Kaloyan 92, Bulgaria, Chineque Smith & Karezma representing Southern Riding Club, South Africa came in second and Siwar Tabbalat riding Salam from Forest Hill Club, Jordan followed in third.

The Team competitions generated genuine excitement for the audience as well as the riders. It was a happy win for the home team of Jordan's Forest Hill Equestrian Club who clinched the gold, while Club Kaloyan 92, Bulgaria came in second and Platinum Club, Egypt came in third. On the individual level the gold medal was for Platinum Club's rider, Ziad Tarek Hemida.



Yuri Valev During Trip To Petra



Tatyana Molchanova , Sufian Barakat & Team Russia

And the final day was the Grand Prix which was a pleasant surprise for the Bulgarian Team who took home the gold and silver medals with Martina Todorova and Nikoletta Pavlova, while Southern Riding Club's Chineque Smith came in third and Egypt's Abdelrahman Khalil came in fourth.

"One of the best experiences I have ever had. As the name states it is a friendly competition, an experience more than a show jumping competition, team work more than individual work. I was very lucky to have an amazing horse, "It's Me". She was clear on all three competitions but knocked down one pole in the last fence of the jump-off of the last competition. My team and coaches were amazing; we all supported each other which is why we were very happy at the end," Khalil said.

After the competitions ended, Mr. Sufian Barakat surprised everyone with a marvellous journey to one of the world's seven wonders **The ancient city of Petra**. It was really an amazing day where everyone enjoyed every second of it.

The next leg of the tour will be held in St. Petersburg, Russia next June with teams representing each Club including Derby Club, Russia, Platinum Club, Egypt, Forrest Hill Club, Jordan, Southern Riding Club, South Africa, Club Kaloyan 92, Bulgaria, and a newcomer representing India. Following that, the event will be held in Egypt next October where the organizers promise a spectacular show at New Cairo's premier sports destination Platinum Club. 🏆



Trip To Petra

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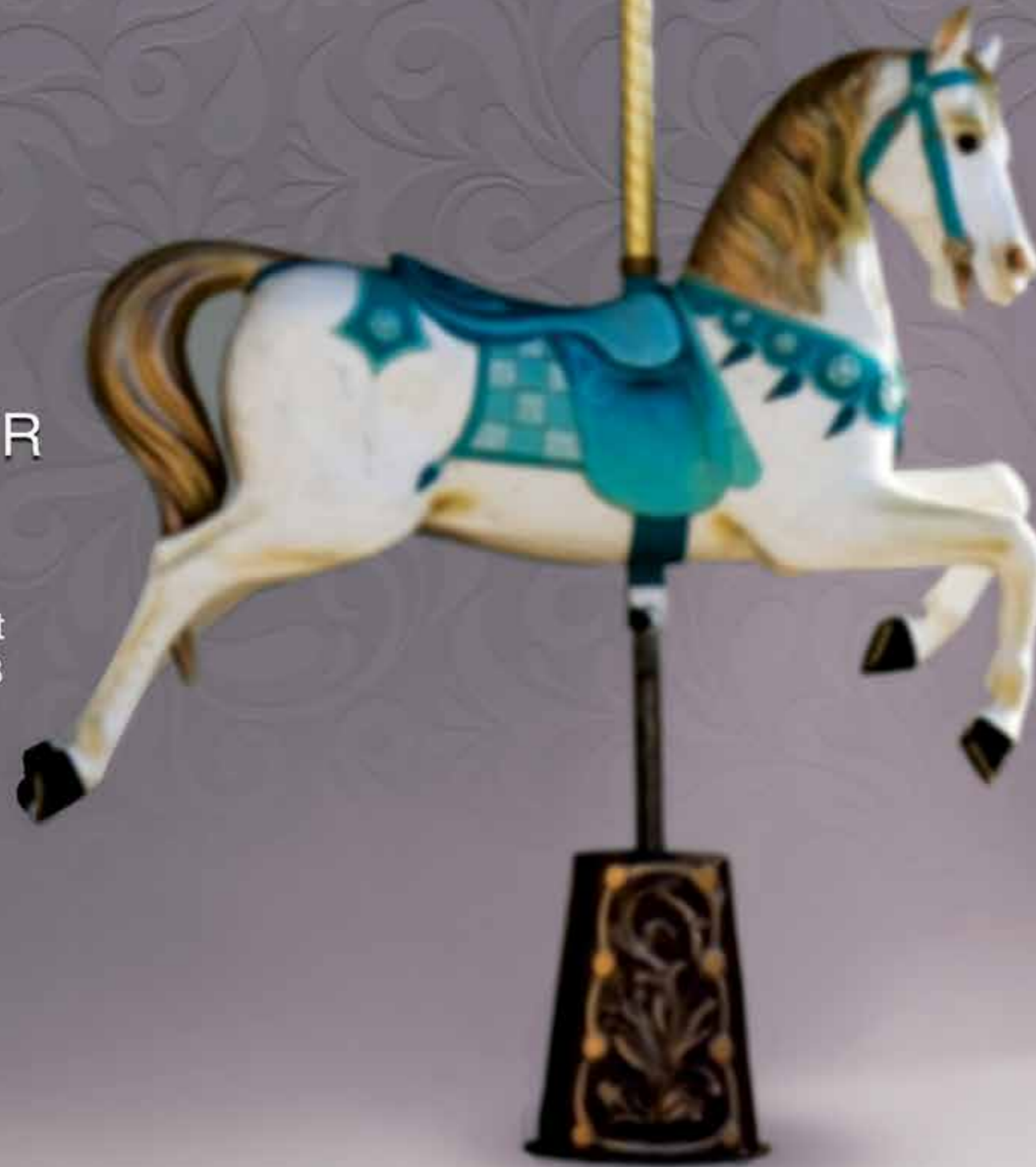
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LEGAL TIPS

THE UNITED STATES EQUESTRIAN FEDERATION (USEF) RULES IN 2018

By Nicol Dominiuk and Piotr Wawrzyniak

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THE LEGAL TEAM OF THE EUROPEAN US ASIAN EQUINE LAWYERS WOULD LIKE TO WELCOME OUR READERS OF HORSE TIMES IN 2018.

WITH THE NEW YEAR, MANY NEW RULES COME INTO EFFECT. IN THIS EDITION WE WOULD LIKE TO ZOOM IN ON THE USEF RULES. OUR READERS WHO COMPETE IN THE US THIS YEAR SHOULD HAVE A LOOK BELOW TO FIND SOME OF THE MOST RELEVANT CHANGES AND NEW RULES IN 2018.

When it comes to the General Rules we would like to refer our readers to the following points:

Amateur Status:

Amateur status is easily lost under the USEF General rules. Article GR1306 paragraph 4 lists many activities, which riders wishing to keep their amateur status, are not to engage in. For example, sub a of paragraph 4 states that (unless expressly permitted in the article) a person is a professional if after his 18th birthday he does any of the following: accepts remuneration and rides, exercises, drives, shows, trains, assists in training, schools or conducts clinics or seminars. In 2018 USEF adds an activity under paragraph 3, that states which activities an amateur is permitted to engage in. Paragraph 3 sub i now states that **an amateur is permitted to accept remuneration for providing service in one's capacity as a clinic manager or organizer as long as they are not performing the activities of instructor or trainer.**

Mandatory Necropsy

In 2018 a post mortem examination must be performed where fatality to a horse occurs in relation to a competition. For purposes of this rule, a "fatality" is defined as a death by any means including euthanasia at any time starting when entries arrive at the venue until departure from the venue or a death by any means including euthanasia at any time occurring as a result of any fatal injury or illness sustained during a licensed competition or after a licensed competition where such fatal injury or illness is related to the horse's participation in the competition. The steward/technical delegate has to be notified as soon as possible but no later than one hour after such occurrence of any fatality of a horse or pony

A gross post mortem examination must be carried out in all incidents of euthanasia or fatality, except where the nearest Veterinary Pathology laboratory is further than 200 miles from where the equine fatality or euthanasia occurred. If a horse is not insured or a post mortem is not required by the owner's insurance, the Federation will cover the cost of the gross post mortem and transport costs to the appropriate veterinary facility, up to a maximum

in total of \$1,000.00. If a post mortem is required by the owner's insurance, at no cost to the Federation, **the horse's owner shall provide the Federation a copy of the post mortem report within 24 hours of receipt of such report.** The thought behind this rule is to improve safety and horse welfare. By requiring a necropsy and having access to the results of necropsies, the Federation will be able to gather critical information regarding the horse fatalities that occur at licensed competitions. This information would be used primarily to conduct research on the health and safety of horses. This requirement will also lead to the implementation of safety mechanisms that protect the horse and rider at all licensed competitions.

JUMPING:

Ear buds:

An entirely new rule was added to the USEF rules in 2018 is rule HU154/JP103.9 which prohibits the use of ear buds in the schooling ring for mounted hunter/jumper riders. The rule was proposed as an attempt to cut back on distracted riding in the schooling ring. Although the rule only focuses on ear buds and not phones as such, USEF believes this is a step in the right direction against unsafe riding. To increase safety for horse and rider in the schooling area, rider's attention needs to be focused on their horse and the surroundings. Riding in ear buds will now be forbidden and stewards will strive for the enforcement of this rule at shows.

Microchipping:

A long awaited rule to microchip horses is finally in force in 2018. All horses competing in Federation licensed and/or United States Hunter Jumper Association (USHJA) sanctioned competitions with Hunter, Hunter Breeding, Jumper and Hunter/Jumping Seat Equitation classes not restricted by breed must be properly identified in accordance with GR1101 and must also be registered with USHJA. In addition to that, on or after December 1, 2017, **all horses competing in classes that require USHJA horse registration must provide a microchip number that verifies their animal's identity in order to compete for points, money won or be eligible for**

Federation and/or USHJA programs and awards where horses are required to be recorded or registered. This rule will have a transition period from December 1, 2017 to November 30, 2018. During this period, animals that are not in compliance with this rule will not receive points or be eligible for Federation and/or USHJA programs and awards. After the transition period, thus after December 1 2018, all horses that are competing in classes which require USHJA registration which are not microchipped will be ineligible to compete in Federation licensed competitions.

Amateur Jumper (Not Owner):

These rule changes allow Amateurs, regardless of whether or not they own the horse they are riding, to compete at a nationally recognized high level, including 1.20/1.25, 1.30/1.35, 1.40/1.45. Classes are restricted to riders who are no longer eligible to compete as junior exhibitors.

Classes may be divided by either specific height or age of rider. This also creates a Horse Of The Year (HOTY) category for Amateur Jumpers.

DRESSAGE:

Dress code:

Article DR120 implements a change in the 2018 rules regarding dress code for riders participating in dressage

tests for 5,6 and 7-year old horses. Earlier dress code for this group of horses has been, just as for 4-year old horse classes, a short riding coat of conservative color, with stock or tie, breeches, and protective headgear with spurs being optional.

The changed rule now states that for all tests above Fourth Level, and FEI Junior Tests and FEI Dressage Tests for 5, 6 and 7-year old horses, **the dress code is: a dark tailcoat or a dark jacket with protective headgear and white or light colored breeches, stock or tie or integrated stand-up collar, gloves, and black riding boots.** Spurs are mandatory for FEI tests (except as noted under DR120.1).

Saddlery and Equipment:

Any decoration of the dressage horse with extravagant items, such as ribbons or flowers, etc. in the mane or tail is **strictly forbidden.** There has now been an exception added to this rule clarifying and assuring that a red ribbon in a horse's tail is permitted to identify a horse that kicks. This is a question of safety and responsibility to inform and warn other riders.

Nosebands:

Following the slight amendment to the article DR121 Saddlery and Equipment, nosebands are further on compulsory. This rule is changed to match the FEI rule change.



© Jacques Toffi



© Jessica Rodrigues

Errors:

Article DR122 regarding Execution and Judging of Tests has added to the paragraph of errors where sub k) number 6) states that For USEF High Performance qualifying and selection trials, all of the following are considered errors (faults), and two (2) points will be deducted per error (fault), but they are not cumulative and will not result in elimination (including for Freestyle tests): If the Freestyle test is longer or shorter than stipulated on the test sheet, zero point five percentage points (0.5%) will be deducted from the total artistic score. Using voice or clicking the tongue repeatedly is also considered to be an error, as is if the athlete doesn't take reins in one hand at the salute. (Numbers 7 and 8)

The time for entering the arena in freestyle classes has changed from 20 to 30 seconds of music but within 90 seconds under this category of error.

Position and Aids of the Rider:

Article DR117 regarding the Position and Aids of the Rider clarifies how the rider may use his/her hand(s) during a test. The article states that riding with both hands is obligatory at all national and International Dressage Events. However, riding with one hand is permitted in the Freestyle Tests and when leaving the arena. It further adds that part from the halt and salute, where the athlete must take the reins in one hand, riding with the reins in both hands is obligatory at FEI Dressage Events. A discreet 'pat on the neck' for a well performed

exercise, or for reassurance, is perfectly acceptable (as is the situation of an athlete needing to wipe a fly from their eye, or other situations such as adjusting clothing, saddle pads etc). However, if the rider intentionally takes the reins into one hand in order to use either the reins or the other hand to produce more impulsion from the horse, or to promote applause from the spectators during the test, it will be considered a fault and will be reflected in the mark for both the movement and the collective mark for 'Rider'.

** This is a non-exhaustive list of all rules. All new rules can be found on USEF's homepage.*

Source: USEF.org

Nicol Dominiuk and Piotr Wawrzyniak are lawyers practicing with Schelstraete Equine Lawyers in the Netherlands. Schelstraete Equine Lawyers is the founding member of the European US Asian Equine Lawyers, which is the alliance of the World's leading firms specializing in equine law





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ONE OF THE MIDDLE EAST'S LEADING BEACH POLO TOURNAMENTS ; THE FIRST EDITION OF EL GOUNA BEACH POLO - BRUGGLER SILVLER CUP WAS FIRST PLAYED IN 2017 AT THE PREMIER RED SEA DESTINATION, EL GOUNA.

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Located 25 kilometers North of Hurghada, El Gouna is only a one-hour flight from Cairo and a mere 4-hour flight from Europe's major capitals.

Sponsored by BRÜGLER SWISS WATCHES, six polo teams competed for four days with the attendance of Egyptian and international world-class guests who relished fine sport and great weather.

The second year is already here, the 2nd edition of El Gouna Beach Polo Kings Silver Cup is scheduled from April 25th to April 28th 2018.

Over the course of four days, six polo teams combining local and international players who are sponsored by major entities such as Mangroovy, Mercedes Benz, Kings Polo, Bank De Caire, Orange, and Magma will compete in front of hundreds of spectators to be crowned champions of the 2018 El-Gouna Beach Polo Kings Silver Cup.

This is the place to feel that you are part of the thrill; with VIP tents, food stands, and bars, as well as entertainment and shops surrounding the polo arena.

Definitely a must-go!

GETTING READY FOR THE EVENT

"Polo isn't just for the elite. Attendees may take part of the action from the beach area for free. If you'd like to be inside mixing and mingling under the covered grandstands, there are VIP areas available. Expect chic spectators dressed to impress in their polo best, from casual elegant wear to flowing dresses. Keep in mind, the event is outdoors, so dress comfortably. And it's not just all polo, all the time. During the four days, there are many A-list activities to attend; including the parade, gala dinner, pony rides for kids, and much more!"



Bushra And Hussein Fahmy

Mr. Mohamed El Sewedy (left), Mr. Farouk Younes (middle), and Mr. Sadek El Sewedy (right)

TRAINING TIPS

THE STATISTICS DON'T LIE

By Sandie Robertson



IT MAY BE THE RIDER WHO GETS TO CLIMB UP THE PODIUM AND RAISE THE TROPHY, BUT IT TAKES A WHOLE TEAM TO GET HIM THERE. RIDERS CAN BE PLACED UNDER EXTREME MENTAL AND PHYSICAL PRESSURE WHEN IN THE COMPLETION/TRAINING OR HOME ENVIRONMENT. WHEN YOU THROW INTO THE MIX ANOTHER INSTINCTIVE LIKE A LIVING, BREATHING ANIMAL; IT'S NO SURPRISE THAT THINGS CAN GET A LITTLE OFF TRACK EVERY NOW AND THEN

Being able to change the plan, think on the spot, and evaluate what's happening around you in a millisecond are incredibly important skills to learn as a rider, especially as our natural instinct is the one of "Fight, Flight or Freeze", none of which are conducive to the perfect riding state.

It's a common failing that I see in riders every day. We take the time to produce young horses, making sure they have the time, education and strength that they require to do the jobs we ask of them. But when it comes to ourselves we seem to lack the same discipline.

Every step up we take in this unique sport requires a different degree of mental strength and focus. A slightly different way of riding, new steps, different canter, and different height which all requires our brain to adjust to a new set of "normal".



It takes time for us to gather enough reference points at this level for it to become familiar. But there are things we can do to help it. It's so much easier to build a house brick by brick with a strong foundation than it is to have to take it down and try and restore parts of it.

Riding and mental resilience are exactly the same.

It has been proven by psychologists over centuries now that we can indeed change the way we think and train ourselves to aid our personal growth and enhancement.

So the question isn't why should I be working with a mind coach; IT SHOULD BE WHY AM I NOT?!

Follow my top tips for a winner's mind set.

1. Spend time clearly defining and writing down what it is you are working towards. What's the end goal?
2. Create a morning mind set routine and stick to it. This should include breath work, stretching, and visualization.
3. Find a routine that works for each individual horse and stick to it. Keeping a horse relaxed and happy is the secret to keeping them bringing home the ribbons. 🏆

ABOUT THE AUTHOR

Sandie Robertson is an International Equestrian Mind Set coach. Working with riders across every discipline she helps them turn ambition into reality.

If you would like to work with Sandie, contact her directly on Sandie@sandierobertson.com



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DUBAI WORLD CUP 2018

THUNDER SNOW ON TOP OF THE WORLD FOR HOME TEAM

By DRC

SAEED BIN SUROOR HAS DOMINATED THE DUBAI WORLD CUP SPONSORED BY EMIRATES AIRLINE LIKE NO OTHER TRAINER AND WON THE US \$10 MILLION FEATURE FOR A STUNNING EIGHTH TIME WITH THE CHRISTOPHE SOUMILLON-RIDDEN THUNDER SNOW.



THUNDER SNOW (IRE) (Saeed bin Suroor – Christophe Soumillon) wins the Dubai World Cup Sponsored by Emirates Airline at the DWC at Meydan on March 31st 2018



HRH Sheikh Mohammed bin Rashid Al Maktoum, HRH Sheikh Hamdan Bin Mohammad Al Maktoum and members of the Royal family at the Dubai World Cup trophy presentation on March 31st 2018.

The winner of the UAE Derby on this card 12 months ago was smartly away from his outside berth in stall 10 and the Belgian-born rider barely saw another rival as the pair strolled away to score by five and three-quarter lengths in a track record time of 2.01.38.

While American legend Bob Baffert was looking for his fourth win in the race and after his Arrogate's dramatic victory last year, he saddled the second and third with West Coast beating Mubtaahij by a neck.

Thunder Snow's win took his career tally to seven wins in 18 starts and provided bin Suroor with his eighth Dubai World Cup win from 42 runners – a record which towers overacross his rivals.

Thunder Snow also capped off a remarkable evening for His Highness Sheikh Mohammed bin Rashid Al Maktoum as it was Godolphin's fourth of the night, and the second leg of doubles for Soumillon and bin Suroor.

"When I came in the straight I could feel nobody was following me," Soumillon said. "I knew I had to concentrate because when he sees the big screen, he can do something sometimes. It's magic. I work hard every day to make sure someday something crazy like this will happen.

"Saeed gave me lot of confidence before the race. I wasn't ready to ride him that positively and I thought

there would be more speed on the inside. He jumped so well that I thought I would have to make it. The first time I rode him I thought that when he leads that no-one can beat him, but it is difficult to make it.

"However, it wasn't that difficult in the end. Saeed did a great job and the horse made everything – it makes the jockey's life so easy when you ride you great horses. I'm in heaven now, I'm not sure exactly what's going on but we're going to have a big party tonight."

Bin Suroor added: "I am very happy with the horse and jockey. I told Christophe the horse has a good turn of foot and I told him to use it. The jockey is the best of the best.

"When I saw him he was confident in front and I thought surely the horse was going to win from then.

"We have the best owner in Sheikh Mohammed. He is the best leader and gives us the best horses. It is a brilliant win and I will give the trophy to my mother and brothers and family.

"It was always on my mind to run him in the Dubai World Cup and he will have a break now, before running in Europe or America."

The order of finish was completed by Pavel, Forever Unbridled, Awardee, Furia Cruzada, Gunnevera, Talismanic and North America.

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STAR SIGN: Virgo

PROFESSION: Marketing Manager
and Showjumper

Tell us about yourself

I am a former military officer who belongs to a military family; I am also a **horseback rider** and a father of a lovely little girl. One of my very favourite hobbies is **photography**. I also like to work out regularly. I do my job but I try to ensure work-life balance so as to enjoy the company of my family and friends.

Describe your typical practice?

I enjoy riding my horse early, so I usually ride in the morning for an hour or so. I also like taking my horse for a walk in the desert to maintain the rapport and friendship with him.

Where is your favourite place for practice?

At **Furuseyya club** in Cairo.

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

Being determined and staying positive all the time.

What was the best advice you were given?

Never give up and **always believe** in yourself.

What are the goals that you aspire to achieve?

To succeed in my career while giving love and support to my family

Who has been your greatest support?

My wife, family, and coaches, Nour Hazem and Amina Ammar

What is your greatest motivation?

My passion for this sport

Who is your sporting hero?

Marcus Ehning is one of my favourite riders

What is your second favourite sport?

Football

What is your strength and what is your weakness?

My strength is that I truly believe in my abilities and my weakness is that sometimes I rush into making decisions.

What is your favourite genre of movies?

Thriller movies

What kind of music do you enjoy listening to?

House music

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

Children of our Alley - Naguib Mahfouz

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

Bringing peace to the world.

What is your favourite food?

I love sea food

What is the most memorable place you ever visited?

Paris, France

What is the biggest challenge you have ever faced?

Shifting my career

What is the biggest reward you ever got?

The love my **daughter** gives me. 🐾



UIPM
Pentathlon
World Cup
 CAIRO, EGYPT

AN EXCEPTIONAL FIRST LEG OF THE UIPM WORLD CUP SERIES 2018 IN CAIRO

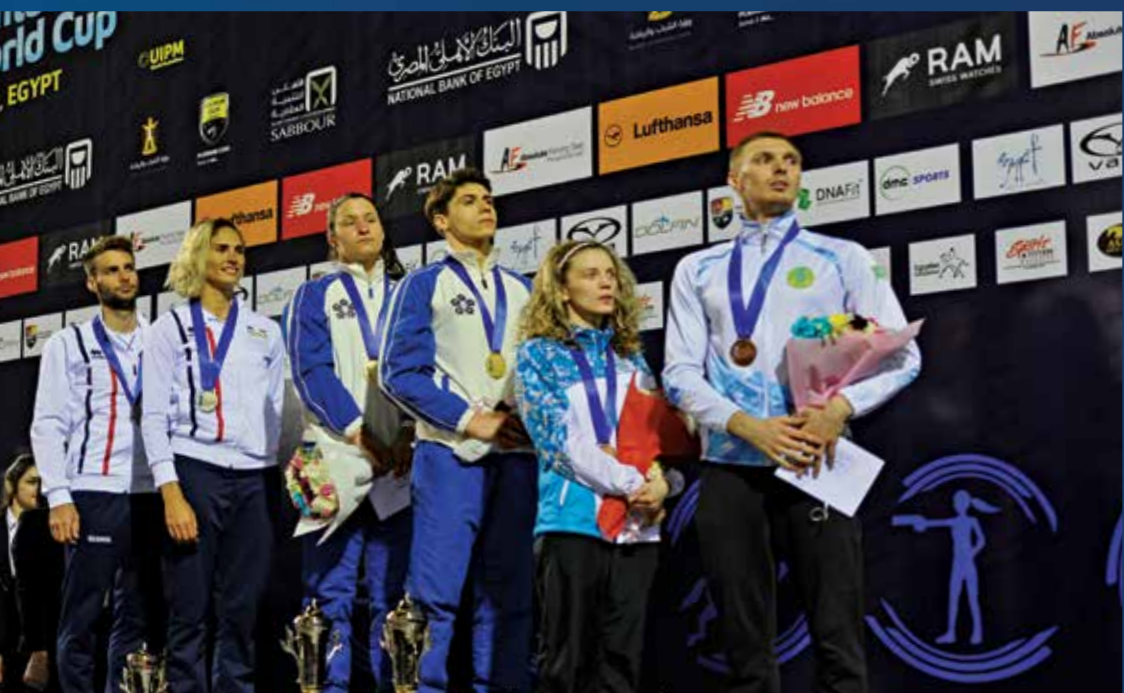
By Menna Loutfy

THIS YEAR PLATINUM CLUB NEW CAIRO HOSTED THE OPENING EVENT OF THE UNION INTERNATIONALE DE PENTATHLON MODERNE (UIPM) SEASON. SWIMMING, FENCING, SHOWJUMPING, LASER SHOOTING, AND RUNNING ACTION-PACKED COMPETITIONS CONTINUED FOR FIVE CONSEQUITIVE DAYS. WITH WORLD-CLASS ATHLETES COMPETING IN ADDITION TO A BRILLIANT ORGANIZATION, IT WAS DEFINITELY UNMISSABLE!



PLATINUM CLUB
 have it ALL..





A GLIMPSE OF HISTORY

Modern pentathlon was created by the founder of the modern Olympic Games: Baron Pierre de Coubertin. He created the event to simulate the experience of a 19th-century cavalry soldier who has to return from behind enemy lines, running, swimming, shooting and sword fighting all the way. The sport involves a variety of elements, such as agility, speed, coordination, self-discipline, and overall physical fitness.

Someone who is an excellent swimmer might not excel at fencing. The fastest runner may not be the best shot. Those who are great at riding could easily struggle with one of the other four facets of the face-off.

ORGANIZING THE WORLD CUP SEASON'S OPENING IN CAIRO

Egypt was chosen to host the opening leg of this season that was held from February 28th until March 4th in cooperation with The Egyptian Ministry of Youth and Sports, in addition to The International Modern Pentathlon Federation.

“Our mission is to showcase the beauty and intensity of the sport through an exciting, international, elite-level event; organized on the majestic land of Cairo.”

THE COMPETITIONS

The first two days of competition were the qualification rounds and afterwards the final rounds started with a very close competition that left the audiences on the edge of their seats.

The Rio 2016 Olympic silver medalist Elodie Clouvel (FRA) opened the 2018 season with a great victory in the Women's Individual Final with Tamara Alekszejev (HUN) coming in second place and following these was an outstanding performance by Ilke Ozyuksel (TUR) who came all the way from 14th place to claim the bronze.



Ahmed Sabbour, Hesham Hattab and Sharif El-Erian

FRANCE GOES ALL THE WAY UP!

France continued its road to the podium as the French Pentathletes also won gold and silver in the thrilling Men's Individual Final. Christopher Patte claimed the gold, followed closely by his team mate Valentin Belaud, and Pavel Ilyashenko (KAZ) took home the bronze.

“That was my best competition today so I'm very happy. It's my first competition coming back after one year. Training began in September and I am very ready.” Patte said.

ITALY WINS THE MIXED RELAY

Italy denied France a clean sweep of all competitions at UIPM 2018 Pentathlon World Cup Cairo as Gloria Tocchi and Gianluca Micozzi clinched the gold in the Mixed Relay. After fierce competition France's Elodie Clouvel and Valentin Belaud came in second place, followed by Elena Potapenko and Vladislav Sukharev from Kazakhstan.

AN AMAZING OVERALL EXPERIENCE

Most of the attendees said they enjoyed their time during the World Cup with the beautiful venue at Platinum Club where the world-class fencing halls, swimming pool, laser run and riding arena were closely located to each other and that made everything easier. They also had positive feedback about the organization of the event and even the entertainment planned throughout the five days.

Great credit must be given to the teams who worked hard to make such success become tangible. These organizers include The Egyptian Modern Pentathlon Federation with its president Engineer Sharif EL Erian, the UIPM and its president Dr. H.C. Klaus Schormann, The Egyptian National Olympic Committee represented by Engineer Hesham Hattab, The Egyptian Ministry of Youth & Sports represented by Minister Khalid Abd EL Aziz and, of course, Platinum Club which opened its doors to the event under close supervision by its owner Engineer Hussein Sabbour.

All photos by Ehab Eld

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THE ART OF CLASSICAL DRESSAGE RIDING

THE CANTER (PART 3)

Compiled By Emmad Eldin Zaghloul

THE CANTER IS GENERALLY EASIER TO LEARN THAN THE SITTING TROT. HOWEVER IT REQUIRES A SUPPLE SEAT THAT IS CORRECTLY BALANCED.



The canter may be ridden in three ways: sitting, half-seat, and two-point. In a half-seat and/or two-point position, as described below, the rider's seat is raised out of the saddle to some extent, the upper body leaning forward slightly, enough to balance over the horse's center of gravity, and more weight is carried in the stirrups. This position provides more freedom for the horse, especially over rough terrain or when jumping. When a rider sits the canter, the seat remains firmly in the saddle at all times, allowing a more secure position and greater control over the horse.

SITTING

The hips should be relaxed and the rider should lean forwards slightly with the movement of the horse. In cross country, the rider tends to stay out of the saddle and be standing up with their knees bent and the upper body leaning over the horse's withers. The heel of the rider should be in line with their shoulders and then the back of their riding hat in dressage to make the canter look neat.

SEAT

The rider's seat bones remain in contact with the saddle at all times. The rider "rolls" with the canter, allowing free movement in the hips and relaxation in the thighs. The hips move from a backward position, to an upright position aligned with the body, to a slightly forward position, in relation to the gait. So when the 1-2-3 of the footfalls occurs, the seat is moving forward. During the suspension phase, it moves back. The rider should focus on making a sweeping motion with the hips. A good visualization technique is for a rider to imagine sweeping the saddle with one's seat, or to visualize sitting in a swing, using the seat muscles to gently move it going back and forth.

UPPER BODY

The upper body remains still while sitting, allowing the hips to move underneath the upper body. The shoulders should not "pump", or go forward and back. If the upper body moves, it is usually a sign that the rider is tense. The forward incline of the rider's upper body may vary, from very upright (used in a collected canter), to slightly forward (used in the lengthened canter if the rider is using the forward seat). However, the shoulders should remain back and still.

LOWER LEG

The lower leg should remain still when sitting the canter. If it moves, the rider is tense, or gripping with the thigh. The heel will sink down slightly and the knee angle may open with the footfalls, absorbing the shock of the gait.

HANDS AND ELBOWS

The hands should keep steady contact with the horse's mouth. Visually the rider keeps a straight line between the elbow and the mouth of the horse, which requires a relaxed arm that can follow the motion of the horse's neck. The rider must account for that movement by allowing the elbow angle to open and close: opening during the footfalls, and closing during the suspension

phase after the footfalls. To do this, the rider needs a steady, elastic contact, rather than mechanically pushing the hands forward or back.

HALF-SEAT

In a half-seat position, the rider's seat bones are lifted out of the saddle, and only the pelvis has contact. It is used for jumping when some seat aid may be necessary, especially for sharp turns, when riding downhill, on the approach to potentially spooky fences, or when the rider wishes to collect the stride. This seat is a compromise, allowing the jumping rider to have greater control than in two-point, but still keeping the majority of the rider's weight off the horse's back.

Half-seat is often seen in hunt seat, show jumping, fox hunting, eventing (jumping phases), and at times in dressage for training purposes, to help lighten the horse's back.

The rider in half-seat should have almost the same body position as one who sits the canter, except the shoulders are inclined slightly forward and the pelvis is rotated forward, keeping the seat bones free of the saddle. The rider should still keep the hip angle nicely open, and the lower back soft.

There is disagreement about the use of the term "three point" position. Some scholars use this term to describe the half-seat, others use it to describe a rider sitting all the way down in the saddle. Conversely, some instructors use the term "half seat" to describe a full two-point jumping seat.

TWO-POINT

Two-point position is ridden similar to half-seat, except the rider's seat bones are off the saddle. This position is used for jumping and galloping, as it is easy to stay out of the horse's way and gives the horse the most freedom to use its body. However, the position also provides the least amount of control, and so is only used when the horse's behavior and body is focused properly. This position requires a rider to have good base of leg strength to perform well for long periods, and it can be quite tiring. Two-point is seen when galloping uphill or in straight lines on flat ground, doing large, wide turns at moderate speed, and when approaching a jump that the horse should jump easily, without needing any assistance from the rider.

STANDING

In polo and polocrosse, two-point position is called "standing" and the rider in fact stands upright in the stirrups. This helps isolate the rider's upper body from the motion of the horse, and to allow the rider's hips to rotate as the rider turns sideways in order to swing the playing stick (polo mallet, polocrosse racquet) on the side the horse opposite the stick hand. Some polo instructors recommend standing in the saddle for all strokes. ¹¹

Reference © Wikipedia

WARMING UP YOUR HORSE

By Carlijn Pontenagel

“THE PRINCIPLES OF RIDING” IS A POPULAR TERM IN THE EQUESTRIAN SPORT. WHAT EXACTLY ARE THE PRINCIPLES OF RIDING AND HOW ARE YOU ABLE TO IMPLEMENT THEM INTO YOUR TRAINING TO IMPROVE BOTH YOURSELF AND YOUR HORSE?

In this series of five articles, we guide you through the principles of riding. This series helps you master the basics of your riding because the basics are more challenging than whatever comes later.

- Seat and position of the rider
- Warming up the horse
- Speed control and control over the position of the horse
- Straightening training
- Collection

The article in the 55th issue addressed the position and seat of the rider. When you meet the prerequisites of a good seat, it is time to continue to the next step of the training principles:

Warming up the horse.

You have a job, a family, and a social life and next to all that, you have your own horse who you want to care for, train and have several goals with.

After your workday you hurry to the stable, ride your horse, hurry back home, eat with your family and bring the children to bed.

In short, you have more activities than you have time in one day.

But give a moment of thought to the warming up of your horse. Do you take the time to properly warm up and cool down your horse? Or does this get lost because of all the other priorities you have? It is often the case that you focus on your training goals and the warming up gets neglected due to **time pressure**.

However, by doing this, you do not give your horse the chance to perform at his best. There are several processes that start off during the warming up.



WHY WARM UP?

Firstly, the metabolism in the horse's body increases. By this, energy becomes easier and accessible for the muscles.

Secondly, the amount of oxygenated blood that goes to the muscles increases. Not only because of the widening of blood vessels, **the heart volume increases as well**. In rest, a horse of **450 kilograms** approximately circulates per heartbeat a volume of **900 millilitres**. When exercising, this volume may increase to a maximum of around **1700 millilitres**, which is almost the double volume. Next to the stroke volume the amount of heart beats increase. **In rest, a horse's heart rate is around 28 and 40 beats per minute**. At a maximum effort, the heart rate may run up to **245 beats per minute**. So a horse in maximum exercise state may circulate a total volume of **416.5 litres** of blood, **this is comparable to 35 buckets filled with water**.

By this expansion, the amount of oxygen supply to the muscles and the disposal of carbon dioxide increases, this means the production of lactic acids reduces.

Another advantage is that both the total body temperature and the muscle's temperature are rising and are getting ready to perform.

Furthermore, the sensitivity of the nerve receptors increases. This means that the impulses of the nerve reach the muscles and tendons smoother. And the elasticity of the muscles increases according as the blood circulation in the muscles increases. **This explains why riding a shoulder-in during the warming up feels less coordinated and flexible than the same exercise after a good warming up.**



© Cymon Taylor

3. Seat and position

Always check your own seat in position before you continue riding. Know your weaknesses and try to work on one of them when warming up your horse. For instance, roll your shoulders every round, when you tend to stay stiff in your shoulders.

4. Turns

Vary in riding turns, start with the bigger turns like a large circle and gradually introduce the sharper turns. Straighten your horse consciously when riding a straight line and bend him when riding a turn as much as the turn is 'round'.

Be creative and regularly try out some new exercises!

THE TRAINING FUNDAMENTALS

There are several training fundamentals related to your riding. That is the increase of muscular strength, the increase of endurance, the increase of flexibility and to improve the coordination of your horse. The higher the intensity of the training, the more important the warming up and cooling down are.

Every discipline demands other conditions of the horse's body and of the different training aspects mentioned above.

You can compare it with the different sports people practice. For instance, you are preparing for the marathon of Amsterdam. The day of the marathon, you throw on your running gear, lace up your shoes and get out for a short run of approximately 6 minutes of jogging and some stretching. The longer the run, the more efficient you should manage the availability of your energy resources. The beginning of your run probably counts as part of your warming up. Comparable with an endurance competition of a horse.



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YOUR RECIPE FOR A PERFECT WARM UP

You should keep in mind two things when training your horse or doing a warming up. Firstly, the discipline you're training for. Sport specific training means that you simulate the competition as far as possible. **For example, if you are an endurance rider, you probably train in different weather conditions and on different surfaces.**

Secondly, you should be sensitive to your horse's weaknesses and strengths. For example, a certain difficulty of the conformation such as 'to high at the croup'. With a horse that is high at the croup you probably focus more on the horizontal balance than with a horse that is tall in the front.

1. A contact rein

Taken by the rider and accepted by the horse. When warming up and during your training you always strive for a smooth connection and that your horse is willing to follow your hand.

Exercise: vary in the neck position of your horse in walk, trot, and canter. Try to make him 'kiss' the footing, and lift him up to knee height.

2. The front of your leg

Make sure that your horse stays attentive and in front of your leg.

Exercise: ride many transitions within the gait and between gaits. Make sure you change reins every once in a while.



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© Cara Grimshaw



However, if you warm up for a gymnastics competition, you alternate dynamic and static exercises. You, for example, jog a few minutes and swing your arms forward and backwards. After that, you do several stretching exercises where you stretch several body parts to the limit. This is similar to a dressage competition.

THREE TIPS TO PREVENT MUSCLE ACHES

1. Start with a 10-minute walk, stretch the topline with a longer frame and stretch the horse down. Flex him to the right and to the left and maintain the forward walk steps.

2. Canter in the warming up helps the horse to become loose and supple.

3. Regularly stretch your horse down and lengthen the frame of your horse during your training in walk, trot and canter.

MISCONCEPTIONS OF WARMING UP

1. Search for the right tempo. Warming up your horse doesn't mean that you have to jog your horse. Find out where your horse shows the largest stride, from there you start working and riding transitions within the gait.

2. You may work your horse in all three gaits and stretch him, so in a manner of speaking don't hold your horses too much.

3. Don't let him walk in his own frame, "So he can warm up". By not influencing his frame a lot of horses tighten their back and lift up their head. So take the control over the frame of the horse from the beginning on.

ANDALE! ANDALE!

THE INAUGURAL EMBASSY OF ARGENTINA POLO CUP IN CAIRO

By Bridget Mcardle Mckinney



The Embassy of Argentina Polo Cup Winners: Omar el Sewedy, Segundo, Tete, Ibrahim Awadallah

ON THE HEELS OF UNSEASONAL HEAT, A COOLING BREAK IN THE WEATHER OPENED FOR THE INAUGURAL EMBASSY OF ARGENTINA POLO CUP TOURNAMENT IN EARLY MARCH AT FAROUK YOUNES' LOVELY ABU SEIR FARM. THE EVENT, ORGANIZED BY THE EMBASSY OF THE ARGENTINE REPUBLIC IN EGYPT, IN COOPERATION WITH THE EGYPTIAN POLO FEDERATION UNDER THE AUSPICES OF THE FEDERATION OF INTERNATIONAL POLO, WAS AN UNQUALIFIED SUCCESS.

It is always a great pleasure to walk into the grounds of the Abu Seir Farm through a cool lush arbor and see the stately palm trees and abundant colourful bougainvillea swaying in the breeze and casting shadows on the bright green lawns and fields. It feels like entering another more serene and less complicated world.

At the top of the arbored walk we were warmly greeted by His Excellency Eduardo Varela, Ambassador of the Argentine Republic to Egypt, and Dr. Mohamed El Shamy, the President of the Egyptian Polo Federation, who invited us to join the growing band of spectators for a pre-match reception hosted by the gracious Farouk Younes and his charming wife Jacqueline, who is also the very entertaining resident polo commentator.

This event was initiated by Ambassador Varela following other Argentine diplomatic missions

around the world. Embassy of Argentina Polo Cup tournaments have been held at Cowdray Park Polo Club in England, Thai Polo Club in Pattaya, Ibiza Polo Club, Capital Polo Club in the Washington D.C. area, Magyar Polo Club in Budapest, Islamabad Polo Club in Pakistan, and many other locales to promote friendship through Argentina's beloved sport, polo.

As Ambassador Varela describes it: "Polo can be seen as a means of bringing Egypt and Argentina closer, two countries that, in spite of physical distance and different historical experiences, are much more similar than it seems. In any case, this polo match with the Argentine and Egyptian players and flags, beautiful Argentine ponies, and the Abu Seir Pyramids in the background which are 4,250 years old, seems to me to be a magnificent way of celebrating our friendship."



Promptly at 3 o'clock we were ushered to our places field-side and the match to determine the winner of this 8-goal Embassy of Argentina Polo Cup was on. Before an enthusiastic crowd of family, friends, and esteemed members of the diplomatic and business worlds, two powerhouse teams, Team Kings and OS Team, faced off. **Team Kings included local stars Mohamed Bassiouni, Mohamed El Sewedy, Marwan Mostafa, and Mohamed Salah, while OS Team carried the Argentine weight with Omar El Sewedy, Ibrahim Awadalla, "Segundo" Condese Stanga, and "Tete" Silvestre Fanelli.**

The players came out battling with equal offensive and defensive strength, each team keeping the other from putting much value on the scoreboard, leaving a halftime score of Team Kings 3 to OS Team 2. However, in the third and fourth chukkas OS Team put the steam on and could not be stopped! Final score: 10 to 4 in favour of OS Team. Well done!

On Friday, as part of this wonderful polo weekend the treasured Abu Seir Cup was played and won by Team Egypt 8 to 7 against Team Abu Sir.

Team Egypt included players and alternates: Margret Badr, Tete, Sherif Shalaby, Mohamed Wahid, Karim Loza, Mohamed Rashad, Ahmed AbouZeid, and Moemen Manna. For Team Abu Seir there was: Segundo, Ali Hesham, Mohamed Khalil, Mohannad Mostafa, Hana Badr, Mostafa Idris, Hussein AbouZeid, and Adel Mohamadein. Congratulations on your win, Team Egypt!

After the final bell, as the grooms led their charges off the field and as the prize-giving and post-match celebrations began, I looked around at the beaming players, shining trophies, happy friends and families on this sunlit day at the warm and welcoming Abu Seir Farm and thought "This game has it all". Dr. El Shamy probably summed up this feeling best: "An event like this really shows everything about the sport. The social scene, the setting, the horses, the players, the spectators, the food and drink...all of it. Really, polo is not only a game, it's also a way of life. It's a festival!"

Or in our case, a FIESTA!



Argentine Ambassador Eduardo Varela With Team Kings At The Prize-Giving

HT Profile

FAROUK YOUNES

A LEADER IN THE DEVELOPMENT OF POLO IN EGYPT

THE LEGENDARY FORMER PRESIDENT OF THE EGYPTIAN POLO FEDERATION EXPLAINS WHAT IT TAKES TO BUILD A NEW GENERATION OF POLO PLAYERS – AND POLO PONIES

by Bridget McArdle McKinney

As we watched the match for the Embassy of Argentina Polo Cup, I had a growing awareness that the caliber of play, finesse, tactics, confidence, teamwork, strength, and speed – of both the players and horses - far outperformed matches I've watched here in other years. I was very impressed. The difference was remarkable. Was I just imagining things?

"No, you're not", according to Farouk Younes, the revered former 12-year President of the Egyptian Polo Federation, "This is the result of a long-term development programme based on three pillars: developing horses, training players, and building polo fields to international level."

First, as to the horses, 20 years ago polo was played in Egypt on local horses until Abu Seir Farm initiated a breeding and acquisition program specifically to produce polo ponies of international standard using the best Argentine stock. Karim Loza, Board Member of the Egyptian Polo Federation and Region Ambassador of the Federation of International Polo, adds: "Farouk's Argentinean breeding programme has been instrumental in improving the local horse power and its positive impact on the game."

For the players, the program involves intensive expert training both inside Egypt and abroad, offering possibilities to play polo in international settings, and testing serious commitment to the sport at the highest level. The players are not only trained how to ride polo, but they are taught the rules, regulations, and tactics of the game. As Mr. Younes says, "These young people are the future". As to the playing field, much time and investment has been put into the development and maintenance of a proper safe playing surface as close to international grade as possible. "It's good for the horses, the players, and the speed and safety of the game", says Mr. Younes.

"I have endeavoured to pass on all my experience of more than 50 years of playing at the highest level as well as having been the tournament director of two World Cups in France and Mexico, and playoffs in Europe,



Pakistan, India and Spain. I have been strongly assisted by excellent board members who were selflessly dedicated to polo as well as experienced players and horsemen. I have also passed on all my international polo connections to the Egyptian Polo Federation, and having been for many years member of the board and the Executive Committee of the FIP, I have also succeeded to have Mr. Karim Loza replacing me at FIP in order to continue our presence since my retirement. I am also pleased that the presidency of Dr. Mohamed El Shamy, assisted by a new generation of polo players, will be taking it to another level", Mr. Younes explained.

He continued, "More importantly the game was stagnating at the low goal level; therefore, it was essential to start from scratch and to encourage our players through a series of professional coaching as well as polo clinics locally and internationally. It is unfortunate that to this date none of our players have participated in high goal polo tournaments. However, we are getting there as the local talent is improving and their skill and riding abilities are continuously rising."

The dedication to the improvement of the horses, players, and playing fields and the success of this ongoing programme were clearly on display during this tournament. It's the type of sharp, fearless, powerful play I love to watch.

ORIENTALISM AND THE ARABIAN HORSE : PART 7

ALBRECHT ADAM

Noerdlingen 1786 – München 1862

By Judith Wich-Wenning

ALBRECHT ADAM WAS BORN IN NOERDLINGEN IN SOUTHERN GERMANY. BEARING THE SAME FAMILY NAME AS THE FRENCH ARTIST VICTOR ADAM WAS JUST A COINCIDENCE - THE TWO WERE NOT RELATED. ALBRECHT ADAM BEGAN AN APPRENTICESHIP AS A CONFECTIONER. IN 1803 HE MOVED TO NUREMBERG TO BEGIN HIS TRAINING. THERE HE ALSO ATTENDED THE ACADEMY OF FINE ARTS.

He was very much influenced by the director of the Academy Johann Rugendas who specialized in painting battle scenes.

Albrecht Adam moved to Munich in 1807 where he studied and copied paintings by the old masters. After participating in the Austrian campaign of 1809, he stayed for a time in Vienna. *Here he painted numerous works of horses and riders and drew the attention of an important supporter: Napoleon's stepson Eugène de Beauharnais, the viceroy of Italy.* He appointed Albrecht Adam as his court painter. Albrecht Adam spent several years in Milano where he married in 1811. Adam was to become the progenitor of a very influential Bavarian family of artists. Four generations of his descendants worked as painters of horses and battles. In addition to his position as court painter, Albrecht Adam was given an officer's rank. During that time, most of Adam's works dealt with Napoleon's Russian campaign. Adam accompanied the viceroy and was *an eye-witness of every battle.* Among other works, he painted a diary of this campaign in 83 scenes in oil on paper. In 1815, Albrecht Adam and his family moved to Munich where he worked for the emperors and kings of Austria as well as Bavaria.

In Munich Adam bought a piece of land on which he built the "Adamei", an idyllic house with a studio. His studio was remarkable indeed: It was located on the ground floor with an entrance spacious enough so that horses – Adam's favourite models – could easily enter the house.

The "Adamei" was also a refugium for the Polish Arabian horse painter Juliusz Kossak. He was a good friend of Albrecht Adam's son Franz Adam and painted at the "Adamei" for 10 months. Another close friend of Franz Adam is a household name as well: the painter Emil Volkens. He immortalized many of the fantastic purebred Arabians owned by King Wilhelm I. of Württemberg. Emil Volkens had his studio in the attic of the "Adamei" for some time.

In 1829 and 1830 Albrecht Adam spent some time in Stuttgart where he was commissioned by King Wilhelm I of Württemberg. Of course, every Arabian horse lover is familiar with this important historic person; *King Wilhelm of Württemberg was the first to find a purebred Arabian breeding program outside of the Orient.* Horses descending from his famous stud farm can still be found

at the state stud of Marbach which took over the royal herd of Weil in 1932, as well as in numerous private and state breeding programs worldwide. King Wilhelm I of Württemberg founded a stud farm near Stuttgart in 1817 using only the noblest and purest blood lines from Arabia – a very uncommon practice at that time. *Albrecht Adam created several oil paintings of the king riding his noble steeds as well as fantastic portraits of King Wilhelm's exclusive Arabian horses.*

In 1844 Albrecht Adam painted the Arabian stallion Siglavi – one of the foundation sires of the Lipizzan race. Another of Albrecht Adam's most beautiful paintings depicting Arabian horses shows five Arabian stallions with their grooms in front of the royal stable in Munich. Adam created this charming work of art in 1834. Albrecht Adam was a versatile painter, always true to nature with great love for details.

At the age of 76 years, Albrecht Adam's strength faded and he passed away, after a very active and fulfilled life.

This series of articles covers the most important aspects of the work and life of Orientalist artists depicting **Arabian horses**. However, there were many others – some more, some less well-known. Moreover, one should not forget the numerous works of art which were not signed by their creators. Some of them are real treasures – even if we will never know who was the mastermind behind them. When we marvel at old Arabian horse pictures today, we should briefly think of the brilliant artists who left us this source of inspiration. They were thrilled by the same passion as we are today: *The beauty and spirit of Arabian horse!*

For inquiries regarding the Arabian horse in art please contact:

Judith Wich-Wenning, Germany,

Tel.: ++49 1707721739

or email: JudithWich@t-online.de



"Bay Arabian In Front Of Castle Blütenburg In Munich. Painted By Albrecht Adam In 1832, Oil On Wood."

ART

SIHAM MOHARRAM

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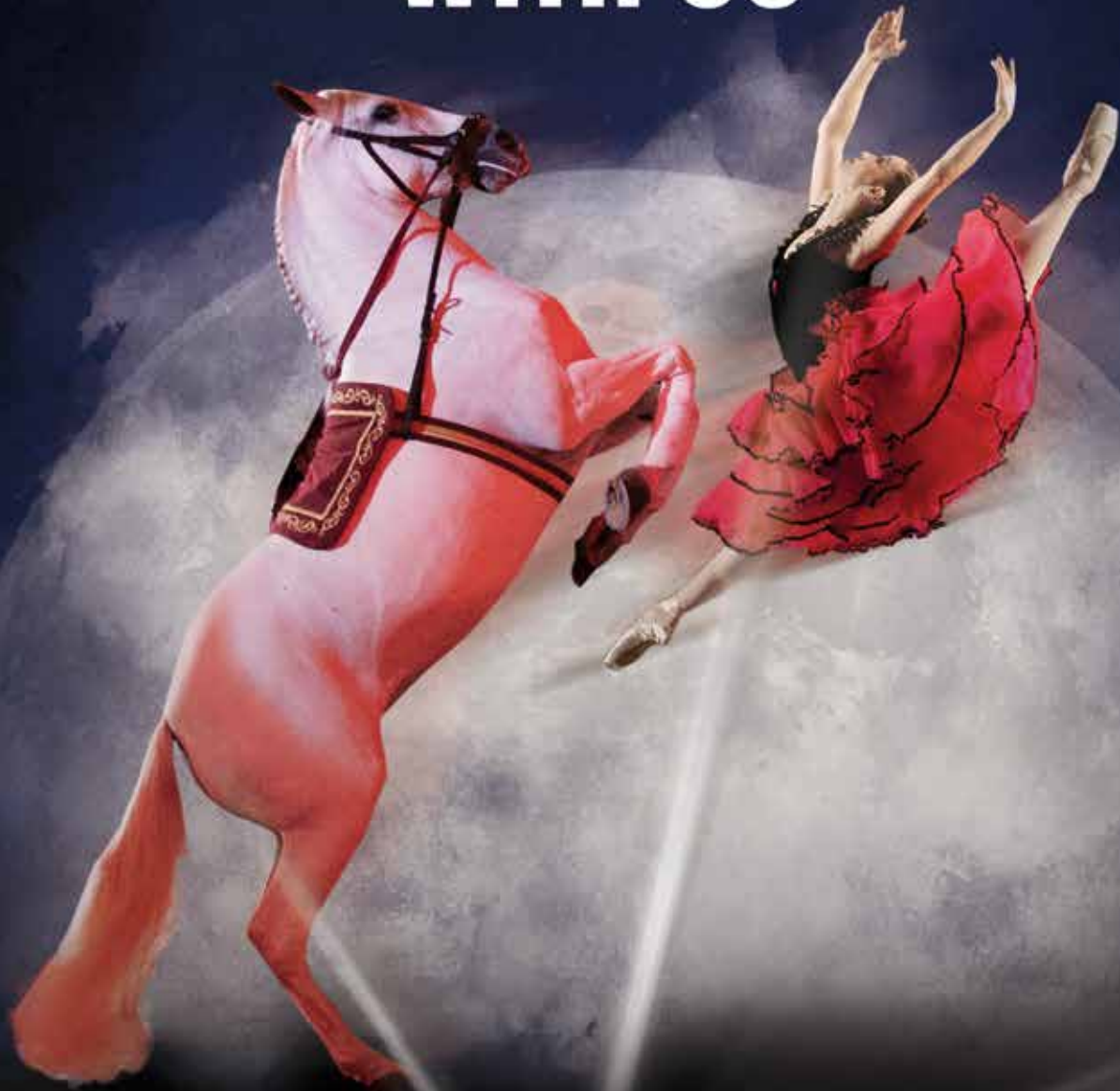


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