

Interested in dressage? The **British Dressage Northern Region** is a friendly, sociable organisation which arranges many events for all enthusiasts. You don't even have to become a member of British Dressage to attend!

The British Dressage Northern Region is a valuable segment of British Dressage and is available to members and non-members catering for every individual need and interest. The areas of expertise are in social events, dressage career development, judge training, BYRDS (young rider training), test riding and dressage training days. The Northern Region even has its very own dressage teams which compete at Inter Regional and Home International level.

Personally, as a freelance trainer, I am interested in all areas of competition dressage and if it wasn't for the British Dressage Northern Region I would never have realised that I was welcome to train as a British Dressage Judge. Since September last year I have been attending judge training days organised by the British Dressage Northern Region throughout the North East. They are conducted by some of Britain's top listed judges. My training has spanned from Richmond and Northallerton Equestrian Centre to Vale View in Leicester and Ledston Equine Centre in Castleford. Not only have these sessions taught dressage from the eye of the judge but they have updated all my ideas on correct test riding and teaching.

My friends and clients who ride unaffiliated dressage or who compete with British Eventing have really enjoyed coming on some of the training days too. Some are now considering having a go at affiliated prelim level because they can test the water by buying class tickets.

All you have to do to become part of the Northern region is to join the mailing list and you can find out the dates for a whole range of events. To join the mailing list you can e-mail the Northern Regional Development Officer Sarah Huntridge SarahHuntridge@britishdressage.co.uk or join the facebook page: The Official British Dressage "NORTHERN" Region Group.

Whatever your level of dressage you can find all the information you need to progress by visiting the British Dressage website at www.britishdressage.co.uk select Regional Activities then Northern. Hope to see you soon.

Lucinda Bird