



Mette Dahl

Pony rider



How did your dressage journey start?

Due to my parents I have always been around horses and so I was put on a variety of dressage horses even before I could walk. I also travelled around the world when my parents were competing and that inspired me.

Tell us a fun fact about yourself?

I can speak Danish and I have showjumped my whole life.

What has been your favourite moment in your dressage career so far?

My favourite one with George is coming 3rd in Lier. I also came 4th at Pics of Premier League in the Inter II and won the U25 GP the same week.

Tell us about your horses' personality?

George is very outgoing but when you are riding him he always wants to please you and he tries his hardest. He definitely thinks he is the most important one on the yard.

What food/drink could you not live without?

Sparkling water, lightly salted crisps and green apples.

What movement do you love riding in the FEI tests?

Extended canter.



Sofia Games

Pony rider



How did your dressage journey start?

It began at Talland Equestrian, riding Pippa Hutton's Grand Prix dressage pony, Senorita. I then attended the 2018 Pony European Championships and knew that's what I wanted to do. I was lucky enough to have the ride on Robyn O'Neil's pony, Belsasser, and we first competed in February 2019 and he showed me the ropes.

Tell us a fun fact about yourself?

I enjoy inventing and drawing cartoon characters.

What has been your favourite moment in your dressage career so far?

My first international wins - a double at Wellington CDI in June in the Pony Team and Individual competitions.

Tell us about your horses' personality?

Totti is a real sweetie but he needs to know and trust you before he will smile and talk to you.

What food/drink could you not live without?

Cadbury crème eggs, brussel sprouts and apple and raspberry J20.

What movement do you love riding in the FEI tests?

Extended canter, Totti pricks his ears and off we go!



Ruby Hughes

Pony rider



How did your dressage journey start?

My mum and dad are dressage riders so it was inevitable really!

Tell us a fun fact about yourself?

In 2019, aged 11, I represented Team GBR as part of the English Vaulting Squad at the senior European Vaulting Championships in Ermelo, Holland

What has been your favourite moment in your dressage career so far?

Competing last year at the 2021 Pony Europeans Championships

Tell us about your horses' personality?

Hilkens Showgirl is a little delicate princess and loves any photo opportunity

What food/drink could you not live without?

Pasta and Fanta

What movement do you love riding in the FEI tests?

The half pass



Lauren Geraghty

Pony rider



How did your dressage journey start?

With Riva, a 12.2 chestnut pony when I was nine. His previous owners told us to go to Dressage U21 camps at the Unicorn Equestrian Centre. From then I knew I wanted to ride for Great Britain and go to the European Championships!

Tell us a fun fact about yourself?

I have watched Brooklyn 911 so often I know the script inside out!

What has been your favourite moment in your dressage career so far?

Getting two plus 70% scores at Somerford Premier league in front of the selectors, a close 2nd at my first CDI at Wellington Riding!

Tell us about your horses' personality?

Sweet, loving and very safe with a tiny sprinkle of cheekiness!

What food/drink could you not live without?

Milk and Dominos cookies

What movement do you love riding in the FEI tests?

Extended canter!



Demi Howard-Cartwright Pony rider



How did your dressage journey start?

When I was six I did my first ridden showing with my Welsh Section A, Saffy. She was really good at flatwork and way too fast and scary to jump!! I did mini dressage teams with Garth Hunt Pony Club and then joined BD Youth when I was 7 years old.

Tell us a fun fact about yourself?

I literally love all animals but horses and dogs are definitely my favourites!

What has been your favourite moment in your dressage career so far?

The Le Mans Nation Cup prize giving with my team mates. That was a special moment when the Pony Team got silver this year.

Tell us about your horses' personality?

Fin is very cuddly, kind and gentle. His favourite time of day is a neck scratch every evening before I leave the stables.

What food/drink could you not live without?

Definitely chocolate although halloumi is a very close second!

What movement do you love riding in the FEI tests?

Extended canter.