



LARA GRIFFITH

- D.O.B:** 14 November 1988
- Resides:** Ampney St Peter, Gloucestershire
- Current top rides:** Rubin Al Asad: 'Rufus' 17.1hh bay gelding by Rubin Royal, foaled 2002. (Owner: Dr Wilfried Bechtolsheimer)
- Kristjan: 17hh dark bay gelding by Polarion (British bred by the Bechtolsheimers), foaled 2005. (Owner: Dr Wilfried Bechtolsheimer)

Major Achievements at a Glance

- Lara enjoyed success as an under-21 rider, receiving her team call-up for two Junior European Championships and one Young Rider European Championship
- Made her senior international debut in 2013 at Hickstead CDI₁₀₃* where she was 3rd in the Grand Prix Special riding Dr Wilfried Bechtolsheimer's Andretti. She has since, with Rubin Al Asad, been on Nations Cup teams and achieved wins at both Wellington CDI in Florida and Le Mans CDI in France
- Rio will be Lara's senior Championship debut and therefore first Olympic Games

About Lara:

Born into a 'horsey' family. Lara's father was in the Kings Troop, Royal Horse Artillery and her mother rode and acted as Chef d'Equipe for Britain's Under-21 teams, has been a show secretary for a number of high profile events and is the current British Equestrian Federation World Class Co-Ordinator for Dressage.

Lara's love for horses began from the moment she was placed on a horse at two years old and she has never looked back since. "My parents had a livery yard in Buckinghamshire when I was very young, so there was always a pony to ride," says Lara, who years later started to specialise in dressage, joining the British Young Riders Dressage Scheme (BYRDS).

In 2004, at the age of 15, she was selected for the Junior European Championships. "That was the first year I met Laura Tomlinson (née Bechtolsheimer). She was on the Young Rider team," recalls Lara of her now

OFFICIAL RIDER PROFILE – Lara Griffith

trainer and mentor. With the support of her former trainer, Emile Faurie, Lara added to her tally of under-21s European Championship appearances, firstly with Veronique Andre de la Porte's Warlock, and later with Hilary Sawyer's grey mare, Dawning Hopes.

In 2010, Lara graduated from university and made decision to focus entirely on her competitive career. She was approached by the Bechtolsheimer family about the potential to join their team, and at the end of the year, after seven years drawing much inspiration from Emile, Lara left to become rider for the eminent, Gloucestershire-based dressage family.

She has been at the Bechtolsheimers ever since and has had the opportunity to bring on Rubin Al Asad, her top ride, as well as competing one of their home-breds, Kristjan, at Small Tour. The biggest honour came when she was given the opportunity to train and compete Andretti H at Grand Prix level at the end of 2012, with her biggest highlight becoming Reserve National Champion at the National Championships and coming in the top ten at Olympia CDIW.

In 2013, Lara was selected for the World Class Development Programme, funded by UK Sport. Towards the end of 2014, Rubin Al Asad was moved up to Big Tour and in the beginning of 2015, she competed him at Wellington, Florida, achieving their first international Big Tour win. Lara was also moved up to the World Class Performance Programme.

For further information, please visit: www.laragriffith.com

Major Competition record

Current form with Rubin Al Asad		
June 2016	Rotterdam CDI05*	14 th GP 71.36%, 6 th GPS 71.13%
March 2016	Wellington CDI4*	7 th GP 68.70%, 2 nd GPS 71.05%
February 2016	Wellington CDIW	5 th GP 72.28%, 5 th GPFS 75.45%
December 2015	Olympia CDIW	8 th GP 70.46%, 4 th GPFS 78.02%
November 2015	Maastricht CDI3*	4 th GP 69.62%, 4 th GPFS 73.62%
October 2015	Le Mans CDI2*	1 st GP 72.10%, 1 st GPS 73.66%
June 2015	Hickstead Premier League	1 st GP 72.12%
May 2015	Windsor CDI3*	5 th GP 69.26%, 8 th GPFS 69.40%
March 2015	Wellington CDIW	1 st GP 70.22%, 2 nd GPS 71.52%
February 2015	Wellington CDI4*	2 nd GP 71.02%, 1 st GPS 69.60%
February 2015	Wellington CDI5*	10 th GP 66.60%, 6 th GPFS 67.82%
Key: GPS – Grand Prix Special; GPF – Grand Prix Freestyle		
Major National Championships		
2014	Intermediate II Champion with Rubin Al Asad 71.95%	
2008	Intermediate I Freestyle Champion with Warlock 71.00%	

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