A crucial element of eventing is that horse and rider complete the cross-country course within a set time ('the optimum time'). If the competitor takes longer, significant penalty points are awarded against him or her. Many eventers try to achieve the optimum time by taking unnecessary risks, which, as Stuart Tinney explains, can be avoided if the correct training is carried out.

Stuart Tinney, an Olympic gold medallist, completed the Sydney Olympic course easily within the optimum time, not through uncontrollable speed but through accurate and controlled riding. This skill and the associated training and horse management are explained and demonstrated in the book, including:

• Equipment for the horse and rider

• Walking the course

• Riding cross country safely and efficiently

• Training for cross country in the arena

• Horse fitness and management

• Horse types

This book will therefore be of interest to all eventers from introductory to advanced level.
ABOUT THE AUTHOR

Stuart Brian Tinney, OAM is an Olympic-level equestrian rider, who competes for Australia. He won a team gold medal at the 2000 Summer Olympics, a team bronze medal at the 2016 Summer Olympics, and also competed at the 2004 Summer Olympics. Tinney competed at four World Equestrian Games.


FEATURES

* Suitable as a main text for horse management courses

* Covers the preparation and training required to achieve the "optimum time". Stuart Tinney has been able to do this at the pinnacle of eventing, i.e. the Sydney Olympic Games.

* Appeals to a wide range of equestrian people.

* Authoritative. Stuart Tinney competes at top level advanced events.

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