Wednesday 17 April 2019
Rider Analysis session and Biomechanics Evening talk
with Centaur Biomechanics / Russell Guire
At Tilefield Equestrian, Lymington Road (A337), Brockenhurst

Timetable
5.00pm – 6.00pm (Outside arena)
Observation of Russell Guire’s Rider Analysis coaching session
You will be observing a rider taking part in the 1 day Rider Analysis clinic. These clinics are
designed to help riders improve their position and horse's way of going. The way the rider sits on
the horse will have a dramatic effect on its soundness, performance and development. With the
use of high speed video cameras (capturing 20 x faster than the human eye), Visualise training
jackets and Quintic software the rider's position and horse's way of going can be constructively
analysed. Russell, who carries out the analysis, is a keen rider himself and has worked all over the
world helping riders improve their position and horse's performance. Jumping can be covered in
this session if there is a demand for it.

6.00pm – 6.40pm (Indoor heated training room)
A 2* Event rider’s talks about how Rider Analysis has helped her riding and her horses
Marion Watt is a regular BE competitor up to 2* level who has been working with Russell for 5
years. She will be presenting her own views of this work with before and after video to show how
Russell helped her to identify asymmetries in her riding and how she corrected them. This session
will be cover both flat work and work over jumps.

6.40pm – 7.00pm
Break – refreshments will be available

7pm – 9pm
Evening talk by Russell Guire
How Rider Position Affects Equine Biomechanics (Indoor heated training room)
This talk will be of interest to anyone who wishes to improve their knowledge of how horses
move, perform and function in an attempt to maintain soundness and improve performance. This
talk is open to riders, trainers, therapists and anyone who wishes to improve their understanding.

Riding has a dramatic effect on the soundness, performance and development of the horse. For
more than a decade Russell has been working with Team GB to provide video and biomechanical
analysis and will share the finding of his research.

Russell is an accomplished Dressage rider who has been placed at BD National
Championships. Previously he has show jumped to a high level and his work with the World Class
Performance squad has him working with all disciplines. His sympathetic and understanding
approach mean that he’s also very effective working with recreational riders and grass roots level
riders.

Find out more at
www.tilefieldequestrian.com
http://www.centaurbiomechanics.co.uk/rider-analysis/