

The Key to Success is Determination and Hardwork

Worcestershire-based dressage rider Kate Attlee has enjoyed many successes in the dressage arena. "Some of my best achievements to date include winning team bronze at the Young Rider European championships in 2000 and this year being placed third in Intermediare II at the national championships on Ann Willett's Teutone, winning two premier leagues and being selected to compete Teutone at four International CDI** at Grand Prix. I have also just been selected for the World Class Development Programme."

"My first pony was 11hh; she was called Tammy and was fat and lazy. I then moved up through the grades and was really keen to compete at Pony Club-level. I really loved competing in gymkhanas as well as hunting and eventing. It was at the age of 16 that I decided to specialise in dressage. My leg suffered a terrible break badly through riding and my doctor advised me not to jump. This combined with the fact that my 15.3hh horse, Westwell Gem, was slow at cross country, but better at dressage, all contributed towards my decision. I had also made it through to the talent spotting finals and while doing team training at BYRDS, I became totally inspired by our trainers Jennie Lorrison-Clarke and Dane Rawlings."

"Westwell Gem actually moved up to Grand Prix level when he was 19 years old; he came second at the National Championships Inter 2 level and at 26, he is still going strong."

Kate is currently competing five horses; Teutone, who is competing Grand Prix Level, Corbiere, who is at Advanced Medium/ Prix St George level, Lochness who is at Intermediare I and her own horse, Stein who is competing at Advanced Medium level.



Kate and Teutone

"I am also looking to buy a youngster and for 2009 one of my main goals is to carry on competing Teutone internationally at Grand Prix level, Corbiere at Prix St George and Lochness at Small Tour"

Kate believes that the key to her success is being determined and hardworking: "You must really want success and be totally dedicated. I really do think that your own motivation combined with a great support network is the biggest contributing factors to success. I am lucky to receive fantastic support from my family, owners, trainers and boyfriend. I also have great sponsorship from Jeffries Saddlery, Pegasus Arenas and Cirencester Agricultural College.

"When I approach the centre line I am focused and determined. I currently have lessons with Trish Gardner, Carl Hester, David Pincus and Henk Van Begen. You learn so much from other people and you can also learn a great deal from watching other people riding."

Kate is based on her parent's yard in

Tenbury Wells. "We have eight stables and a 20x40 outdoor arena and I am currently persuading my boyfriend to buy me some mirrors for Christmas."

Essential items include my Jeffries bridles; my horses go really well in them and I love my magnetic rug; they are great for warming up the muscles before you ride. I am also very fortunate that I have a great groom, Jess Jones, who has helped me for eight years. We also have an NVQ student with us currently, Terry Preece, who is learning while she works."

Next month Kate shares with us what she looks for in a dressage horse.



Kate and Corbiere