I completed my first Level 2 TREC competition in 2000 and since then I moved up the ranks with 2005 being my first season at Level 4. I ride Wiz, a homebred Connemara cross out of my old polo pony, and together we are members of the British TREC team.

Our international debut was at the European Championships in 2006 in Exmoor where we finished 10th. Since then we have competed at the 2008 World Championships in France and the 2010 European Championships in Austria. Currently we are on the British Development Squad aiming for selection for the 2012 World Championships which will be held in Portugal.

On the domestic circuit Wiz and I have been Level 4 British TREC Champions twice and have won the Open League for the last two years.

I love the sport of TREC for the range of terrain that we ride through and the wonderful people who are involved in the sport. The rider and horse are tested as an effective partnership regardless of looks and I like the fact that you don't have to wear cream jodhpurs for competitions!

I ran my first TREC competition, an indoor competition, back in April 2009 and after that I gathered a merry little team of helpers for support. Together, under the name of BHS Warwickshire, we went on to run two full outdoor competitions and six indoor competitions raising approximately £800 for the BHS Warwickshire county committee.

I am now the Chairman of Central TREC Group and I hope that we can maintain our success rate in running efficient competitions that are enjoyed by all and growing the sport of TREC in our area.

I write a blog for www.horsehero.com so if you want to keep up with my TREC season then please have a read, that's if you don't get distracted by the more exciting goings on in the lives of real equestrian stars such as Laura Bechtolsheimer, Joanne Eccles and Maria Eilberg!