

## Helen Martin

My name is Helen and I am the Treasurer for Central TREC Group. I have been involved in TREC since 2001, when I attended my first GB Championships at Berriewood in Shropshire. I started competing the following year, initially on horses begged, borrowed and hired from a variety of owners and later on my own TB mare, Barley. I have competed at all levels and abroad (I came last of the riders that were not eliminated at a French Regional Qualifier for their National Championships in 2002, finishing on a score of -262!) but favour Level 3. I have been Individual Scottish and English Champion and Pairs Welsh and Great British Champion at this level, holding all 4 of these titles at the same time for 5 weeks in 2007.

My interest in TREC lies in the interesting places that one is able to visit and ride in, many of them not open to riders ordinarily, and the fantastic people that compete in the sport. Being able to ride in a pair is also great fun, and gives a new dimension to orienteering – the arguments that can arise about which way you should cross one small piece of apparently featureless moor can be legendary! TREC also encourages a great partnership with your horse, and they don't need to be the biggest, the flashiest or even the bravest on the block to be good. A little bit of intellect and the calmness to use it are the main criteria, and these can be developed in any age or breed of equine!