**RDA Endurance League**

We are proud to announce the introduction of our New Grassroots Endurance League!

This has been created to encourage and celebrate the fantastic impact Endurance has on participants and the groups. You can only take part if your group have already registered for RDA Endurance and the distance can only be accumulated through Endurance sessions. However, setting up your Endurance group could not be easier – all you need to do is fill out the Extension of Activities form and if you ride over any borrowed land, a copy of the landowner’s permission.

After each session your coach will fill out a time card and this will need to be sent on to Lucy Stokes at RDA National Office (by post or email). The results will be uploaded onto a table and posted on the website so you can track progress. Riders will not be competing against anyone just adding as much distance as possible to their record. It doesn’t matter if you ride more than one horse or pony at your group – they will all count towards the same distance.

The league will run from 1st March until 31st October each year and you will receive a rosette once you reach 5km before aiming for the next distance and rosette. At the end of the season you will receive a certificate with the final total distance the riders have achieved.

Don’t forget we will have Endurance week in May and the RDA National Championships where you can bump up your distance achievements!

If you have any questions or would like to know more on RDA Endurance, please do not hesitate to get in touch.

Lucy Stokes

[lstokes@rda.org.uk](mailto:lstokes@rda.org.uk)  
01926 476307