

**NPS SCOTLAND**

**60** YEARS **ANNIVERSARY** EVENT

**“Biomechanics and its effect on equine performance”**

**Presented by Erik Mackechnie-Guire  
FBHS and Dr. Russell Mackechnie-Guire**



**Sunday, 26th September 9:30am**  
**SNEC SRUC Oatridge, Ecclesmachan, Broxburn**  
**West Lothian EH52 6NH**

**Open to everyone and applies to all equestrian discipline**



**This event is kindly supported by:**



**ROYAL  
HIGHLAND &  
AGRICULTURAL  
SOCIETY OF  
SCOTLAND**



**THE NATIONAL PONY SOCIETY**

## 60 Years Celebration

“The National Pony Society” established its first committee in Scotland in 1961 and re-launched in 2001 as “NPS Scotland”. Its aim and objectives remain the same namely to promote the interests of breeding, improvement, showing and welfare of the Native Breeds and the British Riding Pony in Scotland.

In celebration of these 60 years, “NPS Scotland” is hosting the first “Biomechanics” event in Scotland, led by two acknowledged experts in the field. This event should deliver a memorable and unique day for the participants through practical displays enhanced by modern technology and discussions supported by theory and scientific evidence.

The event is open to everyone, is relevant to all equestrian disciplines and will also incorporate an NPS Judges CPD Day.

NPS Scotland gratefully acknowledges the financial support of both “The National Pony Society” and the “Royal Highland & Agricultural Society of Scotland” in helping to make this unique event possible.



## Introducing our presenters

### Dr. Russell MacKechnie-Guire



Russell founded “Centaur Biomechanics” in 2006, a company dedicated to bringing the latest biomechanical analysis and interpretation to horses and riders of all levels, with the goal of optimising equine health and performance as well as improving the ridden interaction between horse and rider. He is a leading expert in the field with a worldwide reputation and numerous publications and presentations to his credit. Russell also competes successfully in the field of dressage.

### Erik MacKechnie-Guire FBHS



Erik is no stranger to Scotland, regularly teaching and holding clinics throughout Scotland. He is a BHS Stage 5 Performance Coach in “Complete Horsemanship”. He has 20 years’ experience working with high performance athletes including as a coach with Team Australia. In May 2018 he was appointed as the BEF’s new Pathway Manager for Para-equestrian dressage. Erik has competed up to advanced level in dressage and is also an RDA Dressage Representative. In 2020 Erik was made a fellow of the British Horse Society.

# Timetable

<b>9:30–10:00</b>	<b>Registration and Coffee</b>
<b>10:00–11:00</b>	<b>Horse–saddle–rider interaction session followed by Q&amp;A</b> <b>Powerpoint presentation including videos</b> <ul style="list-style-type: none"><li>• Theory of conformation from practical and scientific perspective</li><li>• Equine locomotion incl. locomotor forces in all gaits</li><li>• Saddlery incl. evidence–based saddle fit and use of tack</li><li>• Foot balancing and limb loading</li></ul>
<b>11:00–11:15</b>	<b>Break</b>
<b>11:15–12:15</b>	<b>Demonstrations. Conformation in relation to performance.</b> <b>Practical conformational</b> <ul style="list-style-type: none"><li>• Applied conformational analysis, static and dynamic</li><li>• Critical conformational analysis</li></ul>
<b>12:15–12:30</b>	<b>Q&amp;A</b>
<b>12:30–13:30</b>	<b>Lunch break</b> <b>NB due to current COVID restrictions, please bring your own refreshments – NO catering onsite.</b>
<b>13:30–14:30</b>	<b>Demonstration – Ridden Way of Going</b> <b>Breed comparisons</b> <ul style="list-style-type: none"><li>• Static and dynamic posture evaluation, weak/strength</li><li>• Tips to improve posture and performance and reduce injury risk</li><li>• Horse–saddle–rider interaction– understanding the complexities and factors which may affect ridden performance– rider will be marked up, wearing jackets and perform a ridden exercise test.</li><li>• Discussing the individual show</li><li>• Q&amp;A</li></ul>
<b>14:30–15:30</b>	<b>Demonstration– Ridden Way of Going</b> <ul style="list-style-type: none"><li>• The use of marks</li><li>• Discuss the way of going</li><li>• Suitability of the mount for the rider (size, height and weight)</li><li>• Q&amp;A</li></ul>
<b>15:30–16:00</b>	<b>Round up and finish.</b>

# NPS SCOTLAND



## How to apply for tickets

Tickets will be limited and can be obtained through the NPS Scotland website and our Entrymaster system

[www.npsscotland.co.uk](http://www.npsscotland.co.uk)

**£15.00 – NPS Scotland / Students**

**£20.00 – All others**

**U-16's £10.00**

All tickets must be pre purchased by 20th September 2021

All enquiries please contact [secretary@npsscotland.co.uk](mailto:secretary@npsscotland.co.uk)

## Communications

Any communications will be displayed on our website [www.npsscotland.co.uk](http://www.npsscotland.co.uk) and Facebook page

## COVID-19 Regulations

All attendees will be expected to check and comply with the latest COVID-19 legal requirements and COVID-19 recommended safety measures



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