

# **BICTON 3DE**

## **SATURDAY**

Not sure what to expect on the Saturday? This should give you a better idea...



## **PHASE A**

### **Roads & Tracks**

No need to warm up (hurrah!) this is the warm-up for phase B. Phase A is a good trot around the Bicton Parkland, around 15-20 mins long & approximately 2-3km.

When you finish, you have one minute to get ready for Phase B.

## **PHASE B**

### **STEEPLECHASE**

5 x Chase fences at 1m, the distances & optimum time will be given at the rider briefing. When finished the time automatically starts for Phase C.

# **PHASE C**

## **ROADS & TRACKS**

Taking place on the national nature reserve of the Pebblebed Heaths, this phase should be executed at a good walk / trot pace all the way around. It is between 5-6km. Approximately 30-35 minutes of hacking.

At the end of Phase C you will enter the 10 minute box.

## **10 MINUTE BOX OR D BOX**

When riding up to your 10-minute box it is useful to trot as this will help the vets to assess your horse's soundness.

Once you are in the 10-minute box your helper will check over your horse, tack & replace anything etc

# PHASE D

## CROSS COUNTRY

The course is around 6 minutes long, which is a real test of stamina. It will take place over the beautiful List 1 Parkland, a fit horse is required as the terrain is undulating.

