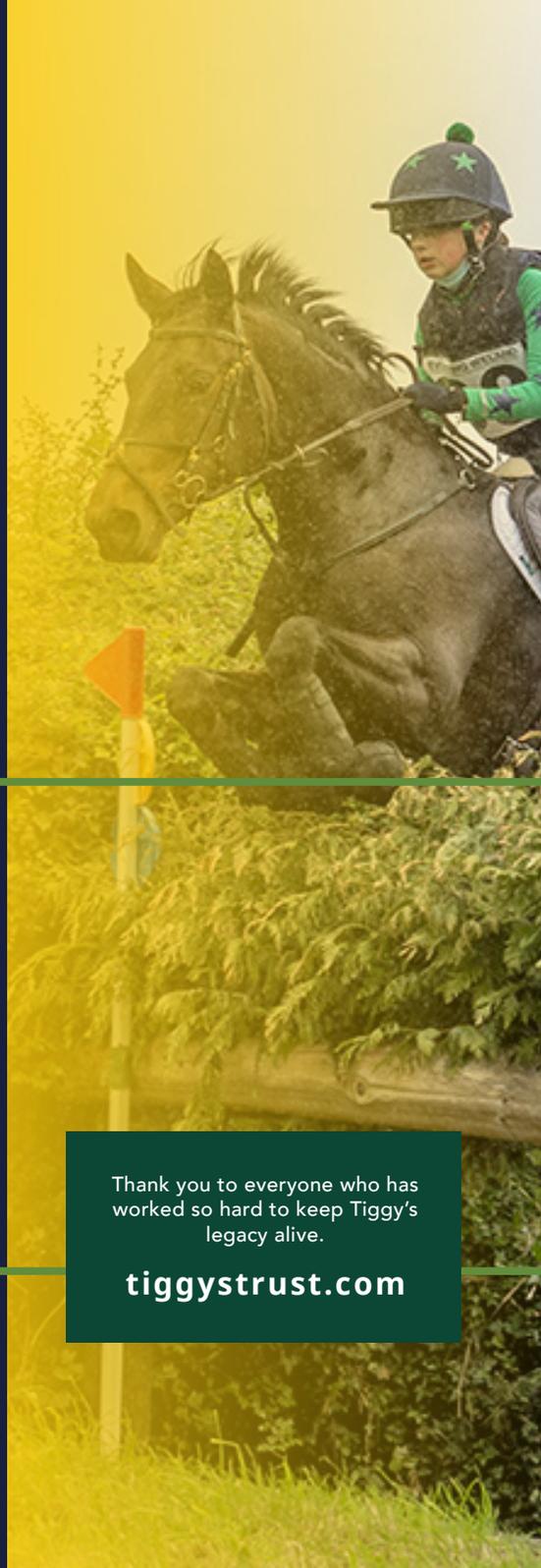


*a mighty
flame follows
a tiny spark*



Thank you to everyone who has
worked so hard to keep Tiggy's
legacy alive.

tiggystrust.com



TIGGY'S TRUST

A Mighty Flame follows a Tiny Spark

Cross Country at its Best



About Tiggy's Trust

Tiggy's Trust was founded in memory of Tiggy Hancock, an all-round wonderful person, talented rider, beloved daughter, adored sister and loyal friend who was taken from this world on the 16th of June 2021 at just 15 years of age. It was no coincidence that Tiggy touched the lives of so many in her short life – her golden heart, infectious fun personality and cheeky smile extended to all who knew her.

The Trust honours Tiggy's memory by spreading the kindness, generosity and inclusivity that was an integral part of her personality.

Tiggy's Trust uses funds raised to assist young people by offering mental health support, and by providing training and education to help young aspiring equestrians achieve their goals.

Education and Training

While there will always be risk involved with jumping solid obstacles, we are always striving to find ways to make it safer for both horse and rider.

International cross country designer and builder, Alain Ponsot, is passionate about getting horses home safely and building courses that horses can understand and are fair to both horse and the rider.

Alain has joined forces with the Trust to develop videos to help us to understand more about cross country fences and how they can be made safe. He was the course builder and assistant course designer at the World Equestrian Games (WEG) this year and he travels throughout Europe teaching, advising and building courses from the smallest up to FEI tracks. Alain is also the resident designer and builder at Le Mans, where the 2023 Pony Europeans will be held.

Alain is equally passionate about building the recent world games in Pratoni as he is about building the smaller courses for local and pony competitions. Alain believes that safe fences are not expensive fences and in fact we can all enjoy very safe fences on a small budget.

Rider safety is core to our work at Tiggy's Trust and we are very keen that as many people as possible benefit from Alain's extensive knowledge and passion for building safe cross country fences and courses.



Cross Country at its Best

Tiggys Trust explores Cross country with Alain Ponsot, International course designer, builder and lecturer.

This series of videos explores various aspects of designing, building and positioning fences, seen from the rider, the horse and the course designer's perspective.

You will get lots of tips that will give you a better understanding of fences and course building and greater success out on cross country.

THE VIDEOS

1. Safe Building

Tips to build a strong safe fence.

2. Setting on site

Learn how to make a jump as readable as possible and discover how the horse sees the fence.

3. Anchoring and flagging

Learn about the importance of anchoring a fence, together with explanations of the different flagging requirements by fence type and how you can do this at home.

4. Ground lines

Learn the importance of a correct ground line and why it is crucial for a safe fence.

5. Feeling of the course

How to walk a course - seeing it from both the course designer and your horse's perspective.

6. Route

The journey around the track. Tips for course layout including roping and use of the terrain.

7. The warm up

Why the warm up is crucial to your horse and how it impacts your round.

8. The final video pieces together all of our previous videos to help the rider achieve greater success.

The videos are sponsored by Tiggy's Trust and are available on [Tiggystrust.com](https://tiggystrust.com) and social media.



We have received so much support in our work creating these videos and we would like to make a special thank you to;

- **Alain Ponsot**, International course designer and builder.
- **Sam Watson**, Irish Olympian
- **Graham Ball**, Equipark Carlow - equipark.ie/
- **Ciaran Glynn**, Killossery Lodge Stud - killossery.ie/
- **Jim Sherwin & Brian Shannon**, Videos on the net - videosonthenet.com
- **Sarah Love**, Goosebumps - www.goosebump.ie