



## NEWS & MESSAGES

13 / 03

### Weight problems....

There seems to be some discussion concerning the newly (or again) introduced rule that all CEI's have to apply the 75 kg's.

#### Questions:

What is the background, the reason for this rule?

Have National Federations been contacted to ask for their opinion?

Is this rule based on proves?

Who did ask for this rule change and why?

#### Analysis:

If we take a look at the CEI Montcuq, November 2002 (see detailed data in newsletter 2/03) we can find the following facts concerning weight (out of 65 available weight data):

- The average weight of the saddles of those riders who obviously didn't need additional weight is 9.16 kg (lightest saddle 6.7 kg, heaviest saddle 10.8 kg). This corresponds quite well with the weight of the mostly used endurance saddles (fully equipped with stirrups, saddle pads, small saddle bags) such as Podium, Gaston Mercier etc.
- According to this average weight of a fully equipped endurance saddle, we could fix the weight of a rider who doesn't need any additional weight (for 75 kg) at about 65 kg (with a saddle of about 10 kg).
- For Montcuq, November 2002, which can be considered as a representative ride (number of starters, international participants, competitive riding) this would give us the following possible analysis for the 75 kg rule:
  - 32 riders (22 men, 10 women) wouldn't have needed any additional weight (49.2 % of total available weight data)
  - 33 riders (7 men, 26 women) would have needed additional weight (50.8% of total available weight data).
  - Needed additional weight of the above mentioned 33 riders (calculated on the basis of a "normal" endurance saddle of 10 kg):

## ENDURANCE INTERCONTINENTAL

4 x below 1 kg (= total dead weight of about 11 kg) = 6,2% of total available weight data

6 x below 2 kg (= total dead weight of about 12 kg) = 9,2 % of total available weight data

9 x between 3 and 5 kg (= total dead weight of 13 to 15 kg) = 13.8% of total available weight data

12 x between 5 and 10 kg (= total dead weight of 15 to 20 kg!) = 18.5% of total available weight data

2 x more than 10 kg (1 x 14.9, 1 x 15.0 kg = total dead weight of 25 kg!) = 3.1% of total available weight data

- Conclusion: In the case of Montcuq, November 2002, the half of the participating riders (specially female participants) would “suffer” more or less under the 75 kg rule!

### Reflections:

- To add additional weight of 1 to 3 kg to a saddle shouldn't be too much of a problem. But how do you fix 8 kg or even 15 kg additional weight without embarrassing the horse?
- From a veterinary point of view: Does it really make sense for a horse to run over a long distance race with more than 15 kg dead weight on the back? Augmented danger of dehydration?
- What if the rider runs, instead of riding during steep up- and downhill phases?
- From a medical point of view: Does it really make sense for a rider or crew member to lift more than 15 kg about 20 times during the days of a CEI and innumerable times during training?
- What if a lightweight rider chooses a lightweight horse and a heavyweight rider chooses a “heavyweight” horse?
- Isn't it a demand that endurance riders should be “athletic” and “very fit” and therefore care about their personal weight?

### General Reflection:

Shouldn't rules be based more on facts and proves instead of “we think that...”, “we believe that...”, “we have heard that...”, “somebody has told us...” or “it has happened one or two times that...”?