

## Theresa Smyth (Szostek)

Theresa Smyth was born in 1985 in Grimsby, Lincolnshire, where her interest in horses began. She learned to ride at Weelsby Park Riding School where she was lucky enough to train with Ian Woodhead. Aged 12, she used to help out at weekends at the riding school. Watching the top riders there sparked her interest in dressage and made her determined to become a successful dressage rider herself.

After leaving school she worked for several top dressage trainers including Pammy Hutton, Vicky Thompson-Winfield and Peter Storr.

Whilst training at Talland she gained her BHSII certificate. She spent two years at Oldencraig Equestrian Centre where she trained and competed all levels of horses, as well as teaching all levels of riders on schoolmaster horses.

She had a successful career in Under 21's, being a member of the National Squad Training and representing Great Britain on the Sunshine Tour and in Roosendaal, Holland and also competed her own horse up to Intermediaire I.

In February 2010, she won the inaugural BD Dressage Young Professional of the Year Award. This award replaced the Talent Spotting competition and is intended to recognise under 25's who are showing a dedicated commitment to a career in dressage. She was chosen from hundreds of applicants to attend one of three selection days - from these 48 entrants, 6 were selected to go through to the Finals.

Since leaving Peter Storr's yard, where she was assistant rider in 2011, she has built up a successful freelance business, travelling throughout the Midlands and Shropshire.

She has competed and won numerous young horse classes and produced and competed a variety of horses up to Prix St George's.

She gives individual and group lessons as well as coaching 3 different pony clubs in Shropshire. Her passion lies in helping the rider get the best out of themselves and their horses/ponies.

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



## Emily Seal

Emily Seal was born in Oxfordshire in 1991 & her family moved to Gloucestershire soon after where they have run a busy livery & competition yard since.

With a mother who has competed at GP in dressage, on horses produced by her & a father who competed successfully showjumping & showing, including HOYS qualification & sourcing & selling top class horses for eventing, jumping, showing & hunting, Emily grew up surrounded by a lot of invaluable horsemanship & knowledge.

Having always had young & green ponies as a child, Emily was able to hone her skills at producing young horses, both of her own, and for owners, which culminated in producing two 4yo British Young Horse Champions in 2016 & 2017.

In 2018, Emily & her current top horse, were one of 8 riders selected for the British Showjumping Step up to Gold programme, with its aim to develop riders demonstrating talent & helping them make the step to the next level. Using this as a spring board, Emily has since jumped, both nationally & internationally, 1.50 Area Trails, GP's & regularly competes up to 1.40 classes with an exciting string of horses of varying ages.

As well as successfully moving up the grades in showjumping, Emily has hunted her whole life. Having been a member of the Heythrop Pony Club, Emily produced young ponies through pony club jumping teams, team chasing & using the hunting field as part of a rounded education for them. After ponies, Emily has focussed on sourcing top quality hunters from Ireland & across the country.

