

This season's rider diarist is 2015 Fairfax Britannia League runner-up, Flora Harris



Flora Harris is supported by the World Class Podium Potential Programme



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In her latest diary, Flora Harris introduces some key members of her support team

SUPPORTING SUCCESS

THE SEASON is almost here and as usual the winter seems to have flown by. We have been very busy taking all the horses out to jumping competitions and working hard at home with my trainers and at World Class sessions. I'm very lucky to have such a wonderful team around me and also to receive training and support through the National Lottery-funded World Class Podium Potential programme for another year.

INTRODUCTIONS

Jeremy Scott helps me with my show jumping and also happens to be my boyfriend, which means I am very lucky to have constant help in this area. He comes to almost all the competitions and we work very well together, bouncing ideas off each other and spending time coming up with plans to improve our training or a particular horse. All the horses have their own individual programme and Jeremy

has an amazing eye for detail. We work a lot on the quality of the ride and courses, and Jeremy has a lot of experience building tracks and coming up with exercises.

Andrew Fletcher has been my dressage trainer for the past four seasons and needs no introduction. He is the ultimate perfectionist and has really inspired me to love and learn more about dressage. I find him fascinating and always come away from our sessions feeling very excited. We work together fortnightly throughout the winter and I really feel as though all my rides have benefited from becoming even stronger and more supple. Andrew will also be at the major competitions this year to keep an eye on what we are up to and add the finishing touches.

Another key member of my team is human performance coach Jon Pitts. Jon and I have known each other for many years and he has been invaluable in developing all aspects of my career. This winter we have, amongst many other things, really focused on my strength and fitness, improving my core strength and balance and in particular improving my posture. We have also put considerable time into developing my business and ensuring that I am mentally prepared for what could be a very important season for our team.

'SUPERGROOM'

I also must mention my 'supergroom' head girl Charlotte Aitken. Charlotte is about to begin her fifth season with us and we would certainly be lost without her. Charlotte looks after all my horses impeccably and is in charge of all the general organisation of the yard as well as travelling to all the competitions. The horses adore her and we've become very close friends. It's so important when you spend so much time with someone that you're on the same wavelength, and Charlotte and I are both as competitive and ambitious as each other.

I'm so grateful to have such wonderful support from a group of loyal and enthusiastic owners and sponsors and I feel very privileged to ride such lovely horses. I can't wait to get going - good luck to everyone for a successful and safe season. ✨