

Q&A with *Harry Meade*



Harry is one of Britain's leading event riders. He is the only rider to have ever completed ten CCI**** events (the highest international level) by the age of 25, and even more remarkably always finished in the top 25.

Harry has had top ten placings at both Badminton and Burghley, the world's two leading events, and has been selected on to the Lottery-funded World Class Squad for the fourth consecutive year in 2013. He is widely respected in the equestrian world for his quiet and sympathetic style of riding.

We caught up with Harry to find out how his preparation for Badminton is coming along and if he has any advice for riders competing at the Grassroots Championships.

How many times have you ridden at Badminton?

I have completed Badminton seven times so this will be my eighth ride there.

Your father, Richard Meade, was a great event rider (Richard won Badminton twice and three Olympic gold medals), does he give you advice?

We work together very closely in preparation for the cross country at the big events, particularly when doing the technical course walk to determine the lines and distances that I'll take at the more difficult combinations.

Is it true, your father used to hack to Badminton?

One of the of the fields that we use for the horses' fast work training is a twenty minute hack from my yard and another twenty minute hack on to Badminton from there. My father used to do his last gallop on the Tuesday and then ride on to Badminton for the event!

You always ride in your familiar white shirt, how do you keep it looking so white?

I'm not sure... I think it has something to do with a good wife!

Is it a lucky shirt?

It's not a lucky shirt particularly, but it is nice to be able to ride in the same colours as my father rode in.

Do you have any lucky charms?

I am definitely not superstitious and don't have any lucky charms but I like to be well prepared with good kit that I know does the job.

Will you stay in your lorry at Badminton?

Although we only live a mile from Badminton I always stay in the lorry when I'm competing there. It keeps me focused on the job in hand and there is always so much more to do than you would imagine - it's a very busy week!

Do you have a favourite meal that you like to eat at events?

I eat lots of pasta at events, it's great for keeping energy levels up. Rosie (my wife) is great at stocking up the lorry and making sure I eat plenty.

We have several riders from the South competing in the Grassroots Final, do you have any tips for them?

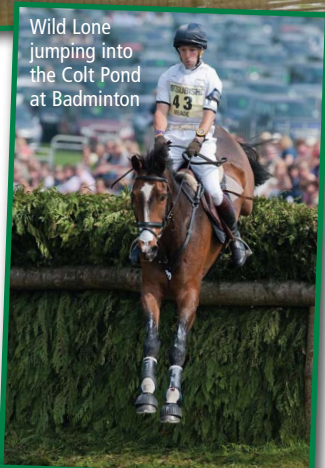
Hone your routines at your preparation events and then stick to what works best when you get to Badminton, don't get carried away and change your plan without good reason. Otherwise, kick on and enjoy it

Harry rides in an Airowear Outlyne body protector, he says: "Since there are risks associated with riding across country it's important to feel that you're in the safest possible hands. I use the Airowear Outlyne as it's one of the most advanced body protectors on the market and provides excellent protection. It's also the only gender specific body protector, which is strange as there are some pretty fundamental differences between men and women! No wonder it's so comfortable..."

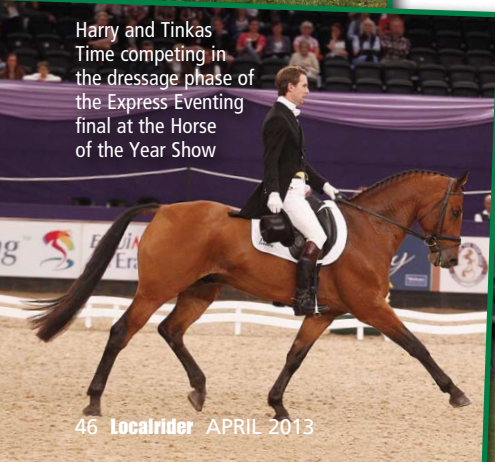
Harry and Midnight Dazzler jumping into the lake at Badminton. They completed Badminton five times and Burghley for times.



Wild Lone jumping into the Colt Pond at Badminton



Harry and Tinkas Time competing in the dressage phase of the Express Eventing final at the Horse of the Year Show



Harry jumping Tinkas Time at Tattersalls

