

Grimsby Telegraph

Tuesday, May 10, 2011, 09:00

Dressage rider Lara overcomes the odds at national competition



Great Display: Lara Dennis in action at the NAF Five Star Winter Dressage Championships. Submitted picture

MARKET Rasen para dressage rider Lara Dennis fought back from injury to overcome the odds and achieve a sixth-placed finish at a national competition.

Competing against able-bodied riders in the advanced/medium section, she finished just 1.7 per cent off the winner in the NAF Five Star Winter Dressage Championships, at Hartpury Arena, Gloucestershire.

The position was a marked improvement on her 14th-placed finish in the same event last year, and an outcome she never thought would have been possible after suffering a broken ankle last June.

Her fall in a competition last summer, after her horse was ridden into, also left Dennis with a damaged hip.

"I missed all the summer but got back into the saddle with assistance from pain killers and strapping," said Dennis, who has represented Britain in para dressage and owns a training yard in Caistor.

"I had to face my fears of warm-up arenas and finished second at the regionals in September to qualify for this.

"Seven weeks of snow followed and I continued with operations this year.

"But this finish makes all the hard winter work worthwhile.

"I'd like to thank my trainer Roland Tong and my human and equine chartered physio Felicity Begley – without her help I wouldn't be able to ride daily."