

ABOUT US

Centaur Biomechanics, founded by Russell Guire in 2006, is a leading biomechanics company whose sole aim is to help riders and horses achieve their goals. Russell is a UKCC coach and holds a degree in Equine & Human Sports Science. He currently has a role as a PhD student at the Royal Veterinary College's Structure & Motion Lab. Russell, a keen competitor in dressage, was a former show jumper who has worked for Tim Stockdale and Di Lampard, as well as at the Young Rider Training Centre in Germany.

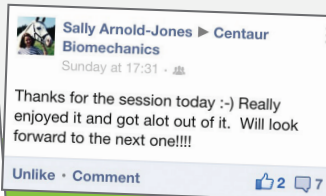
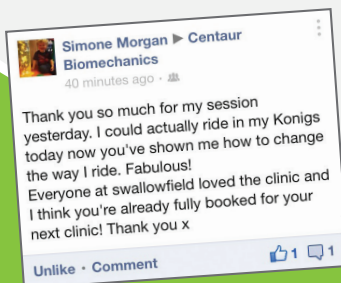
Centaur carries out leading research looking at such issues as the effect that saddlery, studs, travelling and rider's position can have on horse's movement. With our sessions we bring forward a wealth of passion and information which is all supported by research, as well as utilising the best technology available to help you improve your riding and position.

Centaur has worked with riders all over the globe: Germany, Latvia, Canada, Columbia, Holland, Italy as well as working with riders in all corners of the UK, Scotland, England, Wales and Ireland.

The Centaur sessions combine the latest technology and feedback to help you improve, they are open to riders of all levels – from riding club through to Grand Prix.

WHY CENTAUR

We think you will love the session and gain a lot from it, however, don't just take our word for it, please look at Facebook, Twitter, You Tube, H and H Forum and BD Forum as well as our site where you can read articles about our research.



CONTACT US

T: 01926 651657

M: 07788 978627

E: info@centaurbiomechanics.co.uk

W: centaurbiomechanics.couk

FOLLOW US

f facebook.com/centaur.biomechanics

🐦 @CentaurBiomec

📺 youtube.com/user/CentaurBiomechanics

in linkedin.com/pub/russell-guire

Amy McCormick has taken a year out to work with Hannah Biggs and is already seeing the benefit, with her eight-year-old Vazire winning both mediums, despite him getting tense in his second test.

"In the first test he stayed more relaxed and more into the contact," explained Amy, who has been using a lot of transitions and lateral work to get the horse more supple.

Sonya Richards, who won the advanced medium 98, is a true amateur rider, being a full-time finance director.

She has owned Hamdens Valley, who is a grandson of Irish draught Clover Hill, for six years. She recently attended a clinic with Russell Guire of Centaur Biomechanics, which she believes has been extremely helpful.

"Russell videoed me and then played back the still shots. It reinforced the importance of being symmetrical and positioning my upper body better," she said.

The pictures reinforced the importance of being symmetrical and positioning my upper body better

Sonya Richards uses some video training to help her and Hamdens Valley improve



RIDER ANALYSIS

Improve your position and horse's way of going



THE CENTAUR RIDER ANALYSIS SESSION WILL:

- Evaluate your position on your own horse
- Work on exercises to help improve your position and horse's way of going
- Use instant video feedback and the latest software so that you can see the difference
- Provide you with a detailed feedback form outlining key areas to work on

"Thank you so much for a really great day yesterday. Everyone without exception thoroughly enjoyed their session with you and felt immediate benefit from the exercises you worked through with them. All of them have asked me when the next one is going to be."

Sue Brennan, Brennan Equestrian

COSTS

- Private sessions £60.00 with Russell Guire
- Private sessions £50.00 with Rosie Bush
- Riding Club sessions £45.00 – £55.00
- Clinics of more than 9 riders will qualify for a 10% discount
- Rider MOT Workshops £90.00 – £120.00

NB: Clinics will require a £50 non-refundable deposit, payable on booking.

WHERE DO WE COVER?

UK, Ireland, Canada, Latvia, Germany, Italy, Columbia.

WHAT FACILITIES DO WE NEED?

Rider biomechanics sessions can take place in either an indoor or outdoor arena, providing a power supply is available.

IMPROVE YOUR RIDING

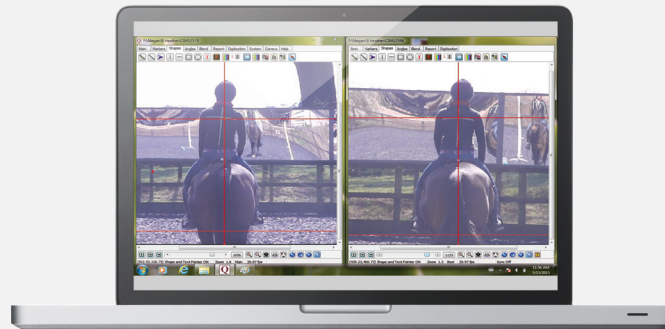
Jump Rider Analysis

Improve your jumping technique and position.



Dressage / Flat Work Rider Analysis

Improve your position and horse's way of going.



Rider MOT(s) NEW for 2015 – Clinic Basis Only

The complete package utilises the rider biomechanics session plus a second session to help you improve.

Rider MOT – Centaur rider biomechanics session followed by an Active Rider Strength and Conditioning session or physiotherapy or K C Sports Massage session to work on any weakness identified.

THE CENTAUR BIOMECHANICS COACHES

Russell Guire

Russell is the director of Centaur Biomechanics and is currently the British Equestrian Federation's Performance Analyst. He also carries out leading research looking at saddles, bridles, surfaces and rider position. Russell has worked with riders all over the globe helping them to improve their position and horse's way of going. He is a UKCC Coach and has a BSc in Equine and Human Sports Science. He currently has a role as a PhD student at the Royal Veterinary College's Structure & Motion Lab.

Rosie Bush

Rosie has worked with Centaur Biomechanics since 2013 and has been involved in research projects looking at saddles, bridles, studs and surfaces, and more recently has helped with a project looking at the effect that the rider's position has on the horse's way of going. Rosie is a qualified BHS AI and is on the BHS Register of Instructors. Rosie brings a wealth of experience in coaching riders, having worked with several riding schools, Pony Club and private pupils from novice through to advanced. She especially enjoys helping riders improve their confidence and riding.

Since 2006 Russell from Centaur Biomechanics has provided performance analysis to the British Equestrian Federations World Class Programme to help improve training and performance.

