



INFORMATION FOR THOSE ATTEMPTING THEIR FIRST INTERMEDIATE (40kms) OR INTRODUCTORY RIDE (20kms)

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Introduction

The Canobolas Endurance Riders Club Inc, host of the *Matar Bullio Cup* welcomes all those attending the weekend of events. Our vision is to foster an inclusive and cohesive environment to promote Australian Endurance riding.

- Introductory and Intermediate rides are considered non-competitive and adhere to the novice rules and speed restrictions accepted in the AERA Rules & Regulations. That speed can be no faster than 14kph and a minimum time to complete the ride is set by the Ride Organisers. This is advised at the compulsory pre-ride briefings for each event.
- The purpose of these events is to promote understanding of the sport in an environment that hopefully encourages people to include the sport as a leisure activity.
- We ask people to refer to the Australian Endurance Riders Association Rules & Regulations https://www.aera.asn.au/images/rules/2025/2026_AERA_Rulebook_S1_-_General_Rules.pdf.
- Approved current Australian Standards riding helmets must be worn whilst on a horse at any affiliated endurance event
- Whips and spurs are not permitted in any affiliated endurance event.
- To enter an Introductory or Intermediate ride, the minimum horse age must be -

45.1 Table 16 indicates the minimum age & dentition requirements for a *horse* to enter each *ride* type.

Table 16 Minimum horse age & dentition criteria on the day of the ride		
To enter any <i>ride</i> , the horse shall satisfy both the minimum age <u>and</u> the dentition criteria for that <i>ride</i> . Failure to satisfy both criteria shall render the horse ineligible to enter that particular <i>ride</i> .		
Ride	Minimum Age ^{1 2}	Minimum Dentition criteria ¹
Introductory	3 ½ years	Must show the central incisor teeth erupted and in full wear with the middle incisors erupted but need not be in wear.
Intermediate	4 ½ years	
Micro-marathon	4 ½ years	

- To enter an Introductory Ride or Intermediate Ride, the minimum rider age must be –

27.1 Table 13 indicates the minimum *rider* requirements to enter each type of *ride*.

Table 13 Minimum rider requirements to be read in conjunction with clause 27.2.			
Ride	Minimum rider age in Years ^{1 2}	Minimum Membership requirements	Minimum rider status ³
Introductory	4 ⁴	Day member	Novice
Intermediate	5	Day member	Novice

[Riders under 5 years of age must be accompanied by a minimum of 1 adult pedestrian.]

Introductory 20km Ride at the Matar Bullio Cup Event - Summary

This ride is designed to give the rider and horse the best opportunity to enjoy their first experience of endurance riding. The course will travel through farming country that is undulating with nice stretches of travelling. No rider in this ride can go faster than 14kph.

Those entering the 20km Ride can either camp overnight and have their horses pre-ride vet checked on Saturday pm; **or** arrive at the ride base early on Sunday morning to complete their entry at the Secretarial Office and have their horses pre-ride vet checked commencing at 0700am EDST, prior to going to the pre-ride talk at approx. 0800am without your horse.

The ride will start at 0900am EDST Sunday 4th October, unless otherwise advised.

Horses are not permitted to be removed from the ride base until their blue ride cards or logbooks have been signed off by the Head Vet and Ride Secretary.

Intermediate 40km Ride at the Matar Bullio Cup Event - Summary

This ride is designed to give the rider and horse an opportunity to have their first experience of endurance riding or extend the experience for those who have commenced their endurance riding. No rider in this ride can go faster than 14kph.

The course will travel through forestry country that is undulating with good stretches of travelling.

The pre-ride vet check will be 0300pm to 0500pm EDST Saturday 3rd October.

The compulsory pre-ride talk will commence at 5.30pm EDST Saturday 3rd October.

The ride will commence at 0630am EDST, Sunday 4th October.

After completing your 40km leg, you will have 30mins to strap your horse, present to the vets for your final vet check. Pulse rate again is 55bpm and sound at the trot.

Those entering the 40km Ride must camp overnight. Horses are not permitted to be removed from the ride base until their blue ride cards or logbooks have been signed off by the Head Vet and Ride Secretary.

AERAOnline.com.au & how to enter your event

AERAOnline.com.au is the platform where entrants can obtain information about their event and the weekend, and to see who has nominated for each event. There will be updates of event information from time to time.

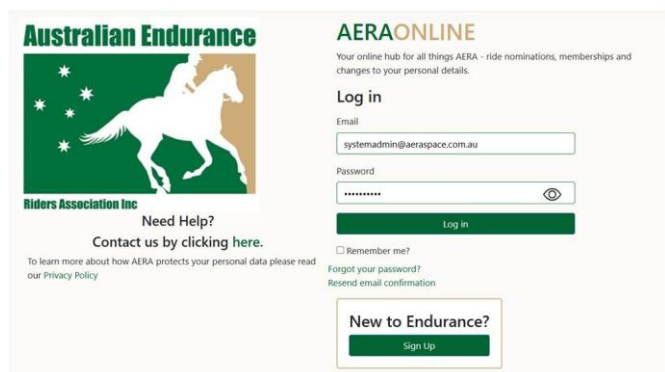
Once entries open, this platform is used to complete your entry. It is also where you set up your AERAOnline account, as a first-time user.

The rider will need to become a Day Member for the event if not an AERA Intermediate or full member.

[How to open an online account, become a Day Member & enter into your event via AERAOnline.com.au](https://www.aeraonline.com.au)

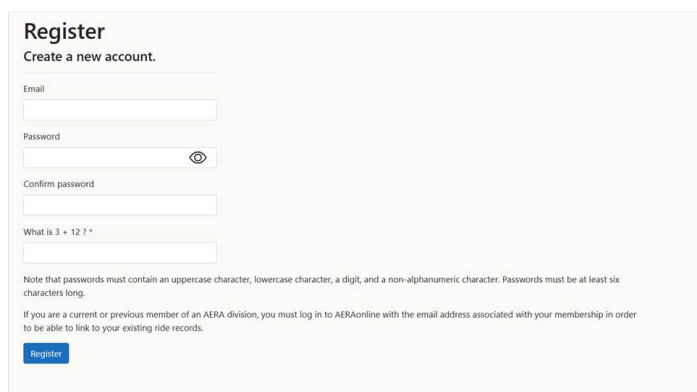
Before you enter your first event, you are required to have an AERAOnline account via www.aeraonline.com.au. The following steps show you how to open this online account.

1. To register for the first time as a Day Member, select the **New to Endurance** button, which will navigate you to the Register page and allows you to set up your account



The screenshot shows the AERAOnline website. On the left is the Australian Endurance Riders Association Inc. logo featuring a white horse on a green background with stars. Below the logo is a 'Need Help?' section with a link to the Privacy Policy. On the right is the 'Log in' section with fields for Email (pre-filled with 'systemadmin@aeraspace.com.au') and Password, a 'Log in' button, and links for 'Remember me?', 'Forgot your password?', and 'Resend email confirmation'. At the bottom is a 'New to Endurance?' section with a 'Sign Up' button.

2. Register to become a New Member.



The screenshot shows the 'Register' page with the heading 'Create a new account.' It contains fields for Email, Password (with a visibility toggle), Confirm password, and a CAPTCHA question 'What is 3 + 12 ? *'. Below the fields is a note about password requirements and a link to the Privacy Policy. At the bottom is a 'Register' button.

3. You will receive an email from AERA Online advising of the creation of the new account and requesting you to confirm the account.

AeraOnline e-mail confirmation



noreply@aeraonline.com.au
To: systemadmin@aeraspace.com.au

Reply Reply All Forward ...

Sun 28/12/2025 10:05 AM

Welcome to AERAOnline!

Please confirm your account by [clicking here](#). Once your email address has been confirmed you will be able to login into the AERAOnline portal and complete your entries and merchandise purchases. This confirmation request will expire within 2 days so please action the request as soon as possible.

Please note that your e-mail has not been associated with any membership details. If you have previously entered an AERA event or have been a member please contact your state registrar to get your current e-mail address updated. Otherwise if new to AERA please go ahead and create a new profile when prompted.

This e-mail has been generated in response to a request to register a new account on the AERAOnline portal. If you did not originate this request you may simply ignore this message.

We look forward to seeing you soon,
The AERAOnline Team.

Click on the **blue link** in the email confirmation to confirm the account creation, which will navigate you to the **New User** screen. Populate the fields and select the **Save** button.

New User

Thankyou for confirming your account, you have been logged in successfully. Please continue by entering your details below.

Title *

First name *

Middle name

Last name *

Preferred name

E-mail address *

Date of Birth *

Contact phone *

Emergency contact name *

Emergency contact phone *

Home address 1 *

Home address 2

Home city *

Home postcode *

Home state *

Home country

[Copy home address to postal address](#)

Postal address 1

Postal address 2

Postal city

Postal postcode

Postal state

Postal country

[Save](#)

- You will be navigated to the Welcome to AERA screen. Click on **View Upcoming Events**.

Click on the Matar Bullio Cup Event. This is where you will be able to enter your chosen event. Your Day Membership fee will be included in your Entry Fee.

Welcome to AERA

Welcome, you have been successfully registered as a new user. You may now sign up as a paid member or browse upcoming events and enter as a day member.

[Pay for Membership](#)

[View Upcoming Events](#)

- The rider or guardian will be prompted to tick the Declarations. If you are signing as a Guardian, the declaration will be emailed to you. Please reply to this email asap as your entries will not progress unless these declarations are completed.**

Acceptance of Declarations

Listed below are the appropriate declarations relevant to the memberships you have selected.

You cannot proceed to the 'payments' screen (and finalise your memberships) unless all the relevant declarations have been accepted by you.

Failure to 'accept' your personal declarations will result in all the memberships on this page being classified as 'pending' and will not be recognised as valid memberships.

Your personal membership declarations are labelled 'Read and sign here' and must be opened, read, and accepted by ticking the appropriate box.

Declarations for third parties are labelled 'Will be emailed'. The system will email the declarations to those persons who can click on the relevant declarations and accept them which will then update Aera Online accordingly.

Membership for Lucy Goosey	
Membership Declaration	Read / sign here
Guardian Membership Declaration	Will be e-mailed

[Return to Cart](#) [Continue](#)

Continue option will become available once all declarations have been signed.

- You will be prompted to pay the Entry Fee (including Day Membership Fee) using a credit or debit card. This will complete your Entry Process. You will be able to download your invoice in My History.

7. If you have any problems, Click on **Help**, then the **Contact Us** button and someone will email back to you to guide you through the process.

Bio Security – Horse Health Declaration

You will receive a Horse Health Declaration (HHD) in an email when you complete your entry as part of biosecurity requirements for the event.

Print off this form and complete the horse's rectal temperature for 3 days prior to coming to the event. Bring this completed form to the ride and give to the Ride Secretary when completing your entry process.

Taking these temperatures has two benefits –

1. A horse's normal temperature ranges between 37.3 and 38.2 deg Celsius. If your horse's temperature is elevated at rest and remains elevated (38.5degC & above), it may be an indicator of an underlying issue. It often serves as an early warning sign of sickness or infection and may require veterinary attention to determine the cause. It is a "red flag" not to bring the horse, or horses it has been near, to the event.
2. Part of the pre-ride veterinary inspection is having the horse's rectal temperature taken. If your horse is not used to this procedure, taking the temperature for the HHD is the perfect opportunity to teach them. There are many YouTube videos on taking rectal temperatures, this is just one <https://www.youtube.com/watch?v=uZiU4Jrp56I>.

Arriving at the Ride Base & Setting-up Camp

- There will be direction arrows on main roads to bring you to the ride base. Also, the coordinates of the ride base can be found in Event Forms on www.aeraonline.com.au.
- Unless directed otherwise, you are free to camp where you like in the camping areas.
 - For those camping and those entering the 40km ride, park your vehicles and float, and set up your yards so that you are comfortable, but just be mindful not to encroach on other people's camps.
- Ensure your horses are used to their yards prior to coming to the ride and that they are safe and secure.
 - Examples of various forms of yards that can be used –
 - Electric fencing (min. of 2 strands of electric tape) with electric charger on and working, or
 - Purpose built steel yards, or
 - Steel posts with caps with 3 strands of rope that are tight and secure.
- Horse Water will be provided at Ride Base but be prepared to carry water in buckets to your camp.
- You will need to bring human drinking water.
- Dogs are permitted but must be on leashes or tied up at all times. If you think your dog will bark when you go out on the ride, we suggest you leave it at home.
- Once you have set up camp, go the Secretarial Office.

Completing your Entry at the Secretarial Office

- At the office, you will receive -
 - A ride number which you must wear at all times during the actual ride and in the vetting area.
 - You will also receive a blue horse vet card. If your horse has a logbook, this must be used instead of the blue horse vet card.
 - You will be given an Electronic Scanning Device (ETD) on a lanyard to wear around your neck.
 - It will not be necessary to scan at the beginning of the ride, as numbers will be taken as you ride out the gate.
 - You will scan in when you return to ride base after completing your ride.
 - You will also scan when you come to vet for your vet check.
- In an introductory or intermediate ride, you will not be asked to weigh.
- Once you have completed the entry process, you are free to proceed to the vetting area with your horse to commence the Pre-Ride Vet Check.

Pre-Ride Vet Check

- Bring your horse unsaddled and with a headstall on to the vetting ring with your blue vet card or logbook for that horse. The person leading the horse wears the ride number.
- The horse's temperature and pulse will be taken and recorded on your blue vet card or logbook. The vet will check all the other required parameters, and you will then be asked to trot your horse out on a loose rein.

Important – your horse is required to be 55 beats per minute at all vet checks and sound at the trot.

The veterinary exam is a fundamental part of endurance riding. Ensure your horse can be examined safely and in a controlled manner. It is a good idea to practice at home taking your horse's heart rate, rectal temperature and running out on a loose rein next to you.

- At this point, your blue vet card or logbook will be kept by the Ride Secretary until the end of the ride.
- Take your horse back to its yard to relax, eat and drink, prior to the start of the ride.
- If your ride is the next day, you may like to take your horse out for a light ride or lead prior to bedding down for the night.

Pre-Ride Talk

- It is compulsory to attend the Pre Ride Talk for the event you have entered.
- The pre ride talk for the 40km ride will take place on Saturday at 5.30pm EDST.

- The pre ride talk for the 20km ride will take place on Sunday morning, 30mins prior to the start of the ride. This will be without the horse so that riders can concentrate and hear the talk.
- A basic description of the course will be given, ride start times, novice times and speeds, marking and any other relevant information (water points, checkpoints, hazards etc.).
- **There is a minimum riding time for all horses and riders in introductory and intermediate rides, regardless of whether the horse &/or rider is endurance status. This will be advised at the pre ride talk. However, the maximum speed will not exceed 14kph.**
 - You will also be advised of the maximum time for your ride.

Strapping Your Horse at the End of the Ride

- When you arrive back at the ride base, you will proceed to the timing desk and scan using your ETD. This will produce a time slip that will show your time to vet, *which will be a maximum of 30 minutes after your arrival*, e.g. if you arrive at 0900am, your vetting time will be 0930am.
- During the 30 minutes prior to vetting, you may need to cool the horse by giving them a sponge with cool water, remove dirt from legs and girth and allow the horse to relax prior to vetting.
- The horses heart rate **must** be 55bpm or below to vet through. It's a good idea to take your horse's heart rate prior to going to the vetting area. This gives you a good idea if you need to do a bit more strapping to bring the heart rate down.
- If it's warm and your horse is warm, use cold water to reduce body temperature. If the air temperature is cold, then perhaps a very light sponge or very little water, may suffice.
- If the air temperature is cool, you might place a light rug over the hind quarter or the whole horse if it is very cold. This is dependent on how hot the horse is to the touch. Retained body heat can elevate heart rate.
- Offer drinking water and a pick of grass or hay and the opportunity to urinate. Ideally, do not allow the horse to eat 5-10mins prior to vetting. This is because eating speeds up the heart rate.
- Walk slowly to the vetting area when you're ready to present to the vets, leaving enough time to get there 5 mins before you are due to vet. Slow walking also breaks down lactic acid in the muscles, which assists with reducing heart rate.
- *Much of this can be learned at home where you can practice strapping, checking your horses' heart rate and running him out on a loose rein after training.*

A basic strapping kit for your horse

- Clean Towels
- Cotton or lighter rugs or rugs of choice
- Grooming brushes, etc.
- Headstall (the horse must be presented to the vets in a headstall).
- Hoof Pick
- Horse drinking water and feed buckets
- Plastic water buckets for strapping
- Scrapper
- Sponges
- Stethoscope

Presentation to the Vets at the end of your leg or ride -

- Make sure you arrive at the vetting area at least 5 minutes prior to your vetting time. This allows for any discrepancies in timing between your watch and the Vet Steward's and allows your horse to relax in the vetting area prior to having the heart rate taken.
- In the vetting area, priority will be given to those competing in the longer endurance events. However, vets will be mindful that you are there, and the Chief Steward will advise you when it's your turn to vet. Just relax, it will work out.
- When you are due to present to the vets, you will scan in at the Vet In table with your ETD.
- Your blue vet card or logbook will be ready for you at the Vet in table.
- Vetting during and at the end of the ride is the same as the pre ride vet check, except the rectal temperature will not be taken, unless the vet specifically asks for it.
 - The heart rate must be 55bpm or under within 30 mins of finishing your leg in both the introductory and intermediate rides.
- Take your horse back to its yard and allow it to eat, drink and relax for the journey home (and that includes the rider and strappers too!)
- There will be a Presentation ceremony on Sunday at approx. 0400pm EDST. We would love you all to attend and to be a part of this celebration of your ride.
- If you wish to leave prior to the presentations, you may have to be patient, depending on how busy the Ride Secretary is and once it has been signed off by the Head Vet.
- You must not remove your horse from the ride base until the Head Vet has signed off on your vet card or log book.

Tips & Training Ideas

Training or preparation of your horse is very subjective and depends on many factors, not the least being age, condition, general health and fitness of the horse.

Generally, a horse that is healthy, not fat, sound at the trot and is ridden for pleasure or lightly trained once or twice a week will cope well doing an introductory ride or intermediate ride at a modest pace.

Start a training plan 4-6 weeks out from the event. If your horse is not fit, start slowly for the first week or so, working up to a speed you intend to travel at the ride. Start taking your horse's heart rate at home each time you ride and if it recovers to 55bpm and under within 15 mins and is not breathing heavily, it should be fine to complete 20kms or 40kms.

A horse that is starting to gain some fitness will show improvement in its recovering heart rate after a ride. It is also very interesting to take your horse's heart rate at rest. The time taken to recover to its resting heart rate is a great indicator of improving fitness.

Many an experienced endurance rider have caused issues for their horse by changing their diets just before an event. If you don't feed heavy feeds or grain in the diet, don't start now just because you're doing a 20km or 40km ride.

Try not to feed heavy or grain diets before an event and give the horse time to recover before adding grains back into the diet after the event.

Before, during and after the ride, there's nothing better for horse gut motility than soft good quality (even slightly damp) hay and good quality pasture. Don't forget, always have adlib clean drinking water available.

Use your training to practice strapping your horse, taking its heart rate, rectal temp and trotting out on a loose rein.

To shoe your horse or how to shoe your horse depends on your personal preference and on your horse's feet. However, we strongly advise that all horses should be shod in some form for the introductory and intermediate rides for this event.

Final Summary advice

Please remember to respect fellow riders and be considerate out on track. If someone is at a water point before you, wait until they have finished before you move into the water. If you wish to pass someone, let them know that you wish to pass by advising "passing on the right" or "passing on the left" and wait for them to move out of your way once it is safe for them to do so.

You may at some time end up riding with horses in other events. It is best to let them pass and then continue with your ride.

Remember, horses can kick so be mindful that you are not riding too close to the horse in front or too close to a horse at a water point.

The check point personnel out on track should repeat your number back to you. If they don't, just check to make sure they have it before you ride off. Don't forget to say thanks when you go through a check point or gate way. It will make their day.

If you require any further help, advice or assistance please don't hesitate to contact the Ride Secretary at email canobolasendurance@gmail.com.

There is a lot of information and YouTube videos available for STARTING OUT at <https://www.nswera.asn.au/startingout>.

Endurance riding is a wonderful opportunity to ride unique and interesting country with your horse and to make friends along the way. Just enjoy the moment and have fun.