

# S A RIDING FOR THE DISABLED SLEEPY HOLLOW BRANCH NON-PROFIT ORGANISATION 107-329

SARDA Sleepy Hollow Branch  
Sleepy Hollow Lane  
Noordhoek, 7975



Ph: +27 (0) 21 789 2341  
Fax: +27 (0) 21 789 2350  
Email: [sleepy@intekom.co.za](mailto:sleepy@intekom.co.za)  
[www.sleepyhollowhorseriding.com](http://www.sleepyhollowhorseriding.com)

## FIRST EVER COUNTRYSIDE CHALLENGE EVENT FOR SARDA RIDERS IN AFRICA

SARDA Sleepy Hollow and Cape Town will be hosting the first ever RDA Countryside Challenge in Africa in October this year. SARDA, SA Riding for the Disabled Association has been established according to the principles of the British RDA (Riding for the Disabled Association) offering therapeutic riding lessons to children and adults living with physical and learning disabilities. SARDA Sleepy Hollow will be hosting a countryside challenge according to RDA principles, enabling its children and adult riders to participate in an event which will also be open to riders in our community. African Bank are sponsoring this seven day event from **Monday, 24<sup>th</sup> October to Sunday, 30<sup>th</sup> October 2016 at Sleepy Hollow Horse Riding and SARDA Sleepy Hollow**. This exciting event will also be at SARDA Cape Town branch in Constantia, the previous week, from Monday, 17<sup>th</sup> October 2016, to Saturday, 22<sup>nd</sup> October 2016. Everyone is welcome to participate.

In honour of our location and of African Bank, the Countryside challenge will be in the theme of Africa, changing the RDA specified riding obstacles from English countryside to African motives. All of SARDA children and adults living with disabilities are participating in this obstacle course from Monday to Friday. Any horse riders that do not ride at SARDA are invited to take part in this unique event. Just phone Sleepy Hollow to book your time, it may be ridden in groups or individually, young and old, on lead or off lead. If your horse is unable to be ridden at the moment, bring it down for a walk through the course. We encourage all our riding pupils, therapy clients and all of the Noordhoek horse community to come and support our SARDA Sleepy Hollow fund raiser. Cost is R 100 per rider; rosettes are awarded to every one that enters.



Noordhoek riders, let's have record numbers again. When we did the World's Biggest Riding Lesson RDA challenge a couple of years ago Noordhoek had more than double the amount of riders participating than the rest of South Africa put together. Come and join us and let's do it again. SARDA and African Bank invite anyone to come and support its riders in this event.

For further information please contact:  
Sleepy Hollow Horse Riding: [sleepy@intekom.co.za](mailto:sleepy@intekom.co.za) or on 021 789 2341