

'The best of my fun, I owe it to...'

My secret weapon...

A drop noseband. Mum and Dad joke that I've gone right back to "their day". It wasn't until I went to Germany that I realised how effective they are and how they can really help with training.

The biggest mistake I have learnt from...

Trying to go four-star too quickly. Following my first attempt, I thought that it wasn't possible, until last year when I had two fantastic cross-country rides at Luhmühlen and Burghley.

When I am getting away from it all...

Normally it's skiing, but in March this year I went on the dreamiest holiday to Bequia in the Caribbean with some of my best mates – it was heavenly.

My best warming-up tip...

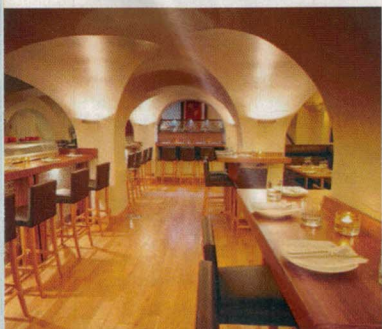
Carry through your training from home and don't try and change things at the last minute.

When I am watching...

Trashy television. It's so bad I'm not even going to admit to which programmes I watch!

My favourite restaurant...

Iberico (below), a tapas bar in Nottingham. It's a real treat to go there.



WILLA NEWTON

The eventer with young rider medals on a memorable win, a dun pony and her love of Burghley

The best date ever...

I keep my cards close to my chest but in an empty Michelin-starred restaurant in Leicestershire I had a hilarious time!

My first pony...

Duncan, the family pony, who I inherited from my older sister Chloe. He was the bomb – a 14hh dun Connemara who jumped anything out hunting and gave us both so much fun.

Remembering the one thing I would tell my 15-year-old-self...

To have a back-up plan. I was forever trying to avoid university but I am now so glad that I went and that I now have a degree in business management.

My most memorable win...

Team gold and individual silver at the young rider Europeans in 2011. I had been close before to

an individual medal, but that's when I clinched it.

Splurging out on...

A big night out in London. Most of my closest friends are now living there, so I like to go and see them when I can.



Laughing at my horsey blunders...

I took Caja with me to Germany to train and I fell off her five times in a row, much to everybody's entertainment.

Listening to...

Jungle – they smashed it at Glastonbury last year and I've since become a massive fan.

My advice for saving time around the yard...

Have a plan and stick to it, so everyone knows what's going on and then you can be efficient. If the plan is always changing, then no one stands a chance.

My biggest indulgence...

Anything sweet.

My earliest equestrian memory...

Hunting with my family.

When I'm competing at...

Burghley (below). It's our local event and it has always been a dream to ride there. H&H

● NEXT WEEK: Flat jockey Adam Kirby



MY PLAN B: if it hadn't been eventing...

I can't imagine ever doing a nine-to-five office job, but I would try and find a way of using my business studies skills within sport.