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**Bradley, Stephanie and Mills, Claire ORCID: 0000-0003-4156-4593 (2024) The impact of Perimenopause and Menopause on Female Equestrian Riders performance and participation. In: Women in Sport & Exercise Academic Network (WiSEAN) Conference 2024, 19th June 2024, University of Portsmouth. (Unpublished)**

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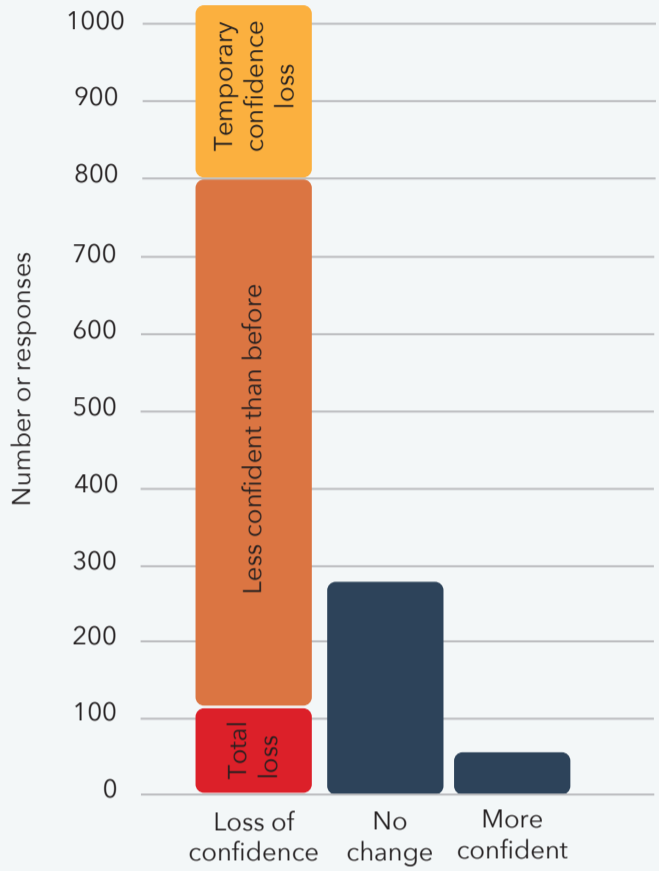
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# EQUESTRIAN COACHES SUPPORTING FEMALE RIDERS 35+

The perimenopause can start as early as 35+ with symptoms that can impact rider participation and performance. This is a summary of results from research recently undertaken of 1629 female equestrian respondents; 71% of these rode/ride currently at least twice a week and more than 90% have ridden for over 20 years.

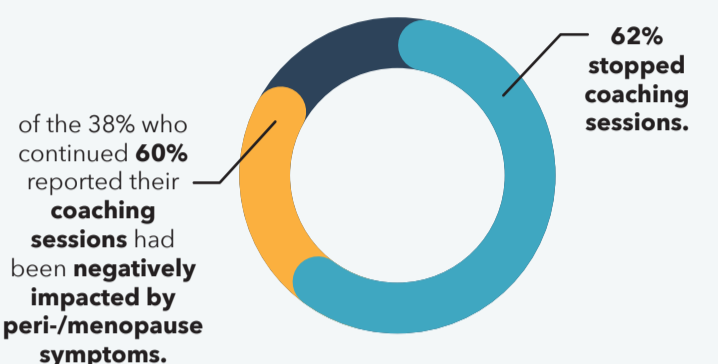
## What happens to riders' confidence during peri-/menopause?

Do you sometimes notice riders lose confidence in the saddle? This bar chart shows the various responses when asked about the impact on riding confidence since entering peri-/menopause.



## How does peri-/menopause impact upon coaching?

Over 62% of riders stopped being coached permanently or temporarily, with 10% continuing because they felt compelled to despite their symptoms.



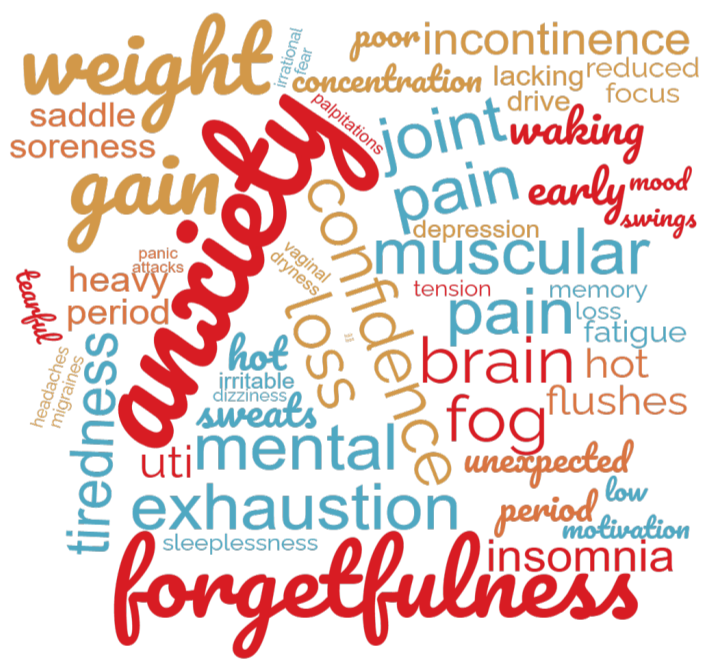
## What did the riders say the most impactful physical and emotional symptoms of peri-/menopause are on riding participation and performance?

"I avoided certain coaches who I would have once tolerated. I do not feel as robust to cope with criticism even when it is constructive."

"I still find the idea of competing much more overwhelming and stressful than previously."

"I just don't have the energy or strength that I had for riding before the menopause."

"My sudden lack of confidence stopped me from show jumping."



Word cloud of the most impactful symptoms affecting riding participation and performance.

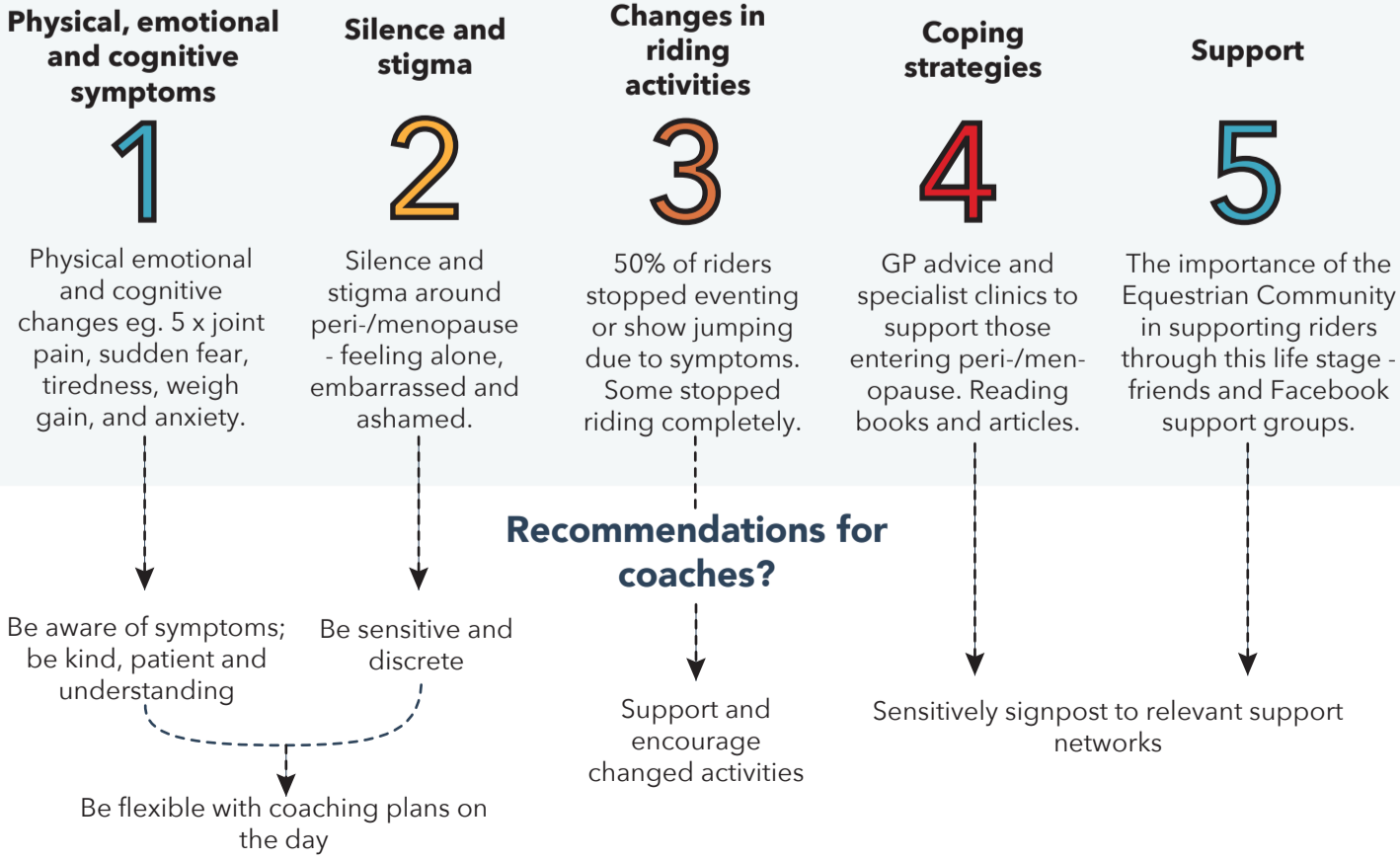
"I have cut down on lessons and competing due to urinary leakage. Very embarrassing."

"I have had severe heat exhaustion. When I overheat I throw up. I have been in the middle of a jumping course and needed to stop riding to throw up. It is quite embarrassing."

"I had to cancel coaching sessions.... I gave off reasons - the truth being I was having a nightmare with random blood loss"

"I find it much harder to remember dressage tests."

## What are the key themes from shared personal experiences?



LET'S KEEP WOMEN IN THE SADDLE!