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**Bradley, Stephanie and Mills, Claire ORCID logoORCID:
<https://orcid.org/0000-0003-4156-4593> (2024) The impact of
Perimenopause and Menopause on Female Equestrian Riders
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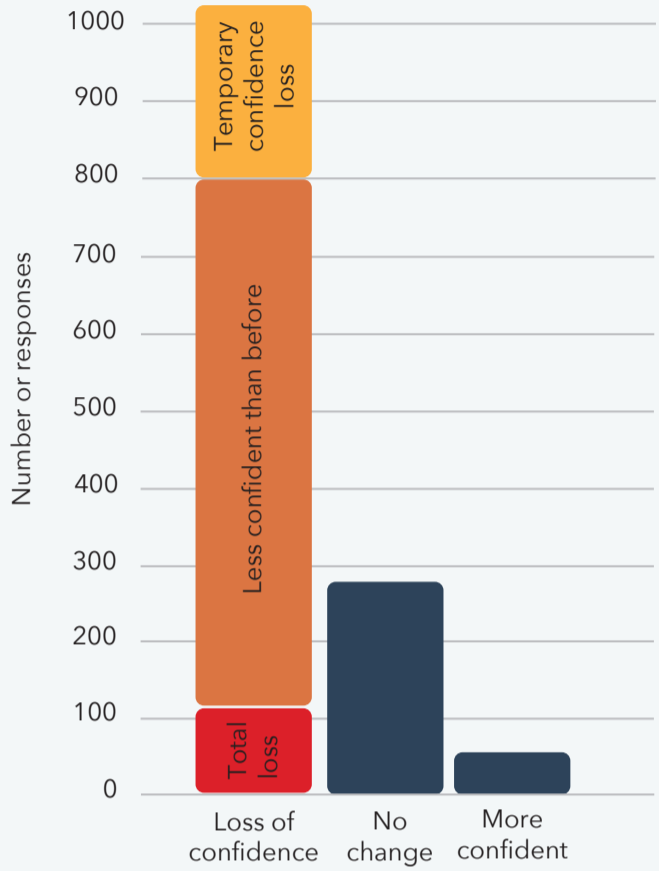
PLEASE SCROLL DOWN FOR TEXT.

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.

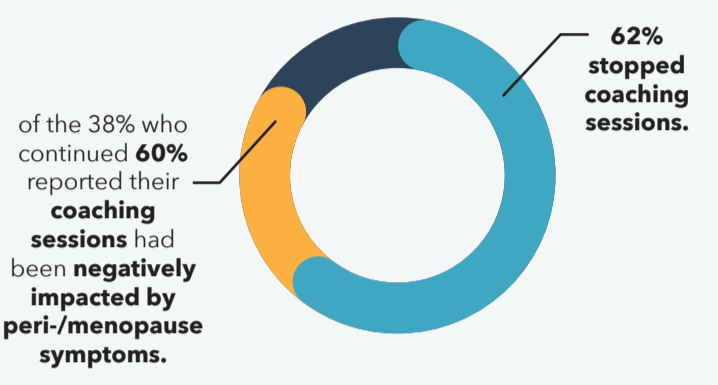
What happens to riders' confidence during peri-/menopause?

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.



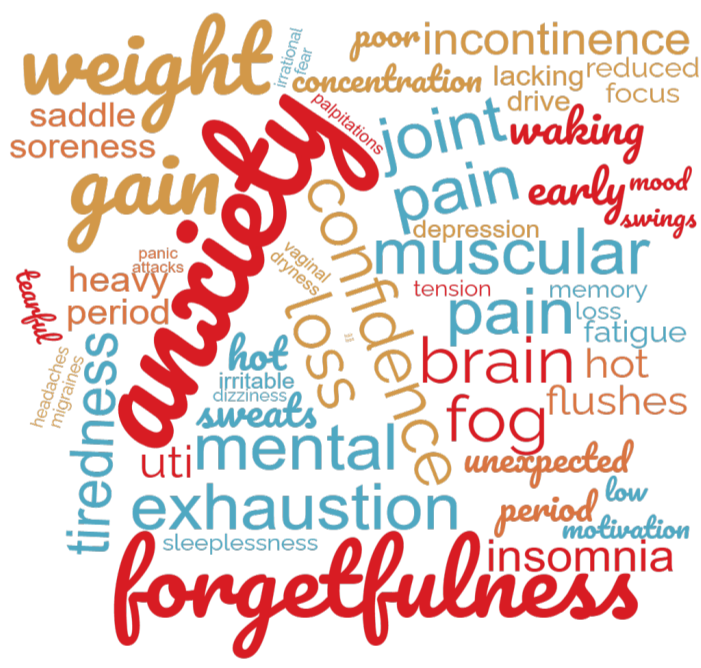
What did the riders say the most impactful physical and emotional symptoms of peri-/menopause are on riding participation and performance?

"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.

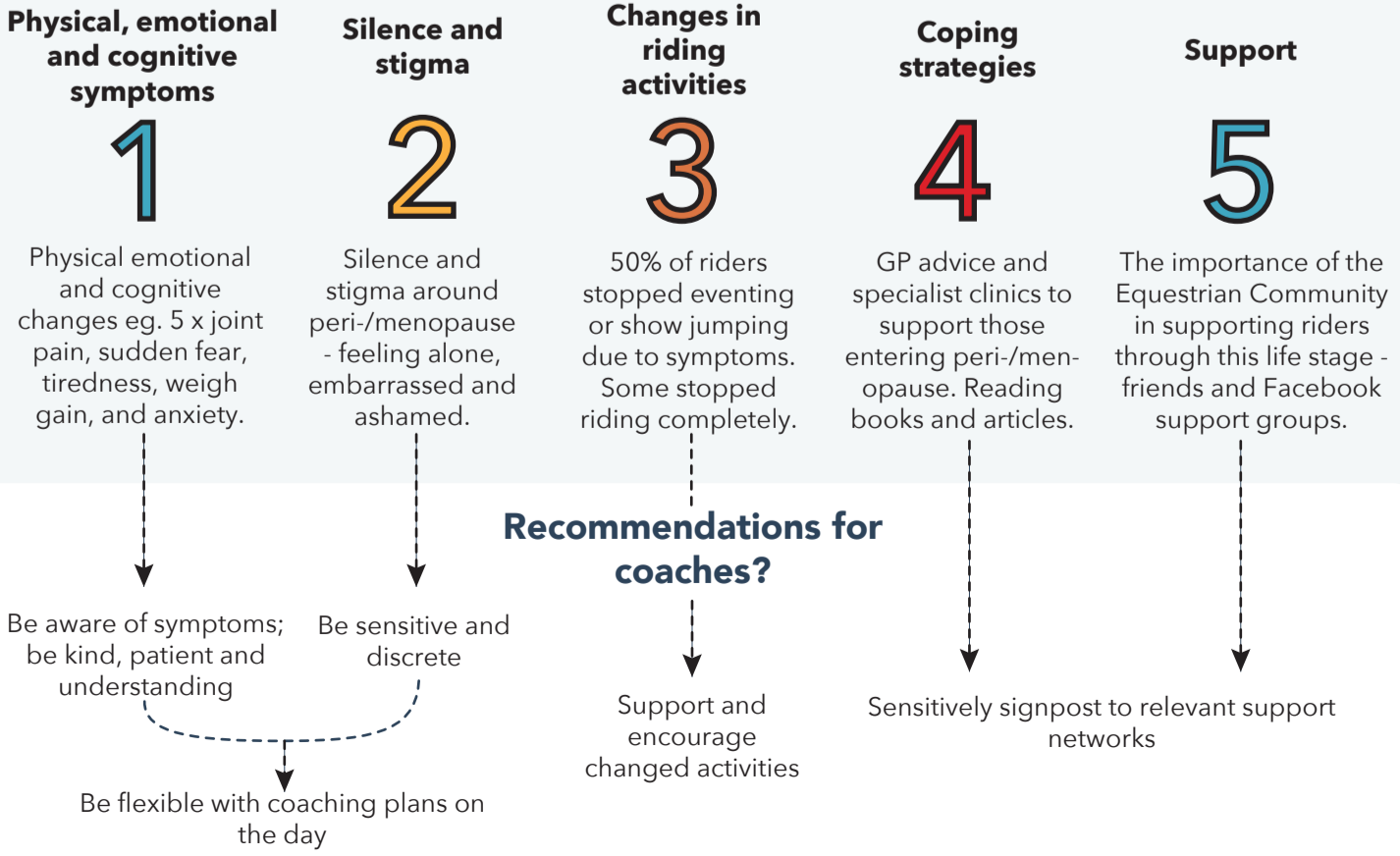
"I find it much harder to **remember** **dressage tests**."

"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**"

What are the key themes from shared personal experiences?



LET'S KEEP WOMEN IN THE SADDLE!