



**HELEN
ADDICOTT**
Groom to
Piggy French

3 TOP TIPS FOR SHOW DAY EVENTING

1. Stay one step ahead — Helen hates a last minute panic.

2. Don't forget a headlamp, the mascot and sloe gin. Helen gets a lot of stick when she wears her headlamp but says it's worth it when she's able to plait up in the dark at three-day events. Piggy's dog Jeffery is Team French's mascot — he's always at the shows and they couldn't live without him. Most importantly, they always have a bottle of sloe gin at the ready, whether to celebrate or commiserate.

3. Don't miss the trot-up. At Chatsworth last season, they were all enjoying a glass of wine in the wagon when they had a knock on the door warning them that if they weren't at the trot-up within 5min they were going to be eliminated. Helen sprinted to the stables and luckily the grey horse they had there wasn't covered in stable stains and they made it to the trot-up looking just about respectable.