

# POLO TIMES



**KAZAK KINGS OF CHANTILLY**

*The 23rd Open De France*

**JUAN CARLOS HARRIOTT**

*Passing of a Polo Legend*

**OFFENCE AND DEFENCE**

*Rege Ludwig's Strategic Insights*

**PLUS:** End of Season Socials, How to Adopt a Winning Mindset & Energy Boosting Tips





## Contents

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Nico Pieres celebrates his first Open de France win. By Adèle Renauldon - R&BPresse

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Understanding what it takes to overcome fear and self-doubt has been at the root of Paul 'Stalkie' Stalker's personal transformation. He has proven experience of working with Polo Teams, Patrons and individual players for the past three years achieving outstanding results. With individual clients, Stalkie's aim is to untap, nurture and focus their passion and potential on becoming the best versions of themselves in all aspects of their lives, whatever their starting point



# How to Adopt A Winning Mindset

## Thrive in life in three easy steps

Regardless of whether you are a novice polo player, 10 goals, a patron, a trainer, a parent whose kids are taking their first trots into the game, a husband/wife, girlfriend/boyfriend of somebody involved in the game, or simply a polo fan who loves the social side of the sport, I'd like you to ask yourself a few simple questions:

- Are you happy with your present state of mind, body and soul?
- Do you have abundant mental, physical and emotional energy on a daily basis?
- Are you making the very best things happen at home, work, rest and play – for yourself and those around you – no matter what challenges you may encounter?

As a mindset coach I have always been as immersive as possible, spending as much physical, face to face time with my clients, observing and understanding their world, their lifestyle and the quality of their relationships.

Putting my clients' lives in context allows me to diagnose and deliver the most effective, holistic programmes for them. 'Seek to understand before seeking to be understood' has been one of my core values for the last 25 years.

When I first started working in polo, this approach proved invaluable and helped me swiftly establish a stable of polo teams and individual players. This is because, in common with other elite sports, peak performance on the field relies upon precise, uncluttered thinking, the ability to immerse yourself in the moment and reach a state of flow uninhibited by off the field worries. It relies on answering 'yes' to the questions above.

There are many, many players I've coached, at various stages of their career from novice to 10 goals, whose form and confidence have suffered due to a failing relationship, an unhappy domestic life, a destructive lifestyle or by simply not looking



Max Charlton, Paul Stalker & Tommy Beresford

after themselves properly.

The same goes for the corporate world too – if you knew how many high achievers were consistently de-stabilised by life outside the boardroom, solely meeting their needs through their work life rather than through their private life, you'd be stunned. Why be the wealthiest person in the cemetery when you can go to bed each day having done something wonderful with wonderful people around you?

I have always flourished in the company of people, animals, nature and outdoor activity, massively preferring it to virtual environments. And, as someone with ADHD, dyslexia and a smattering of other 'learning difficulties', I've never been a great fan of long classroom sessions nor the written word. For me, coaching has always been about being shoulder to shoulder with my clients.

Therefore, like many polo devotees, I had to dig very deep into my personal reserves of mental resilience when the world went into lockdown and social restrictions due to the coronavirus pandemic. Being denied my freedom and my favourite ways of working hit me like a ton of bricks; until I discovered the wonders of Zoom, Teams and various other online platforms.

As educational provisions around the globe were widely moved to online classrooms, with both children and adults of all ages being taught via remote learning, me and my RAISE team rapidly adapted our coaching materials for an online environment too.

We soon gathered together a wonderful community of fellow mindset coaches, physical and mental health practitioners and educators who all came together to offer a series of free, live online coaching sessions and resources to people who needed a motivational boost and practical tips to maintain optimum health and resilience throughout lockdown and beyond.

These online 'RAISE Your Game' sessions were richly attended by all kinds of people who, regardless of status, profession, age, culture and sex were united in their desire to support each other and emerge from lockdown with a passion to live life to the full and make the most of their livelihoods and their personal relationships. And yes, there were a number of polo families amongst us! Friendships made in those tough times have sustained and flourished.

So now, a few years later and wiser, with COVID restrictions (hopefully) a thing of the past, online coaching is now part and parcel

Photography courtesy of Raise Polo



of every top-notch coach's offering.

For my part, I'm thrilled to have established a vibrant RAISE online community of life enthusiasts, the goal of which is to provide a supportive and engaging environment where like-minded people can connect, grow, and explore the everyday benefits of positive psychology, physical and mental wellbeing.

The impact that this type of coaching has on the polo community is nicely described by Jose Araya, one of the game's top professionals, "When you're happy and feel good, you play better, you feel more confident in your team-mates. This mental part helps you win games and tournaments".

So, whether you're a player, parent of a polo player, patron, coach or simply a fan who's passionate about the sport, RAISE Polo is delighted to invite *Polo Times* readers and their families, friends and colleagues to join us on a totally FREE, live RAISE Your Game 'Winning Mindset' course which will take place online for 45 minutes at 5.30pm on Tuesday 31 October continuing to 1 – 2 November 2023.

### What to expect from a RAISE Your Game 'Winning Mindset' Course:

Based on simply explained psychological science, the outcome of the course is to embed the habits that underpin mental

and physical wellbeing, self-motivation and resilience into a ground-breaking interactive learning experience.

Whatever your personal starting point, learning and applying the Winning Mindset sessions to your life, will enable you to achieve peak performance, happiness and fulfilment from playing the game of polo and in your wider life.

The course consists of a 45 minute interactive Zoom session with myself and my RAISE Your Game team of mindset, wellbeing and health experts, all of whom are great fun to be around.

On our free course you will understand how to remove any of the negative moods, stress and anxiety you may have and replace them with an abundant, positive mindset. This includes exercises around:

- How much of your personal power you are currently giving away to other people and situations and the negative consequences this can have on your life/performance
- How to replace a blame mentality and moaning with self-esteem, faith in your ability to take action and how to always choose the response that serves you best
- Understand the personal drivers behind negative and positive decision making with the outcome of making clear, proactive decisions on and off the polo field
- The psychology and physiology of fear,

what fear looks like when playing polo and the consequences it has on your mental and physical wellbeing

- How you can choose a negative or positive approach to fear, how to welcome it and treat it as a motivator and tool for improvement
- The science of gratitude, the proven benefits of a gratitude mindset and how brain training will help you rethink and reframe life's challenges
- Learn the transformational impact that looking for the good in yourself and praising others has on mood and performance

If you wish to answer 'yes' to the questions I asked at the top of this article, we'd love you to join us. We're especially grateful to our *Polo Times* friends to allow us the opportunity to invite you.

Simply visit [www.raisepolo.com](http://www.raisepolo.com) and mention '*Polo Times*' when entering your details via the 'Book Your Free Discovery Call' link. We'll then be in touch with the details of how to join the 'Winning Mindset' course for FREE.

"Stalkie is good news. He is different. He is buoyant. He inspires you, working on your positivity. He brings freshness to the day and is really good at promoting being a family within the team", David Morley (HPA Welfare Chairman and ex-England Manager).

### Meet the Team

#### Dawn and Paul 'Stalkie' Stalker



Hi, I'm known as Stalkie or Paulie, and I have been working in the field of human development for 37 years and am still as passionate now as when I first started. My why in life is to ignite your potential within and help you live strong and share your newfound knowledge to inspire a friend or family member.

My wife, Dawn, joined me in business 26 years ago and has been a part of the team in transforming people's lives all over the world ever since.

#### Pheobe Falconer

Hi, my name is Phoebe and am lucky enough to be Stalkie's yoga teacher... turned newly appointed RAISE coach!

Boosting moral and creating a calm and positive atmosphere is what I bring into my yoga classes. It's so important to take some time out of your day to find gratitude, be proud of what you've achieved or give yourself confidence to persevere despite all the obstacles we face in life. This, a healthy balanced diet thrown in with a bit of breathwork/ yoga and you're on the path to success! During the 3-day course we are hosting together, I'll explore nutrition tips, breathwork, a gratitude meditation and some seated stretching exercises. See you there.



#### Chris Humphreys



Hello. I'm Chris, after spending 20 years as a sales director/publisher and 18 years earning coaching stripes, I am now a personal and business communications coach. My main coaching specialisms are engagement, culture and cultural turnaround, people development, one to one coaching, internal and external communication and customer relations. I am a facilitator and mediator across all environments and am a qualified counsellor and Cognitive Behavioural Therapist.

#### Tim Paget



Hi, I'm Tim, a medical doctor trained in London with experience of working in hospitals and in general practice. After training as a GP, I additionally trained in pharmaceutical medicine and worked as medical director in the world of clinical trials, drug safety and efficacy, medical communications and ethical leadership. Additionally, I studied neurolinguistic programming and coaching during my time as a consultant and now focus on coaching with an emphasis on health and life balance.