

Cian O'Connor on target for the Alltech FEI WEG 2010

CIAN O'CONNOR - At just 29 years of age is at the pinnacle of his career, having competed on over 70 Irish Nations' Cup teams. Cian has jumped at two European Championships, a World Championships and an Olympic Games.

"The Alltech World Equestrian Games in Kentucky in 2010 is a goal I have set for myself some time ago. Presently I have two horses capable of jumping at that level:

1) Rancorrado is an 11 year-old gelding owned by Aileen Bryan. He has competed on the Irish teams at Hickstead, Dublin, Calgary and Barcelona in 2008 and in 2009 competed on the team at Aachen. My main goal for him this year is to jump on the Aga Khan team in Dublin and be a member of the Irish team at the European championships in Windsor at the end of August, which is a vital stepping stone towards Kentucky.

2) Complete is a 12 year-old gelding who is owned by Stephen O'Connor. He has competed on the Irish teams at St. Gallen and Poznan in 2007 and in 2009 jumped clear at the Nations' Cup in La Baule. Won a major class at the CSI5* in Madrid in 2009.

Every year I set myself a goal and work backwards from that event. Attention to detail and micro-managing each and every aspect of the build-up I have found to be key to my success. There are many contributing factors to a peak performance at a major



championship. First of all the health and soundness of the horse, the diet, the training programme, the shoes, the fitness, the mental happiness of the

animal and then the final preparation. A major factor in my view is the diet. I'm happy to say I've been using Gain Feed for the past 12 years and would attribute

my horses' condition and stamina to the quality and consistency of Gain Feeds."