

RUTH KENNERLEY



Ruth is an Equine Sports Massage Therapist with a wealth of experience and works with a number of elite riders and their horses. While studying for her BSc in Equine Sports Science Ruth was selected as a member of Hartpury College's prestigious Elite Equine Academy and this opportunity fuelled her passion for equestrian performance. She completed a research dissertation to investigate the effects of lower back pain in the performance of the dressage rider which is published in the Journal of Comparative Exercise Physiology.

Ruth competes at PSG level in dressage on a horse she has produced from a 3 year old and aims to be selected for the home international again in 2018.

Ruth joined the ESMA committee in 2017 and is responsible for putting together the newsletter and keeping everyone up to date on social media!

Contact Ruth at this address: ruth@esta.com

