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Spill the Beans with Jess Rimmer  
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In our SPILLERS SPILL The Beans Series we get to interview a variety of our fabulous professional customers and find out more about them. We find out who inspired them to get serious about horses, what kit they can't live without, and ask which is their favourite SPILLERS feed, of course!

This month we caught up with Jess Rimmer who's aiming to make a full-time career out of

eventing!



### **Please introduce yourself - who are you and what do you do?**

My name is Jess Rimmer and having completed my biochemistry degree I'm now based with Fox-Pitt Eventing in Dorset.

### **How did you start with horses?**

My Mum evented full time, so I've grown up around horses. Funnily enough, I was terrified of riding as a kid but once I got going, I never looked back.

### **Who was your inspiration growing up?**

Ok, so it's a cliché but it's definitely my Mum. She came from nothing and worked unbelievably hard to create a brilliant career and I have so much respect for that.



### **What's your lifetime horsey highlight?**

Jumping clear around Blenheim 4\* long was just incredible!

### **And what's challenged you the most working with horses?**

Learning not to become influenced by what my peers are doing. It's my own personal journey with my own horses, it doesn't matter if other people are jumping bigger tracks on younger horses.

### **If you could spotlight one special horse, who would it be and why?**

Oooh – that's tricky. Isaac Newton is a very special horse. He jumped around 3\*s with my Mum and then went on to jump me round my first 4\*s. He's done a lot for us. Although he still won't hack alone!



### **If you have a horse free ultimate luxury/fun day - what would you be doing?**

Nothing beats a nice brunch.

### **What's the one piece of horse equipment you can't live without?**

A neckstrap – especially in winter!

### **What is your No1 top tip for managing your horses/yard?**

Having a good routine is the foundation of everything. Horses thrive off a system. Jackie Potts taught me so much about the importance of routine and I noticed a huge difference in all my horses since setting up with them.

### **What are your goals for next season?**

I'd love to jump round a 5\* next season – that's the big goal. Or have a shot at the new Under 25 World Championships so I'm super focussed and motivated for winter training.



### **Which horse in your yard do you think is a rising star we should look out for?**

A very big lanky horse called Talan Blue – aka Jimmy. Although he's very tall and young he thinks he's a film star.

### **What's your best piece of advice for up-and-coming riders?**

Don't be scared of hard work.

### **And finally, which SPILLERS feed is your favourite and why?**

SPILLERS Lay Off Cubes – everything eats them, and they all look fantastic without being hot or silly.

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### **SPILLERS Daily Balancer vs SPILLERS Original Balancer**

With so many balancers on the market, it can be hard to decide which is most suited to your horse. What is a balancer? Balancers are small, nutrient dense feeds (often pellets) designed to provide a concentrated supply of vitamins, minerals and amino acids. Due the low feeding rate - typically 500g per day or a 500kg horse - balancers provide negligible amounts of energy (calories), starch and sugar per daily serving, making them the ideal choice for good doers.

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## Which balancer does my horse need?

What is a balancer? Balancers are small, nutrient dense feeds (often pellets) designed to provide a concentrated supply of vitamins, minerals and amino acids. Due to the low feeding rate - typically 500g per day or a 500kg horse - balancers provide negligible amounts of energy (calories), starch and sugar per daily serving, making them the ideal choice for good doers.

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## Are balancers expensive?

At first glance balancers may seem like an expensive option, but the low feeding rate makes them a convenient and cost-effective solution for good doers...A cost-effective way to provide nutrients without excess caloriesMany horses maintain weight easily (if not too easily!) on forage alone. Whilst forage only diets may easily meet or exceed energy (calorie) requirements, they are unlikely to provide a balanced diet and may be lacking in key nutrients such as copper, zinc, selenium, vitamin E and lysine (an essential amino acid or 'building block' of protein). Balancers provide a concentrated supply of vitamins, minerals and amino acids but due to the low feeding rate (typically 500g per day for a 500kg horse), contribute negligible amounts of calories, starch and sugar to the total diet. This makes them the ideal way to ensure good doers receive a balanced diet without compromising their waistline or your bank balance.If you are simply looking for nutrients to balance a forage-based diet, consider a balancer without added functional ingredients such as joint and digestive support. At £22.99 for a 15kg bag, SPILLERS™ Daily Balancer will last a 500kg horse 30 days and cost just £0.76 per day to feed. In comparison, the recommended ration of SPILLERS™ Horse and Pony Cubes (3kg per day for a 500kg horse) would be 5 times higher in calories and cost £1.89 per day to feed!Balancers vs. broad spectrum vitamin and mineral supplementsIn most cases, balancers come in pellet form and vitamin and minerals supplements in a powder. This means a balancer can normally be fed on its own (although we generally recommend feeding a balancer alongside short chopped fibre to help extend eating time) whereas a powdered supplement needs to be mixed into a small amount of feed. Although the feeding rate for a pelleted balancer is typically higher than a powdered supplement, the recommended amount of any balancer (except stud balancers) contributes a negligible level of calories to the total diet so won't affect your horse's waistline. One benefit of choosing a balancer may be quality protein - the recommended amount of a pelleted balancer often provides higher levels of amino acids than products labelled as 'vitamin and mineral supplements'.Functional ingredientsMany balancers contain added functional ingredients such as glucosamine and MSM for joint support and pre and probiotics for digestive support. Although this will undoubtedly affect the price tag, the recommended amount of balancer is still likely to cost less than the recommended amount of compound feed. When choosing a balancer, consider which functional ingredients may be of most benefit to your horse.

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With the UK set to have one of the hottest and driest summers on record, most of us are

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