
Beth Smith – Equestrian Rider co-ordinator



What course do you do?

Criminology and Criminal Justice (3rd Year).

Why did you join your club when you came to DMU?

I joined Equestrian in my second year after a very turbulent first year as I wanted to get back into the sport. In addition to this, I also wanted to make new friendships with other students who are not on my course.

What made you want to get involved in the club?

I wanted to get involved again with the sport and also have the opportunity to be on the club committee to help shape the way the club runs and how it will develop in the future.

Have any females in sport inspired you and how have they inspired you?

Although my sport is Equestrian, I am a huge follower/fan of athletics. Jessica Ennis-Hill is a huge inspiration as an athlete, from watching her miss out on the Beijing Olympics because of a broken ankle to her comeback in the following year and taking the World Championship Heptathlon title in 2009 and 2011, not to mention her achieving gold at London 2012. Also, her accomplishments after

taking a year off due to pregnancy like winning the World Champs and narrowly missing out on retaining her Olympic title. She is proof that the impossible can become possible with enough passion and drive and has paved the way for future Heptaletes to follow her (Such as Katrina Johnson-Thompson and Niamh Henderson).

What advice do you have for any other females looking to get involved in sport or physical activity?

There is nothing to lose! Sport does not only keep you fit physically is also very beneficial for maintaining good mental health and well-being. The support of a club behind you as you compete, as you perform your committee role or when you're all taking part in club events is great!

Would you ever try another sport?

Absolutely, there are many sports which I have tried which I would love to do again!

How has playing sport helped you in your day to day life/career?

It has enabled me to have a good work to leisure ratio, whenever I'm feeling down or grumpy, it's usually solved once I've been on a horse!

Favourite personal sporting moment?

Receiving a third place individual during a dressage competition for DMU Equestrian D team last year

Favourite female sporting role model?

Mary King