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Cooke lands on the podium in Bromont

By Cole Wagner on June 19, 2018



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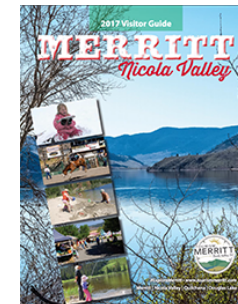


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The Connector





Dana Cooke competes on FE Mississippi at the Mars Bromont International CCI 2** event, June 7 to 10. (Photo courtesy of Leslie Threlkeld).

Dana Cooke overcame a challenging cross-country course en route to a third place finish at the Mars Bromont International CCI 2** event in Bromont, Que.

Cooke, who grew up in Merritt but now competes out of North Carolina, was the top Canadian finisher in the 2** event — despite being on the mend for a fractured ankle she suffered in March.

Eventing involves three stages of competition; dressage, cross country and show jumping. While the dressage competition is usually similar at each competition, cross-country courses tend to be more varied in terms of terrain and overall difficulty, said Cooke.

Bromont's course is known for being one of the most technical courses, she added.

"It's the toughest two-star event track in the spring for sure," said Cooke. "Not only is Bromont typically known for being quite big and quite technical, it's also known for its hills and terrain."

But after landing in eighth spot following the dressage, Cooke's ability as a cross-country rider



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allowed her to navigate the course clean, vaulting into third place.

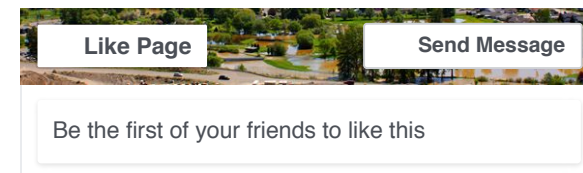
She would remain in bronze medal position through show-jumping, solidifying the rider's best finish of the season so far.

Cooke was [named to Equestrian Canada's high performance squad in January](#), a stepping stone for the rider as she strives towards her goal of competing at the Olympic Games.

The next step in that process will come at the 2019 Pan American Games, which Cooke had already qualified for ahead of the event in Bromont.



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But a promising season was nearly cut short in March, when Cooke fractured her ankle in competition.

“I was riding the FE Stormtrooper horse, and we had a bit of an exuberant jump and I rolled my ankle.” said Cooke. “On the rolling and the impact of landing, I fractured my ankle bone.”

The injury prompted Cooke to change her competition plans, shipping FE Stormtrooper to Florida and focusing her efforts on riding FE Mississippi.

Luckily for Cooke, the road to recovery was relatively short — allowing her to return to competition with FE Mississippi in time for the Mars Bromont International.

“I learned to tape my ankle really well,” laughed Cooke, noting that it was a matter of weeks before jumping again.

Taking time to recover meant that the lead up to the Bromont competition was hectic for Cooke, who competed over four consecutive weekends in May ahead of the Quebec competition.

“I was on the road every weekend for the last six weeks,” said Cooke. “The hard work actually pays off.”

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