



Ebony Horse Club, Brixton where the story started

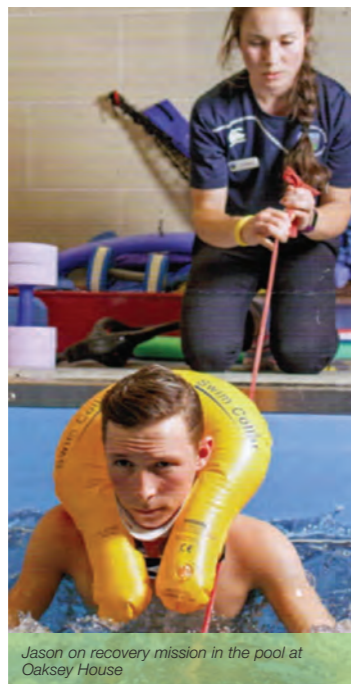
Media missing the point

Racing is so keen to present itself as totally inclusive that the summer's great story about Khadijah Mellah riding the winner of The Magnolia Cup at Goodwood rather missed the point. Even the Racing Post, in common with other media who gave prominent coverage to the story, ran headlines about her being the first jockey to be wearing a hijab. But the real story, and one which could have shown racing in an even more positive light, would

have focused on the fact that Kadijah came from one of the most deprived areas of London and a only got to ride through the efforts of the Ebony Horse Club in Brixton. Racing is desperately short of youngsters coming into the sport, not just to compete, but also to maybe find a career working with horses that could help meet the drastic shortage of staff across the industry... and you don't have to be wearing a hijab to do that!

An amazing recovery mission

It's almost unbelievable that up and coming star of the weighing room, Jason Watson, could be back in the saddle just 3 months after breaking his neck in a fall at Kempton. We've known Jason since he stared his racing experience with Homebred trainer Gerry Enright in Lewes. Jason says that it's all down to the brilliant facility and skills on offer at Oaksey House, financed by the Injured Jockeys Fund. Jason has ridden Lafontaine for us and always told us that she



Jason on recovery mission in the pool at Oaksey House

was up to winning races. And as for Jason, 2019 has turned into what 's been the first of a stellar year with top races won at home and abroad. As stable jockey to the powerful Roger Charlton yard, Jason looks sure to be adding more top honours to his existing tally of 200+ winners in 2020.

It's all in the genes

Two of Australia's most exciting young sires are brothers - Deep Field and Shooting To Win - both out of the mare Listen Here. They both command pretty hefty fees (\$22,000 and \$38,000 respectively) and covered large books of mares - 257 in a season for Deep Field. Breeders hope that these two stallions will be the source of speed that everyone searches for in a racehorse.

Coolmore's stallion Rubick is another speedy new sire in great demand. Interestingly these three young guns all share something in common - their grandsire in each case is Encosta De Lago - grandsire of our own Eaux De Vie! The Australian bloodstock press is very excited about Encosta De Lago becoming so influential in racehorse pedigrees so long after his passing.



Will Eaux De Vie have inherited this speed too?

Snapshot

This Heath Robinson looking device is actually a hydraulic fencing machine able to hammer fence posts deep into the ground and to traverse the fields without damaging the turf.



WINNING POST

THE REGULAR NEWSLETTER FROM HOMEBRED RACING

WINTER 2019/2020

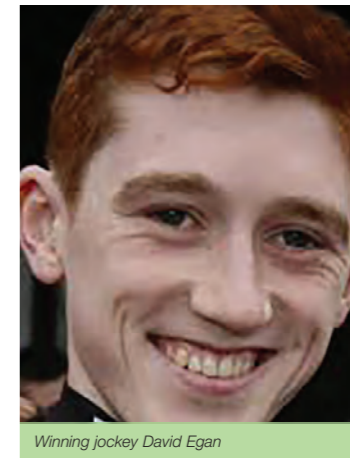
Happy Homebred owners in the winner's enclosure with Lafontaine



Lafontaine's a winner!

Our Canford Cliffs filly, Lafontaine, made Bonfire Night one to remember by scoring her first win under jockey David Egan over a mile at Kempton Park. She had given us grounds for hope by previously finishing a good fourth over course and distance, but trainer Sylvester Kirk posed something of a conundrum by also running Prairie Moppins in the same race - and this was the one latched onto by tipsters and pundits. The plan was to be

prominent but to get a good tow into the race behind the leaders. The early pace was fast and David executed the plan perfectly and, although the final result showed that she only won by a neck, Lafontaine never really looked likely to be beaten and repelled all challengers having raced to the front at the 2 furlong pole. She certainly stayed the mile well and seems to also possess good tactical speed - so we're hopeful of more success!



Winning jockey David Egan

Too old at 70?



Robert Long - the appropriately named winner

Robert Long from Wyoming puts most of us, complaining about aches and pains and getting older, to shame! Robert, aged 70, won this year's 1000 kilometer Mongolian Derby - the world's longest horse race modelled on the postal route developed by Genghis Khan in the 13th century. It's a real endurance test in which riders regularly change horses and camp out under the stars along the course during the eight day race. So I won't complain too much about pushing a few wheelbarrows around!



Alex Frost "An exciting new era"

A new era for the Tote?

The Tote, disgracefully sold off to bookmaker Betfred, is now in new hands. The UK Tote Group has an agreement with 55 racecourses which it's hoped will result in a minimum of £50 million being contributed to our sport over the next 7 years. Plans are already afoot to revitalize on-course and online betting and new pool betting products. The UK Tote Group is backed by more than 160 individual investors intent on rejuvenating the tote and making it of significant long term benefit to racing's finances. The new venture is headed up by Alex Frost who says: "This is the start of an exciting new era. Pool betting plays a vital role in racing around the world and we believe that we can play a similar role in the UK"

Did you know?

The American Jockey Club is considering a limit on the number of mares to be covered by an individual stallion due to concern about sustaining genetic diversity.

Contact us

If you'd like to know more please call us
01559 363763

Visit our website
www.homebredracing.co.uk

Or email us
enquiries@homebredracing.co.uk

Racing's rising star

Father and son jockeys - John and David Egan



David Egan, victorious on our own Lafontaine, is one of the crop of very talented young riders now in the weighing room. David, born in Kildare in 1999, got his first experience of riding with Dessie Hughes - although his father is also a jockey and remarkably they competed against each other in this year's 1000 Guineas.

David's ability was soon recognised and he became champion apprentice in 2017 and is now retained by Roger Varian's powerful Newmarket yard. David looks sure to climb to the top of the jockey's ranks as he's remarkably light and so able to do low weights ensuring that he'll get plenty of rides.



Due Diligence - leading first season sire in Europe

How did our talent spotting do?

Identifying successful first season stallions is always a bit of a test and our suggestion was that Cable Bay, Brazen Beau and Due Diligence were a likely trio to watch. Of course, statistics are always open to different interpretation and the stallion lists are compiled by various factors - by total prize-money won, or by total number of winners, the number of individual winners or by how many successful black type performers were produced. Inevitably each of these criteria produces a

completely different result! Judging on prize-money alone is dubious as winners of disproportionately valuable sales races completely skew the numbers. But in terms of winnings Night of Thunder (to whom we did give a positive mention) tops the list, as he also does for number of black type winners closely followed by Due Diligence. Cable Bay ranks third on prize-money but is down the list for producing black type performers whilst Brazen Beau only just scrapes into the top 10 however you calculate results. The whole process is, of course, played out on a very uneven basis given that each stallion covers vastly different books of mares of equally variable quality. Gutaifan had more winners than any but amassed nearly 350 runners compared to Night of Thunder and Due Diligence who both had roughly half that number. Suffice to say we're more than delighted by Due Diligence's performance since he is sire of Homebred's own lovely yearling Study The Stars!

LEADING EUROPEAN 1ST CROP SIRES IN 2019
In order of Group Winners

	Stakes Winners	Group Winners
1 DUE DILIGENCE	3	2
3 GLENEAGLES	3	2
NIGHT OF THUNDER	3	1
GOLDEN HORN	2	1
CABLE BAY	1	1
CAPPELLA SANSEVERO	1	1
GALIWAY	1	1
MAKE BELIEVE	1	1

DUE DILIGENCE
By WAR FRONT x BEMA by PULPIT
Contact: Phil Haworth or Ed Harper
01725 518254 www.whitsburymanorstud.co.uk

Hyperton Promotions Ltd. 15th October

How many calories does a jockey need in a day?

Racing has been rather late to the science of sports nutrition, something that remained the reserve of power athletes until relatively recently. But the Professional Jockeys Association, in conjunction with the BHA and the IJF, has forged increasingly important links with the Research Institute for Sport and Exercise Sciences of John Moores University under the leadership of Professor George Wilson.

A guide intake of 1,500 calories per day is suggested by the website (the NHS website suggests 2,500 per day for the average man and 2,000 per day for women) but the researchers at John Moores prefer a much more individually tailored approach. "When we give nutrition guidelines for jockeys, we figure out something called the resting metabolic rate". says the department's, Dan Martin. "We do a calculation - we stick them on a machine - called an indirect calorimeter - and it gives us the amount of energy their body requires to fulfil the most basic physiological function. If we give them too little it starts to impact on bone



Richard Johnson can ride at 10 stone but Lafontaine's winning jockey David Egan can ride at just 8 stone!

health, metabolic health, brain health, basically an organ function." The researchers recognise height and other physiological factors come into what a jockey's ideal calorific intake should be on a daily basis. Martin says: "I know mine is around 2,300 and that is the minimum number of calories I should consume in a day. Because jockeys are smaller that could range from as little as 1,200 or 1,300 for a 5ft 4in male or female jockey who might weigh 7st 7Lb. But for a taller jump jockey it could be as much as 1,800 or 1,900." "Our motto is 'test, don't guess' and the service is free thanks to funding from the BHA, PJA and the Racing Foundation."

Regular hay is important for horses not able to graze



Jockeys diet but racehorses need to keep the weight on

Feeding racehorses can be an art, and each trainer has his or her own method of ration preparation. Racehorses usually consume two types of feed: roughage (hay) and carbohydrates (grain). Their typical diet consists of two to three meals a day of grains. The traditional grain for horses is oats. Around the world, racehorses are fed drastically different diets depending on the feeds available. Daily fresh cut green alfalfa is common in Argentina while very little grain but a lot of wheat and oat chaff is the norm in Australia. In Saudi Arabia, fresh cilantro, carrots, and a big tub of barley is the standard diet. The fact that horses can compete well eating such a variety of feeds is a tribute to the adaptability of their digestive systems. The most important aspect of

feeding racehorses is to consistently provide good quality feed at the same times each day and to provide enough calories to maintain racing weight. Feeding vegetable oils is becoming more popular, as these oils are a great source of calories and may benefit performance. Many stables will feed the horses early in the morning so that they will have time to eat before training activities begin. Traditionally they will have another grain meal at 10:00 or 11.00 a.m., and then a larger meal between 4:00 to 5:00 p.m. The traditional hay is timothy. Often a flake or two of good quality alfalfa hay is also added. Having hay constantly available to eat at will is very important because the horse's digestive tract is designed for grazing many hours per day.

How's it going in France?



Betting with the Pari-mutuel at Longchamp

French racing authorities use the same penetrometer to determine going as we do in the UK. But what may be less familiar are the descriptions used: Sec is 'hard', Leger is 'firm', Bon is 'good', Souple is 'soft' and Lourd is 'heavy'. There are several intermediates including predictably Bon leger meaning 'good to firm'. Somewhat more difficult is for punters is to fathom the French betting system. All on-course betting is via Pari-mutuel (the equivalent of our Tote). Complications arise when any owner or trainer has more than one

runner in the same race. In this instance the horses are 'coupled' or 'bracketed' and in the event of one of them winning either horse is paid out to the same 'win' dividend.

Did you know?

William Hill has plans to close some 700 betting shops in the coming year - more empty premises on the high street.

Harrowing between races quickly repairs the surface as here at Chelmsford



Where differences come to the surface

The introduction of all-weather racing provoked many different opinions. The top echelons of the training ranks all felt that participation was below them and their expensive charges. Others said it was just cannon fodder for the bookies. But many also felt that it offered a lifeline for smaller trainers by extending their activities to a full year rather than just racing on turf in the summer months. The reality is that all-weather racing is here to stay and likely

to host an increasing proportion of fixtures. The reasons are obvious - racing can take place in all weathers, at more frequent intervals than would be possible on turf and even at night under floodlights to cater for the needs of racegoers. Artificial surfaces are also safer resulting in fewer injuries and are far less demanding to maintain. There are currently three different types of surface in the UK - Fibresand, Polytrack and

Tapeta. Southwell is the only track using Fibresand which is a slow surface suiting runners that like testing conditions and soft ground. Polytrack is used at Lingfield, Kempton, Newcastle and Chelmsford City and is generally considered to be a much fairer surface with less kickback. Polytrack is also a much faster surface and so suits more speedy types. It's interesting that Chelmsford's surface seems to offer different properties to the others as the kickback there can be quite obvious and doesn't always suit horses that race well on Polytrack elsewhere. Wolverhampton uses Tapeta generally thought to be the best of all the artificial surfaces and is likely to be adopted by other tracks in due course. It's also a surface that suits speedy types. All-weather surfaces react completely

Kempton Park's floodlit meetings offer great facilities and viewing



differently to turf in respect of the going - as they get faster rather than slower when it rains so the general description of 'Standard' can be very misleading!

Did you know?

Ireland's all-weather track at Dundalk will be closed next year to allow the surface to be replaced.