

QIPCO BRITISH CHAMPIONS DAY AT HOME

WELCOME

We can't welcome you to QIPCO British Champions Day 2020, but that hasn't stopped us being able to bring the day to your living room.

Alongside all the world-class racing action on ITV, Racing TV and Sky Sports Racing, we have also taken some of the traditional bits of QIPCO British Champions Day for you to enjoy at home.

Get the day off to an excellent start with a Breakfast of Champions cooked by our ambassador and Champion Jockey, Oisin Murphy. Choose from one of two menus for a tasty lunch before the racing action begins and round the day out with a cocktail or mocktail and some iconic music from some of our After Parties acts from across the years.

It's not just the food you can enjoy, but also lots of activities and ways for you and the whole family to get involved. Whether that be flags and bunting, dot-to-dots or a good old-fashioned tipping competition.

We are also celebrating a Decade of Champions this year with this being the 10th QIPCO British Champions Day.

Don't forget, any of the activities you take part in, be sure to grab a snap and post on social media and use

#CHAMPIONSDAY



QIPCO
ON STAKES

FLAG FRONT



FOLDLINE

QIPCO  **BRITISH
CHAMPIONS
DAY**

A DECADE
OF CHAMPIONS

Cut out and fold along line. Stick to household item such as pen, pencil or straw.

FLAG BACK



CIRRUS DES AIGLES
FRANKEL
FARHH
NOBLE MISSION
MUHAARAR
ALMANZOR
CRACKSMAN
STRADIVARIUS
ROARING LION
MAGICAL

QIPCO  **BRITISH CHAMPIONS DAY** | A DECADE OF CHAMPIONS

FOLDLINE

QIPCO  **BRITISH CHAMPIONS DAY** | A DECADE OF CHAMPIONS



QIPCO BRITISH CHAMPIONS DAY
BUNTING

You'll need a long piece of string or ribbon and some glue. Print out a few copies of the bunting, pop the string behind the dotted line, fold, glue and repeat for each triangle.

JOCKEY BITES WITH... HOLLIE DOYLE

SPLENDID SALMON PARCEL



INGREDIENTS

- 1 salmon fillet
- JUICE of a lemon
- 1/2 TABLESPOON of pesto
- 1 SMALL red pepper, chopped
- 1/2 courgette, chopped
- 1 TABLESPOON of vegetable oil
- HANDFUL of spinach
- 1 CUP of brown rice

METHOD

- 1 Grease the foil with the oil and lay flat in a tray.
- 2 Place the chopped peppers and courgette on the foil and in the middle.
- 3 Lay the salmon on top of the vegetables.
- 4 Mix the pesto and lemon juice and spread on top of the salmon.
- 5 Make the foil into a parcel.
- 6 Bake in the oven at 180C/350F/ gas mark 4 for 20 minutes.
- 7 Boil the rice for 15-20 minutes, until soft and fluffy.
- 8 Plate up and add spinach.



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JOCKEY BITES WITH... TOM MARQUAND

SUPERB STEAK & SALAD



INGREDIENTS

- 1 TABLESPOON** of creamed horseradish sauce
- 1 TEASPOON** of lemon juice
- PINCH** of dried mustard powder
- 1 TABLESPOON** of crème fraiche
- 1 sirloin steak (200G)**
- 1/2** avocado, chopped
- 1/2** red pepper, sliced
- PINCH** of crumbled feta
- HANDFUL** of spinach

METHOD

- 1** Mix together the horseradish sauce, lemon juice, mustard powder and crème fraiche. Leave in the fridge to chill.
- 2** Grill the steak on each side for 2-3 minutes for medium - less if you prefer rare and around 4 minutes on each side for well-done.
- 3** Once cooked, leave the steak to rest.
- 4** Cut the avocado and pepper into bite-size pieces, place in dish.
- 5** Add in the spinach and mix the salad together.
- 6** Slice up the cooked steak.
- 7** Add the steak on top of the salad and remove the sauce from the fridge, mix well and pour over the steak.
- 8** To finish, sprinkle over crumbled feta cheese.



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