

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 Party 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

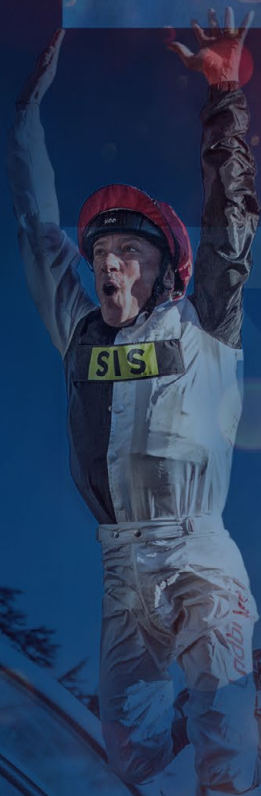
#CHAMPIONSDAY

QIPCO



BRITISH
CHAMPIONS
DAY

A DECADE
OF CHAMPIONS



QIPCO
ON STAKES

BREAKFAST

RECIPE ONE

Every day should start on the right foot, and Champion Jockey Oisin Murphy is here to ensure just that for your QIPCO British Champions Day At Home. We put his culinary skills to the test and asked him to whip up two breakfast recipes, created by Ascot's prestigious catering partner Sodexo, for you at home. Why not give them a try?

BREAKFAST OF CHAMPIONS

PROTEIN PANCAKES,
CRUSHED AVOCADO,
POACHED EGG AND
MAPLE SYRUP

You will need:

- 25g flavourless whey protein powder
- 100ml milk
- 1 large egg for pancakes
- 50g porridge oats
- 1/4 tsp baking powder
- light cooking spray
- 2 avocados
- 1/2 small chilli chopped
- 1 tsp lemon juice
- 4 large free range eggs for poaching
- 4 tbsp 100% maple syrup

To make pancakes

1. Add the oats to a blender and blitz until it resembles a fine flour. Add the protein powder, baking powder, 1 large egg and milk to the blender too and blitz everything until you have a texture like pancake batter.
2. Heat a lightly oiled frying pan over medium high heat. Pour the mixture onto the pan, using approximately 1/4 of the total mixture for each protein pancake. Tilt the pan in a circular motion so that the batter coats the surface evenly. Cook the pancake for about 50 seconds until the bottom is light brown. Loosen with a flexible spatula or fish-slice, flip over and cook the other side. Once cooked set to one side and warm when ready to serve.



Watch the video here

3. Put a pan of salted water on to boil ready for the poached eggs.
4. Peel avocados, crush with fork, add chilli and lemon juice and season to taste.
5. Crack eggs into pan of water, poach for 4 mins and then drain.
6. To plate, place warm pancake on base, then add crushed avocado, top with a poached egg and drizzle with maple syrup.

Enjoy!



BREAKFAST

RECIPE TWO

BREAKFAST OF CHAMPIONS

PROTEIN PANCAKES,
CRISPY BACON, POACHED
EGG AND MAPLE SYRUP

You will need:

- 25g flavourless whey protein powder
- 100ml milk
- 1 large egg for pancakes
- 50g porridge oats
- 1/4 tsp baking powder
- light cooking spray
- 16 slices smoked streaky bacon
- 4 large free range eggs for poaching
- 4 tbsp 100% maple syrup

To make pancakes

- 1.** Add the oats to a blender and blitz until it resembles a fine flour. Add the protein powder, baking powder, 1 large egg, milk to the blender too and blitz everything until you have a texture like pancake batter.
- 2.** Heat a lightly oiled frying pan over medium high heat. Pour the mixture onto the pan, using approximately 1/4 of the total mixture for each protein pancake. Tilt the pan in a circular motion so that the batter coats the surface evenly. Cook the pancake for about 50 seconds until the bottom is light brown. Loosen with a flexible spatula or fish-slice, flip over and cook the other side. Once cooked set to one side and warm when ready to serve.



[Watch the video here](#)

- 3.** Put the bacon on a baking tray and cook at 180c for 15 mins until cooked and crispy.
- 4.** Crack eggs into pan of water, poach for 4 mins and then drain.
- 5.** To plate, place warm pancake on base, then add 4 slices of crispy bacon, top with a poached egg and drizzle with maple syrup.

Enjoy!



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BRITISH
CHAMPIONS
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A DECADE
OF CHAMPIONS

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



A DECADE
OF CHAMPIONS

QIPCO
BRITISH
CHAMPIONS
DAY



CIRRUS DES AIGLES

FRANKEL

FARHH

NOBLE MISSION

MUHARAR

ALMANZOR

CRACKSMAN

STRADIVARIUS

ROARING LION

MAGICAL

FOLDLINE

QIPCO  BRITISH
CHAMPIONS
DAY

A DECADE
OF CHAMPIONS

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BRITISH
CHAMPIONS
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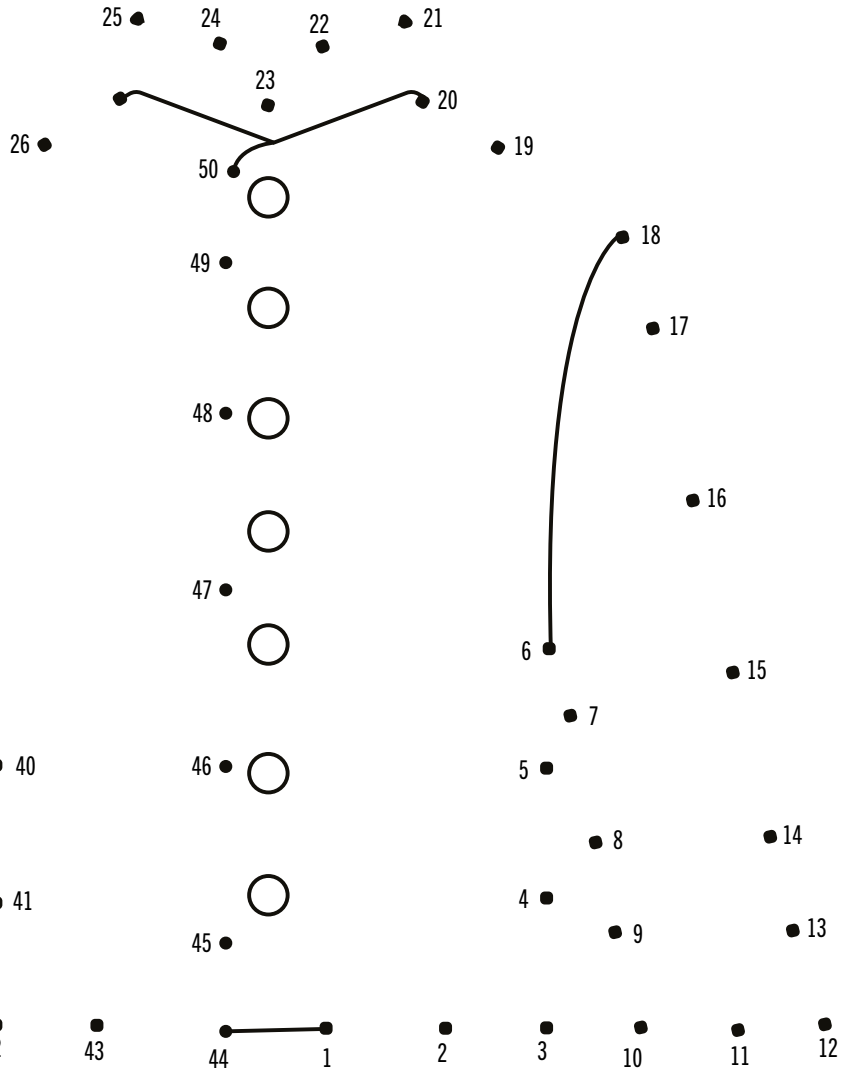
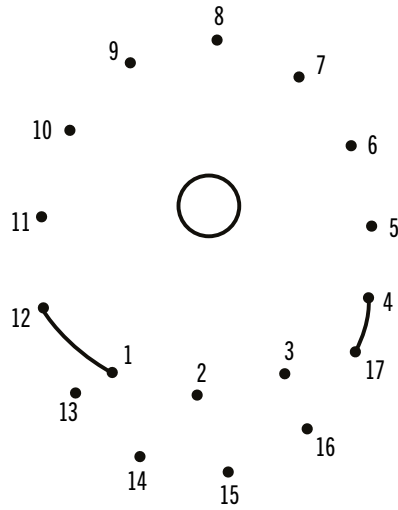
A DECADE OF CHAMPIONS

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.



DOT TO DOT COLOUR IN SILKS



JOCKEY BITES WITH... HOLLIE DOYLE

SPLENDID SALMON PARCEL



INGREDIENTS

- 1 salmon fillet
- JUICE** of a lemon
- ½ **TABLESPOON** of pesto
- 1 **SMALL** red pepper, chopped
- ½ 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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TIPPING COMPETITION!

What raceday wouldn't be complete without a tipping competition! Who is the best member of the family for tipping those all-elusive winners? Fill out our grid below and keep it updated as the afternoon of racing unfolds.

RULES

- One horse per race
- 3pts for 1st place, 2pts for 2nd place and 1pt for 3rd place
- All horse names must be submitted before the first race begins at 1.20pm
- Points for the Balmoral Handicap (sponsored by QIPCO) are doubled

	HORSE	POSITION	POINTS
 <p>1:20PM QIPCO BRITISH CHAMPIONS LONG DISTANCE CUP (GROUP 2)</p>			
 <p>1:55PM QIPCO BRITISH CHAMPIONS SPRINT STAKES (GROUP 1)</p>			
 <p>2:30PM QIPCO BRITISH CHAMPIONS FILLIES & MARES STAKES (GROUP 1)</p>			
 <p>3:05PM QUEEN ELIZABETH II STAKES (SPONSORED BY QIPCO) (GROUP 1)</p>			
 <p>3:40PM QIPCO CHAMPION STAKES (GROUP 1)</p>			
 <p>4:15PM BALMORAL HANDICAP (SPONSORED BY QIPCO)</p>			



SUBMIT YOUR SCORES!

Take a picture of the end results and submit via social media using **#ChampionsDay** and the individual with the highest score across all submissions will win a limited edition QIPCO British Champions Day 2020 racecard.

IT'S QUIZ TIME!

How well do you think you know QIPCO British Champions Day? We have pulled together a selection of questions for you to test your knowledge. Let us know how you did by posting a snap of your score using #ChampionsDay.

1. How many horses have won more than one different race at QIPCO British Champions Day in its previous 9 years?
A) 1 B) 2 C) 3
2. Which jockey has had the most wins at QIPCO British Champions Day?
A) James Doyle B) Frankie Dettori C) Ryan Moore
3. Which popular French horse competed in four consecutive QIPCO British Champion Stakes?
A) Solow B) Cirrus des Aigles C) Almanzor
4. How many winners did the late Pat Smullen ride at QIPCO British Champions Day?
A) 4 B) 5 C) 3
5. How many winners have there been in the Qatar Racing silks since QIPCO British Champions Day began?
A) 1 B) 2 C) 3
6. What were the odds of the highest-priced winner to date at any QIPCO British Champions Day?
A) 50/1 B) 40/1 C) 33/1
7. Almanzor was a scintillating winner of the 2016 QIPCO Champion Stakes, which famous horses finished behind him in 2nd and 3rd places?
A) Found and Jack Hobbs B) Jack Hobbs and My Dream Boat
C) Found and The Grey Gatsby
8. What was the combined winning margin of Cracksman's two consecutive QIPCO Champion Stakes?
A) 10 lengths B) 12 lengths C) 13 lengths
9. How many grey horses have won at QIPCO British Champions Day?
A) 1 B) 4 C) 6
10. Which was the bigger distance?
A) Frankel's Queen Elizabeth II Stakes winning margin
B) Frankel's QIPCO Champion Stakes winning margin

Answers
1) B 2) B 3) B 4) A 5) B 6) C 7) A 8) C 9) B 10) A

AFTER PARTY

What a day it's been and now it's time to round it off in style. Normally at this point we would all be heading to the famous glass dome for a memorable performance from an iconic artist. Whilst we can't do that this year, that doesn't stop us being able to bring the afterparty to you.

Pour our bespoke QIPCO British Champions Day cocktail or mocktail created by Ascot partners, Pernod Ricard and Fever-Tree and enjoy our Spotify playlists showcasing some of the excellent music we have seen at QIPCO British Champions Day across the years!

COCKTAIL/MOCKTAIL

Created by Pernod Ricard and Fever-Tree

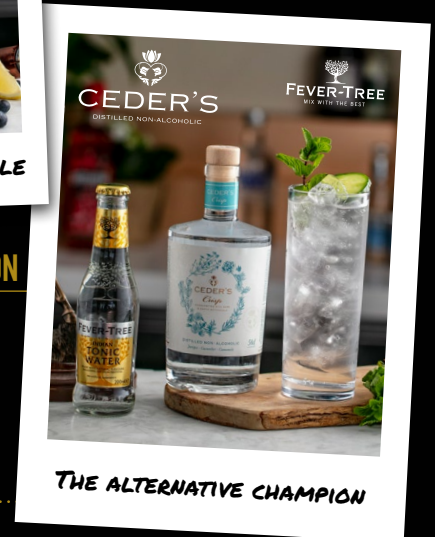


THE CHAMPION'S BRAMBLE

- 50ml Plymouth Sloe Gin
- Top with Fever-Tree Lemon Tonic Water
- Garnish with a slice of lemon

THE ALTERNATIVE CHAMPION

- 50ml Ceder's Crisp
- Top with Fever-Tree Indian Tonic Water
- Garnish with a slice of cucumber



AFTER PARTY PLAYLISTS:

Now you've got your drink of choice sorted it's time to enjoy the final part of QIPCO British Champions Day At Home. We have pulled together two playlists, one to get you warmed up and one featuring some headline hits from some of our artists from across the years.



Simply click on the playlist you want to listen to, or search QIPCO British Champions Day on Spotify and head to our playlists. Enjoy!



Warm Up Playlist



After Party Playlist

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