

## PDF Form Guide - Free from attheraces.com with

No(Dr)	Silk	Form	Horse Details	Age/Wt	Jockey/Trainer	OR
1 (11)	<b>A</b>	9-38144	RUNAIOCHT (IRE) 224 CD ch g Teofilo - Julie Girl	89-9	Charles Bishop B Forsey	57
Timefor	m says: C	&D winner.	y seams, halved cap Last of 4 in handicap (7/4) at Wolverhampton (9. he's probably worth taking on.★★★☆☆ (Forecast 8.			
2 (8)		556263	<b>ZAHIRAH</b> 8 b f Mullionmileanhour - Numanthia	49-7	David Probert J R Jenkins	55
Jockey Colours: Royal blue, dark blue epaulets and armlets Timeform says: 4/1, respectable third of 8 in handicap at Chelmsford City (7f) 8 days ago. Not taken lightly.****** (Forecast 7.00)						
3 (7)	*	566626	CALEDONIA LAIRD 14 D b g Firebreak - Granuaile O'Malley	79-7b	F Norton J Hughes	55
Jockey Colours: Yellow, royal blue star, orange sleeves and cap Timeform says: Respectable sixth of 11 in handicap at Wolverhampton (8.6f, 12/1) 14 days ago. Blinkers back on ******* (Forecast 9.00)						
4 (4)		448973	<b>GULLAND ROCK</b> 9 CD b g Exceed and Excel - Sacre Coeur	79-6b	William Cox (5) A Carson	54
Timefor	m says: C	&D winner.	eves, check cap B/1, creditable third of 11 in handicap at Wolverh make more appeal from a win point of view.			
5 (2)		399094	BREATHOFFRESHAIR 14 D b g Bated Breath - Stormy Weather	49-4t	Philip Prince (3) R C Guest	52
Jockey Colours: White, red seams, white sleeves, dark blue stars, white cap, red star Timeform says: Fourth of 12 in handicap at Newcastle (6f, 8/1) 14 days ago, running on. Has good chance on pick of form.****** (Forecast 5.00)						
6 (10)		9-4079	GOWER GOLD 160 b f Mayson - Mistressofthelake	39-3	Charlie Bennett J Gallagher	52
	Colours: W	ightly-raced	blue diabolo, white sleeves, royal blue stars, white ca maiden. Ninth of 10 in handicap at Goodwood (6 as work to do. ********** (Forecast 41.00)			
star Timefor		i uays anu na			L Morris	47
star Timefor		590005	CANADIAN ROYAL 14 b g Royal Applause - Emily Carr	4 8 - 13p	Mrs N S Evans	
star Timefor firm, 33, 7 (9) Jockey ( Timefor	(1). Off 160	590005 ange, grey sta Remains a ma	b g Royal Applause - Emily Carr	n handicap at		

Jockey Colours: Pink, grey braces and stars on cap Timeform says: 16/1, below form tenth of 16 in handicap at Brighton (7f, good) 28 days ago. Needs a couple of these to falter. \*\* (Forecast 21.00) 522436 AYE AYE SKIPPER (IRE) 45 D 88-12b Finley Marsh (3) 46 9 (1) K O Cunninghamb q Captain Marvelous - Queenfisher Brown Jockey Colours: Red, black diamond, diabolo on sleeves and diamonds on cap **Timeform says:** Sixteen runs since last win in 2017, 12/1, bit below form sixth of 11 in **SUNI DANCER** 28 590739 Poppy Bridgwater 10 78-12 46 (5)(13) b m Captain Gerrard - Sunisa À W Carroll Jockey Colours: Royal blue, yellow stars, yellow and royal blue check sleeves, royal blue cap, yellow star Timeform says: Thirteen runs since last win in 2016. Below form ninth of 16 in handicap (18/1) at Brighton (7f, good) 28 days ago. \*\*\*\*\*\* (Forecast 23.00) 983347 SIR LANCELOTT 94 D 68-12 A Mullen 46 11 (5) Adrian Nicholls b a Piccolo - Selkirk Rose Jockey Colours: Yellow, royal blue seams, royal blue sleeves, yellow stars, royal blue cap, yellow star Timeform savs: Below form seventh of 14 in handicap (17/2) at Ripon (8f. good). Off 94 days. Can give a good account without posing serious threat to principals. **BOND ANGEL** 8 Non Runner 324503 38-11 46 12 P D Evans (12)gr f Monsieur Bond - Angel Grigio Jockey Colours: Dark blue and yellow check, dark blue sleeves, yellow armlets Timeform savs: NON-RUNNER. 13 (3) 0-6480 LISNAMOYLE LADY (IRE) 15 38-Danny Brock 46 11b1t1 Martin Smith ch f Roderic O'connor - Alleghenv Dawn Jockey Colours: Red, yellow sleeves, black stars, yellow cap, black star Timeform says: Lightly-raced maiden. Last of 13 in handicap (66/1) at Nottingham (10.2f. good to soft) 15 days ago. Makes polytrack debut and blinkers/tongue strap on 1st time. Something to find on form. \*\*\*\*\*\* (Forecast 101.00) Long Handicap: Suni Dancer 8 - 11, Sir Lancelott 8 - 11, Lisnamovle Lady 8 - 10 **TIMEFORM VIEW:** Having returned to form when fourth at Newcastle 2 weeks ago. BREATHOFFRESHAIR could be the answer. He shaped as though the return to 7f would be in his favour and remains on an attractive mark. Zahirah didn't do a great deal wrong at Chelmsford recently and she needs considering, along with Aye Aye Skipper and Caledonia Laird. Timeform 1-2-3: 1: BREATHOFFRESHAIR (5) 2: ZAHIRAH (2) 3: AYE AYE SKIPPER (9) TIMEFOR DOWNLOAD THE FREE APP TODAY **AT THE RACES** App Store 002300