

List Of Cox Plate Winners

Unpacking the Cox Plate: A Deep Dive into the Winners' List

The Cox Plate. Just the name conjures images of lightning-fast horses, thunderous crowds, and a thrilling finish. For horse racing enthusiasts, understanding the history and lineage of Cox Plate winners is key to appreciating the sport's rich legacy. This comprehensive guide delves into the prestigious list of winners, exploring their stories, strategies, and the factors that led to their triumphs. *A Race of Legends* The Cox Plate, held annually at Moonee Valley Racecourse in Melbourne, Australia, is one of the most prestigious races in the Southern Hemisphere. This Group 1 weight-for-age race is renowned for its demanding 2040-meter course and the incredible talent it attracts. For a complete understanding of the sport, knowing the Cox Plate winners is crucial. Let's unravel the past winners and examine what makes these horses stand out. **A Visual Journey Through the Winners' List** Imagine a gallery filled with images of legendary horses – a tapestry woven from victories and heart-pounding finishes. This is the Cox Plate. We can't visually display every winner here, but we can highlight some iconic champions. • ****Winx (2018):** [Insert captivating image of Winx.] Winx's dominance in the Cox Plate was an era-defining performance, showcasing the exceptional talent of a truly exceptional mare. • ****Danehill Dancer (1986):** [Insert image of Danehill Dancer.] This magnificent colt cemented his place in racing history, setting a high benchmark for future generations. • ****Kingston Town (2023):** [Insert image of Kingston Town.] A more recent winner, whose triumph speaks to the ongoing thrill and excitement of the Cox Plate. This is just a glimpse! The gallery of champions stretches back decades, each horse a testament to its breed,

training, and the sheer brilliance of the athletes. **How to Delve Deeper into the Winners' List** Understanding the Cox Plate winners goes beyond just memorizing names. It's about analyzing their performances, understanding their strengths, and exploring the factors that contributed to their victories. Here's how:

1. **Historical Databases:** Access comprehensive racing databases like Racing Australia. These platforms offer detailed results, including past Cox Plate winners, their racing profiles, and more. You can trace each horse's career, understand their strengths, and analyze their performance against other top contenders.
2. *Racing News Archives:* Exploring news s and reports from the time of each race can provide valuable insights into the leading contenders, the strategies used, and the racing environment.
3. *Expert Analyses:* Racing commentators and analysts often offer post-race discussions and evaluations of the winners' performances. These analyses can provide valuable context and help you understand the broader significance of each victory.

Key Strategies and Factors Behind Success Beyond individual brilliance, several factors play a crucial role in a horse's success in the Cox Plate:

- **Stamina:** The grueling 2040-meter distance demands exceptional stamina. Horses with a proven ability to sustain their pace over such a long stretch are always strong contenders.
- **Tactical Brilliance:** The Cox Plate's unique demands mean strategic jockeying is critical. The right tactical approach often dictates the course of the race.
- **Exceptional Fitness:** Rigorous training and careful management of fitness are paramount in preparing a horse for the rigors of the race.
- **Condition:** The physical and mental condition of the horse is as critical as its talent.

Exploring Specific Winners: Let's explore a few examples. Consider the dominant performances of **Winx**, who, with her sheer power and consistency, redefined expectations in the Cox Plate. A thorough analysis of her training regime, jockey-horse chemistry, and race strategy reveals invaluable insights.

A "How-To" Guide for Analyzing Racing Results Analyzing racing results isn't just about picking winners. It's about understanding the dynamics of the sport. Consider these key metrics:

- **Winning Time:** How does the winning time compare to other years? This gives you insight into the prevailing conditions and the form of the field.

Position of Competitors: Studying the final positions of the other contenders reveals crucial information about their strengths and weaknesses. • *Jockey Performance:* Was the winning jockey particularly skillful in navigating the race? **Summary of Key Points** • The Cox Plate is a prestigious race with a rich history. • Understanding the winners' list deepens appreciation for the sport. • Detailed analysis involves accessing historical data and expert opinions. • Horse stamina, strategy, fitness, and condition are all essential factors. **5 Frequently Asked Questions**

(FAQs): 1. **Q:** *How can I find historical Cox Plate data?* **A:** Racing Australia and other reputable racing websites are excellent resources. They typically offer detailed results and statistics. 2. **Q: What are some of the most significant factors contributing to a winning performance?** **A:** Stamina, tactical brilliance, exceptional fitness, and an ideal physical and mental condition. 3. **Q: What is the significance of analyzing historical winners' strategies?** **A:** Understanding past strategies provides insight into the evolving tactics and training methodologies in the sport. 4. **Q: Is there a pattern in the types of horses that consistently win the Cox Plate?** **A:** There are characteristics, such as stamina and strength, that tend to be favored in successful Cox Plate horses, but there's not a one-size-fits-all type. 5. **Q: How can I stay up-to-date with current Cox Plate information and predictions?** **A:** Follow reputable racing news outlets, racing websites, and sports news channels for the latest updates and analyses. **Conclusion** The Cox Plate is more than just a race; it's a captivating story of athleticism, strategy, and sheer equine brilliance. By understanding the list of winners, enthusiasts can delve deeper into the heart of Australian horse racing and appreciate the enduring legacy of these remarkable athletes. Remember to always research and stay informed – the thrill of the Cox Plate awaits!

The Glorious History of Cox Plate Winners: A Journey Through Australasia's Weight-For- Age Championship

The Cox Plate. Just the name conjures images of roaring crowds, thundering hooves, and the sheer brilliance of equine athletes pushing their absolute limits. For over a century, this prestigious race, held annually at Moonee Valley Racecourse in Melbourne, has been the ultimate test of a racehorse's courage, speed, and stamina. Known affectionately as "The Race Where Legends Are Made," the Cox Plate is Australasia's premier weight-for-age race and a cornerstone of the Melbourne Spring Racing Carnival. But what makes the Cox Plate so special? It's the unique challenge of the Moonee Valley track – a tight, turning circuit that demands tactical brilliance and exceptional balance. It's the weight-for-age conditions, meaning the best horses carry more weight, leveling the playing field and ensuring only the true champions rise to the top. And, of course, it's the legendary horses who have etched their names into racing history by claiming the coveted Cox Plate trophy. If you're a racing enthusiast or simply curious about one of Australia's most iconic sporting events, then this comprehensive look at the list of Cox Plate winners is for you. We'll delve into the history, highlight some of the most memorable victories, and explore the enduring legacy of this magnificent race.

The Birth of a Legend: A Look Back at the Cox Plate's Origins

The Cox Plate was first run in 1922, a brainchild of the visionary Cox family, who owned and operated Moonee Valley Racecourse. Mr. D. Sterling Cox envisioned a race that would truly identify the best horse in the land, free from the handicapping formulas that could sometimes mask true ability. His vision was to create a weight-for-age championship that would stand the test of time. The inaugural running was won by a horse named Violon II, a French-bred stallion. It was a modest start to what would become a global racing spectacle. Over the decades, the Cox Plate's prestige grew, attracting the finest gallopers from across Australia and New Zealand, and in more recent times, even from international stables. The race quickly became a litmus test for horses aiming for greatness, and its winners are almost universally recognized as true equine champions.

The Weight-For-Age Challenge: Understanding the Cox Plate's Unique Formula

One of the key reasons for the Cox Plate's enduring appeal is its weight-for-age (WFA) conditions. This system aims to provide a fairer contest by assigning weights based on a horse's age and sex, with older, more accomplished horses carrying more weight. * **Weight-for-Age Scale:** The system ensures that a proven champion mare, for instance, will carry more weight than a younger colt. This prevents older, more experienced horses from having an unfair advantage purely due to their age. * **The True Test:** By imposing these penalties, the Cox Plate truly tests a horse's ability to overcome adversity and perform at its peak, regardless of the burden. It's a race where class, determination, and raw talent are

paramount. * **Challenging Track:** Compounding the WFA challenge is the Moonee Valley track itself. Its tight turns and short straight mean horses need exceptional balance and acceleration to navigate the course effectively, especially when carrying extra weight. This often leads to thrilling finishes and requires a different breed of champion to succeed. This unique combination of WFA and track conditions makes winning the Cox Plate an extraordinary achievement, solidifying the winner's place in racing folklore.

A Roll Call of Champions: Notable Cox Plate Winners and Their Stories

The annals of the Cox Plate are filled with incredible stories of triumph. From dominant performances to unexpected upsets, each winner adds another chapter to the race's rich history. Here, we'll highlight some of the most iconic Cox Plate winners and their remarkable achievements:

The Unbeatables: Horses Who Defined Dominance

Certain horses have transcended the sport, becoming household names due to their sheer brilliance in the Cox Plate. * **Phar Lap (1930, 1931):** Arguably Australia's most beloved racehorse, Phar Lap's two Cox Plate victories are legendary. His 1930 win was a masterclass, and his 1931 triumph came with a record weight of 9 stone 6 pounds (60kg), a testament to his incredible prowess. His story, tragically cut short, is one of national pride and racing romance. * **Kingston Town (1980, 1981, 1982):** Kingston Town achieved a remarkable three consecutive Cox Plates, a feat that remains unmatched. His powerful finishing sprints and undeniable class made him a darling of the turf. His wins cemented his status as one of Australia's all-time greats. * **Winx (2015, 2016, 2017, 2018):** The

modern-day marvel, Winx, rewrote the record books with her four consecutive Cox Plate victories. Her effortless dominance and sheer winning sequence captivated the nation, drawing massive crowds and breaking betting records. She is undoubtedly one of the greatest racemares the world has ever seen. Her story is a testament to longevity, class, and an unparalleled will to win.

From Humble Beginnings to Glorious Victories

Not all Cox Plate winners were born into greatness. Some rose through the ranks, defying expectations to claim the ultimate prize. * **Fields of Omagh (2003, 2004):** This tough gelding achieved a fantastic double, showcasing incredible heart and determination. His wins against a strong contingent of rivals proved that grit and perseverance can conquer all. * **Northerly (2001, 2002):** Another two-time winner, Northerly was known for his powerful middle-distance racing style. His back-to-back victories solidified his place among the elite Cox Plate champions.

The International Challenge: Global Champions at Moonee Valley

While primarily an Australasian contest, the Cox Plate has attracted and welcomed international talent. * **Valediction (1937):** An early international visitor who proved their mettle on Australian soil. * **Adrenaline (2004 - though controversially disqualified, the original winner was Fields of Omagh):** While some international runners have competed, the race remains largely dominated by local heroes. However, the presence of international contenders adds another layer of prestige and global recognition to the event. The lure of the Cox Plate continues to attract interest from overseas stables, showcasing its international standing.

The Moonee Valley Track: A Unique Battlefield

The distinctive characteristics of Moonee Valley Racecourse play a crucial role in shaping the narrative of the Cox Plate. It's a track that demands more than just raw speed. * **Tight Turns:** The relatively short, cambered turns require horses to have excellent balance and agility. Horses that can handle the tight corners without losing momentum have a significant advantage. * **Short Straight:** The straight at Moonee Valley is one of the shortest in Australian racing. This means that horses need to be able to sustain their run and accelerate quickly from a fair way out, often from a midfield or trailing position. * **Tactical Race:** The track often lends itself to tactical races, where jockey skill in positioning the horse and managing the tempo is paramount. A horse that gets too far back or gets trapped wide can find it very difficult to reel in the leaders. These factors mean that only the truly adaptable and talented horses can consistently perform well at Moonee Valley, making Cox Plate winners a special breed.

The Cox Plate Today: A Modern Spectacle

The Cox Plate remains one of the most anticipated races on the Australian racing calendar. It's a major event for breeders, owners, trainers, and punters alike. The race continues to attract the best middle-distance horses in the land, and the build-up is always filled with excitement and speculation. * **The Melbourne Spring Racing Carnival:** The Cox Plate is a highlight of the prestigious Melbourne Spring Racing Carnival, a period that also includes the Caulfield Cup and the Melbourne Cup. Winning any of these races is a career-defining achievement. * **Global Recognition:** The race now enjoys significant international attention, with its results closely watched by racing followers worldwide. The increasing quality of horses and

the ongoing pursuit of excellence by trainers ensure the Cox Plate's place on the global stage. **Economic Impact:** The Cox Plate, like many major racing events, has a significant economic impact on Victoria, drawing tourists and boosting the hospitality and racing industries.

Conclusion: The Enduring Allure of the Cox Plate

The list of Cox Plate winners is more than just a roster of names; it's a testament to the enduring spirit of horse racing. It's a celebration of equine athleticism, human dedication, and the thrill of competition. From the early days of Violon II to the modern-day dominance of Winx, each Cox Plate winner has left an indelible mark on the sport. The Cox Plate continues to be the ultimate test of champions, a race where legends are forged and dreams are realized. The allure of "The Race Where Legends Are Made" shows no signs of dimming, and we eagerly await the next chapter in its glorious history. Whether you're a seasoned racing aficionado or a newcomer to the sport, understanding the significance of the Cox Plate and its illustrious winners offers a profound appreciation for the beauty, drama, and sheer excellence that defines Australian horse racing. The next time you hear the thundering of hooves at Moonee Valley, remember the incredible legacy that each Cox Plate winner represents.

The Legacy of the Cox Plate: Honoring Excellence in Hurling Excellence Hurling, Ireland's revered national sport, thrives not only on passion and tradition but also on the recognition of outstanding individual performances. Among the most prestigious accolades in the game is the Cox Plate, awarded annually to the top-performing hurler across senior inter-county and club levels. This honor reflects not just skill and consistency, but a deep commitment to the sport's heritage and competitive spirit. The list of Cox Plate winners stands as a living chronicle of excellence, capturing moments when athletes elevated their game to legendary status.

Origins and Evolution of the Cox Plate

Established in the mid-20th century, the Cox Plate was introduced to celebrate the most influential player in hurling, named in honor of Captain Henry “Harry” Cox—a revered figure known for his leadership and precision on the field. Initially awarded only to senior inter-county players, the list has since expanded to include top performers from club competitions, reflecting the deepening grassroots talent across Ireland. Over the decades, the Cox Plate has evolved into a symbol of excellence, embodying the values of resilience, tactical intelligence, and sportsmanship. Each recipient’s name joins a distinguished lineage, marking years when their performance reshaped the narrative of hurling.

Key Insights from the Cox Plate Winners’ Legacy

Examining the list of Cox Plate winners reveals patterns of dominance, emergence, and transformation within the sport. Many recipients rose to prominence during intense rivalries, their victories often coinciding with pivotal moments in championship history. Their stories highlight not only technical mastery—such as flawless passing, exceptional dribbling, and strategic awareness—but also the mental fortitude required to perform under pressure. The list underscores how individual brilliance can inspire entire teams, influencing playing styles and motivating future generations. Moreover, it reflects shifts in coaching techniques, player conditioning, and tactical evolution, offering a rich historical lens into hurling’s development.

Applications and Impact Beyond the Field

The influence of Cox Plate winners extends far beyond the pitch. These athletes frequently become cultural icons, celebrated in media, commemorated in local histories, and invited to mentor young talent. Their

achievements inspire youth to pursue hurling with dedication, knowing that excellence is both recognized and rewarded. Beyond personal accolades, their success fuels community pride, strengthens regional identities, and reinforces the sport's role as a cornerstone of Irish cultural life. Clubs and counties often invest more in player development programs, knowing that nurturing future Cox Plate candidates ensures the sport's vitality and global relevance.

Benefits of Recognizing Excellence Through the Cox Plate

The formal acknowledgment of top performers brings tangible benefits to the sport ecosystem. For athletes, winning the Cox Plate enhances career prospects, attracting attention from professional networks and sponsorship opportunities. It validates years of hard work, fostering motivation and longevity in the game. For fans and communities, the award deepens emotional investment, transforming games into shared celebrations of talent. Administrators and governing bodies leverage the list to showcase the sport's depth, supporting policy decisions that promote inclusivity and development. Ultimately, the Cox Plate list serves as both a tribute and a catalyst—honoring past achievements while inspiring future excellence.

Looking Ahead: The Future of the Cox Plate Tradition

As hurling continues to grow in popularity and global reach, the Cox Plate remains a vital benchmark of quality. The list of winners is no longer confined to traditional powerhouses; emerging counties and innovative playing styles are increasingly represented, signaling a more diverse and dynamic future. Advances in sports science, data analytics, and training methodologies will further elevate performance standards, ensuring that future Cox Plate recipients push the limits of what is possible. While the

core values of skill, integrity, and passion endure, the tradition evolves—embracing new talent, new stories, and new generations who will write their own legacies on this hallowed list.

The Pantheon of Champions: A Deep Dive into the List of Cox Plate Winners

The Ladbrokes Cox Plate, often heralded as the "weight-for-age championship of Australasia," stands as the pinnacle of Australian thoroughbred racing. Held annually at Moonee Valley Racecourse on the last Saturday in October, this prestigious Group 1 race is more than just a sporting event; it's a crucible where legends are forged and dreams are realized. For over a century, the list of Cox Plate winners has chronicled an illustrious lineage of equine excellence, showcasing the speed, stamina, and sheer guts of the finest racehorses to grace the turf. This detailed analysis delves into the rich history, iconic champions, and evolving trends that define the revered Cox Plate honour roll.

Understanding the significance of the Cox Plate requires appreciating its unique standing in the racing calendar. As a weight-for-age contest, it levels the playing field, with older, more accomplished horses carrying more weight than their younger counterparts. This format rewards true champions, ensuring that only the very best can conquer the demanding 2040-meter (1.27-mile) journey around the unique Moonee Valley circuit, affectionately known as "The Valley." The intimate atmosphere of The Valley, coupled with the challenging tight turns, often creates thrilling, tactical races that captivate racing enthusiasts worldwide.

Tracing the Origins: The Inaugural Cox Plate and Early Victors

The Cox Plate was first run in 1922, inaugurated by the Moonee Valley Racing Club. The inaugural winner was Violoncello, setting a precedent for the quality of gallopers to follow. In those early years, the race quickly established itself as a coveted prize, attracting Australia's leading trainers and owners. Notable early winners include Spearfelt (1923), a horse whose racing legacy was secured with his Cox Plate triumph, and Amounis (1925, 1926), a dual winner who cemented his place in racing folklore. These early editions laid the groundwork for the race's enduring prestige, showcasing the burgeoning talent within Australian horse racing.

The Golden Era and Legendary Champions

The mid-20th century and beyond witnessed the rise of some of the most iconic Cox Plate winners, horses whose names are etched into the annals of racing history. Phar Lap, the beloved "Red Terror," though he never won the Cox Plate in his short but spectacular career, his legend loomed large over the race. However, it was **Tulloch** (1957, 1960) who truly dominated the era. A magnificent stayer, Tulloch's two victories are a testament to his incredible versatility and stamina. His battles on the racetrack are still talked about with reverence by seasoned racing aficionados.

Following in Tulloch's footsteps, **Sobie Dowie** (1963) emerged as a formidable force. The 1970s brought us the sensational **Gunsynd** (1971), a champion of the people whose gritty performances captured the nation's imagination. His win, a thrilling affair, remains a highlight for many. The 1980s were defined by the sheer brilliance of **Kingston Town** (1980, 1981, 1982), the only horse to win the Cox Plate three consecutive times. His tactical genius and unparalleled finishing speed made him a household name and a true sporting icon. Kingston Town's legacy is undeniable, and his record remains a benchmark for aspiring champions.

Modern Marvels and International Acclaim

The modern era of the Cox Plate has continued this tradition of producing extraordinary champions. The late 20th and early 21st centuries have seen horses like **Octagonal** (1995), a horse known for his incredible heart and determination, and the legendary **Northerly** (2001, 2002), a dual winner who displayed remarkable resilience and class. Northerly's victories were hard-fought and showcased his grit against top-class opposition.

More recently, the international flavour of racing has become increasingly evident. Horses from New Zealand have consistently performed well, adding to the Australasian nature of the championship. The dominance of **Winx** (2015, 2016, 2017, 2018) cannot be overstated. Her four consecutive victories are an unprecedented achievement, solidifying her status as arguably the greatest mare in Australian racing history. Winx's electrifying finishes and unwavering dominance captivated audiences, drawing record crowds and unprecedented media attention. Her impact on the sport transcended racing, making her a national treasure.

Other notable modern winners include **Makybe Diva** (2005), a mare who achieved legendary status with her Melbourne Cup triumphs and also conquered the Cox Plate, **So You Think** (2009, 2010), a powerful galloper who went on to international success, and **Romantic Moon** (2014), a filly who announced her arrival as a superstar. The consistent presence of international contenders, particularly from Europe, in recent years, such as **Addeybb** (2020), demonstrates the Cox Plate's growing global reputation.

Key Trends and Statistics from the List of Cox Plate Winners

Examining the list of Cox Plate winners reveals several compelling trends and statistics that offer insights into the race's dynamics. The dominance of

certain sire lines, the success of fillies and mares, and the impact of trainers are all areas worth exploring.

The Sire Factor: Breeding for Classic Success

Certain sires have a remarkable influence on the Cox Plate honour roll. Horses like Danehill and his progeny have consistently produced top-class performers, highlighting the importance of bloodlines in classic racing. Understanding pedigrees is crucial for both breeders and punters alike, as it often indicates a horse's potential for middle-distance success.

Fillies and Mares: Challenging the Colts and Geldings

While often facing the weight advantage of male competitors, fillies and mares have a proud history of Cox Plate success. From the early days to modern marvels like Makybe Diva and the unparalleled Winx, female horses have proven their ability to not only compete but to dominate this prestigious weight-for-age race. This underscores the exceptional talent and stamina that mares can possess.

Training Prowess: The Architects of Victory

Behind every champion is a skilled trainer. The list of winning trainers reads like a who's who of Australian racing. Gai Waterhouse, Bart Cummings, and Chris Waller (the trainer behind Winx) are just a few of the trainers who have repeatedly etched their names into Cox Plate history, showcasing their mastery of preparing horses for the ultimate challenge.

The Moonee Valley Challenge: A Unique Test

The tight turns and uphill finish of Moonee Valley provide a unique test for racehorses. Horses with exceptional balance, acceleration, and the ability to handle pressure tend to excel. This is why some horses might perform better at The Valley than at more conventional, flat tracks. The tactical nature of the race, often decided in the home straight, requires horses to be both brave and intelligent.

The Enduring Allure of the Cox Plate

The Cox Plate is more than just a race; it's a tradition, a stage for sporting greatness, and a testament to the enduring power of the thoroughbred. Each year, the anticipation builds as the best horses from Australia and beyond vie for a place on this esteemed list. The names of the Cox Plate winners are not merely a historical record; they are a collection of legends, each with their own compelling story of triumph, resilience, and sheer equine brilliance.

As the racing world looks towards each upcoming Cox Plate, the focus remains on identifying the next champion who will join this illustrious pantheon. Whether it's a front-running dynamo, a late-charging surprise, or a consistent performer, the thrill of discovering the next name to be added to the list of Cox Plate winners ensures the race's enduring appeal and its status as Australia's premier weight-for-age contest. The journey to the Cox Plate is often long and arduous, but the rewards – a place in history and the adoration of racing fans – are immeasurable.

LSI Keywords: Cox Plate history, Moonee Valley races, Group 1 races Australia, weight-for-age racing, famous racehorses, thoroughbred racing champions, Australian horse racing legends, Melbourne racing carnival, Ladbrokes Cox Plate winners, past Cox Plate winners, Cox Plate results, equine athletes, prestigious races, horse racing.

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Questions & Answers About list of cox plate winners

No	Question	Answer
1	Who holds the record for the most Cox Plate wins?	The legendary jockey Hugh Bowman holds the record for the most Cox Plate wins, having guided three champions to victory: Winx (four times), Makybe Diva, and Green Moon.
2	What is the Cox Plate's nickname and why is it so prestigious?	The Cox Plate is famously known as the 'Weight-for-Age Championship of Australasia'. Its prestige stems from being one of the oldest and most prestigious weight-for-age races in Australia, attracting the best middle-distance horses from across the globe.
3	Can you list some of the most iconic Cox Plate winners in recent history?	Recent history boasts incredible winners like Winx, who achieved an unprecedented four consecutive wins (2015-2018). Other notable champions include Makybe Diva (2005, 2006), So You Think (2009, 2010), and latterly, State of Rest (2022) and Romantic Warrior (2023).

4	What's the significance of 'weight-for-age' in the Cox Plate?	Weight-for-age means horses carry different weights based on their age and sex. Generally, older and male horses carry more weight than younger fillies and colts, aiming to create a fairer contest between horses of varying experience and ability.
5	Which trainer has had the most success in the Cox Plate?	Bart Cummings, often referred to as the 'Cups King', holds the record for the most Cox Plate training victories with seven wins. He trained legendary horses like Think Big and Saintly to victory in this coveted race.
6	What's the typical distance of the Cox Plate, and what kind of horse usually excels?	The Cox Plate is run over 2040 metres (approximately 1.27 miles). This distance favours versatile middle-distance horses with a good turn of foot and the stamina to perform at their best over this challenging trip.

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