myRacehorse

THE CRIMSON



1st ***AMERICAN EAGLE***
2YO HCP @ SANDOWN 1200M

OTHER RESULTS:

CHICAGO KING (2ND) - GOLD COAST CLASS 3
HIGH TEMPO (2ND) - SEYMOUR BM62
GLORY DAZE (6TH) - FLEMINGTON BM100

AMERICAN EAGLE WINNING AT SANDOWN
CREDIT: RACING PHOTOGRAPHY



JAMIE MOTT ON AMERICAN EAGLE
RACING PHOTOGRAPHY

THE WEEK AHEAD

In The Noms
Engine Of War 25/7 Caulfield

Upcoming Trials
Ninja 20/7
Transcend 20/7
Apocalyptic 24/7
Charming Nic 24/7
Cheeky Chic Sheikh 24/7

MRH OFFERS

2026 SPRING LAUNCH TICKETS

2026 SYDNEY SHOWCASE

SHARE COUNTDOWN

HITOTSU COLT: FINAL 40

CARAMEL* 75% EARLY BIRD SOLD

FULL SISTER TO KING KIRK: OVER 50% SOLD

CURRENT SEASON STATS

STARTS: *272*

WINS: *45*

WIN STRIKE RATE: *16.54%*

PLACINGS: *115*

PLACE STRIKE RATE: *42.28%*

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OWNER INSIGHT SERIES

WELCOME TO OUR WEEKLY OWNER INSIGHT SERIES WHERE WE TAKE YOU BEHIND THE SCENES OF THE RACING WORLD

Racehorse training is becoming increasingly data driven, which gives trainers a clearer understanding of how each horse is performing, recovering and adapting to its workload. Technology now provides valuable insights that help trainers make more informed decisions.

One of the leading systems used by elite racing stables is Equimetre, which is developed by Arioneo. The connected sensor collects more than 100 performance and physiological measurements during every training session, including speed, distance, heart rate, stride length, stride frequency, rhythm and track conditions.
All of this information is brought together on the Equimetre platform, which allows trainers to review multiple aspects of a horse's preparation. They can track progress over time, compare different training sessions and compare horses within the stable. This helps identify whether a horse is improving, recovering correctly and ready to perform at its best.

After each workout, it provides an overview of performance data, including maximum speed, sectional times, stride efficiency and heart rate responses. Recovery is one of the most important indicators, as it shows how well a horse has handled their work and how quickly it returns to a normal state.

The platform also breaks down each training session by gait, showing the time spent walking, trotting and cantering, along with heart rate zones that show the cardiovascular effort. It will also allow trainers to replay the workout, review specific sections of the track and analyse changes in speed, heart rate and movement throughout the session.

APOCALYPTIC & TOMMY BERRY

Another important measure of athletic ability is VO_2 max, which is the maximum amount of oxygen a horse can take in and use during intense exercise. A horse with a strong aerobic capacity can produce energy more efficiently, maintain speed for longer and recover faster after exertion.

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Direct VO_2 max testing requires specialised equipment, where a horse wears a facemask during controlled exercise while oxygen use, carbon dioxide production, heart rate and recovery are measured. Because of the expertise and facilities required, this type of testing is mainly used by elite training operations and research centres.

Most trainers instead rely on practical performance indicators such as heart rate monitoring, recovery rates, blood lactate testing, track observations and advanced systems like Equimetre. These tools provide valuable day to day information about a horse's fitness and response to training.

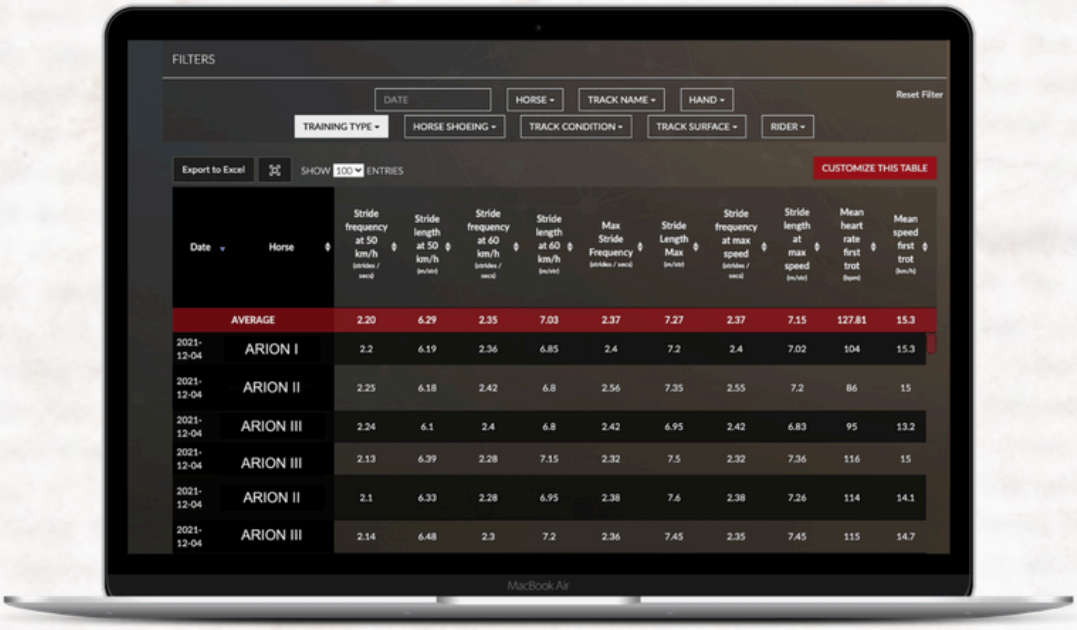
Like any elite athlete, a racehorse's fitness can improve with the right program. Structured training strengthens the heart and lungs, improves the muscles' ability to use oxygen and helps horses perform more efficiently. Targeted conditioning can improve aerobic capacity and help horses recover more quickly after exercise. Technology such as Equimetre and VO_2 max testing is helping trainers understand their horses. By combining data with experience, racing professionals can create more personalised training programs, optimise performance and support the long term health and wellbeing of their equine athletes.

APOCALYPTIC & TOMMY BERRY
CREDIT: BRADLEY PHOTOS

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MRH WEEKEND REVIEW

CHICAGO KING - 2ND - GOLD COAST CLASS 3 1400M

Chicago King put in his usual honest performance at Gold Coast on Saturday. It was a great ride from Boris Thornton, who navigated a wide-ish gate to settle in a perfect position. Unfortunately, the winner was just too strong late, but Chicago King certainly lost no admirers from the outing.

GLORY DAZE - 6TH - FLEMINGTON BM100 2000M

Glory Daze was brave in defeat at Flemington on Saturday. Thomas Stockdale put him in a position to win the race, but lugging the 59kgs probably just found him out late. Should he get conditions to suit in a similar race next start, he should be ultra competitive again.

HIGH TEMPO - 2ND - SEYMOUR BM62 2040M

High Tempo put in her usual tough performance at Seymour on Sunday. She has raced consistently this preparation, but pulled up a bit sore from the run. After a lengthy racing prep, the Lindsay Park team have decided to give her a spell, with the intention of returning to the races sometime near Christmas.

APOCALYPTIC & TOMMY BERRY
CREDIT: BRADLEY PHOTOS