

Lake Forest sets up double bid with HKJC World Pool Lennox Stakes win

3.00pm HKJC World Pool Lennox Stakes (Group 2)

Lake Forest (10/11F) overcame a steady early gallop and passed most of the field to land the G2 HKJC World Pool Lennox Stakes, setting up a potential tilt at tomorrow's G1 Visit Qatar Sussex Stakes.

Having settled well in rear of the eight runners under Cieren Fallon, Lake Forest had plenty of ground to make up on last year's winner Witness Stand entering the final two furlongs, but the five-year-old showed his class to pick up the leader and win comfortably by a neck.

Royal Hunt Cup winner Rogue Diplomat (16/1) also finished strongly from the rear to take second, with Witness Stand (17/2) three-quarters of a length further back in third.

Maureen Haggas, assistant to her husband William, said: "We thought there would be lots of pace and there was not, so I thought Lake Forest ran really well. He is a totally different horse since being gelded. It is extraordinary what difference that can make.

"He has always been a talented horse, but you could never have called him consistent because he was absolutely brilliant one day, whereas the next day he just could not be bothered. It seems to have made him more consistent – and that is great."

On running tomorrow, she added: "The owners are up for it, and we have plenty of time to decide. He has got nothing until York and does not have to do any travelling. He is pretty laid back, so unless something happens overnight, I would imagine that is the plan. If he is okay, why not?"

"We have done it once or twice a year. We did it with a filly the other night. She was second on both runs but definitely ran better the second night. Martin Pipe always said if you run them on consecutive days, they always run better the second time. If you have a day in between, not so much."

Fallon said: "The expected pace did not happen, so it was Plan B. It is not ideal, but when you are riding a horse of this calibre, you can change your tactics just like that. They did not go much of a gallop, and he was in a position where I had to commit a long way out, which was not ideal.

"He is a horse that likes to be covered up and get there as late as possible, but in a race of this stature, with it being so tricky, I could not sit there and wait for a gap because it can just close like that.

"I had to peel him out down the middle of the track and, as you can see, he does not really do a stroke, which I suppose is not a bad thing with tomorrow in mind. Things did not go according to plan, but he got the job done, which is pleasing."

James Owen said of Rogue Diplomat: "He is a lovely horse, our first Royal Ascot winner. It was punchy coming here, but he had been working well. I would have loved the ground to have been a little easier because it would have really played to his strengths, as he is the sort of seven-furlong-to-mile horse who comes home strong. He gets on exceptionally well with Harry [Davies], who gave him a great ride.

"I think we will give him a little break now, then head for the Foret and probably on to Champions Day for the mile. He has been busy – he ran in the Lincoln – and I am keen to let him develop. He is a lovely

horse for next season as well. It is great for a syndicate to have a horse like this. I think he is a proper Group One horse in time, when he gets there.”

Co-trainer Jamie Insole said of Witness Stand: “I am delighted – he loves the track. I thought he had nicked it. The ground was maybe a bit quicker today than last year, and perhaps that found him out a little, helping the closers, but he has run a brilliant race. Lake Forest is a seriously good horse, so I think the form is there for everyone to see.”

Kieran Shoemark added: “I am really happy with Witness Stand. We got our own way on the front end and was able to kick when I wanted to. Credit to the horse, he ran a huge race and there are no excuses.”

1 Lake Forest (Tony Bloom & Ian McAleavy) William Haggas 5-9-06 Cieren Fallon 10/11F

2 Rogue Diplomat (The Rogues Gallery) James Owen 4-9-06 Harry Davies 16/1

3 Witness Stand (Scott Turner & Partner) Dr Richard Newland & Jamie Insole 17/2

8 ran

William Haggas – 31st Qatar Goodwood Festival winner

Cieren Fallon – 3rd Qatar Goodwood Festival winner

-ENDS-

Contact

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Introduced to the Goodwood Estate in 1802 by the 3rd Duke of Richmond, Goodwood Racecourse has a long and distinguished horseracing heritage. Set on the South Downs, Goodwood Racecourse is regarded as one of the world’s most beautiful racecourses and has been home to significant moments in horseracing history.

Hosting 19 race days from May through October, thousands of racegoers flock to Goodwood each year to enjoy a season of top-class horseracing and entertainment. With a varied calendar of fixtures, race day

highlights include the May Festival, Three Friday Nights, Qatar Goodwood Festival presented by Visit Qatar—more affectionately known as Glorious Goodwood—and Season Finale to name a few.

About Qatar Goodwood Festival presented by Visit Qatar

Qatar Goodwood Festival presented by Visit Qatar is one of the undisputed highlights of the British flat racing season. The world-famous five-day festival is a sporting and social occasion like no other, unrivalled style, superb racing, and hospitality experiences to savour mean it's not to be missed. The 2026 Qatar Goodwood Festival takes place from Tuesday 28 July to Saturday 1 August. The week is headed by three Group 1 races, including the Al Shaqab Goodwood Cup (2m), the Visit Qatar Sussex Stakes (1m), and the Qatar Nassau Stakes (1m2f).