

# RACING POST

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## 30 UNDER 30

A week-long series kicks off pinpointing rising stars of the sport Pages 12-13



## NOEL FEHILY JOINS THE JURY

Tackling the big questions after an informative weekend, page 4



JOHN GROSSICK (RACINGPOST.COM/PHOTOS)

## Scourge that can only lead to misery



**Lee Mottershead** on the growing concerns for jockeys risking health to keep their weight down

SOME call it bulimia. Others believe it is not. There is, however, widespread agreement from those in the know that 'flipping', the weight-control method of self-induced vomiting by jockeys, remains not only common but has also been adopted to a worrying extent by young Flat riders.

In last week's Racing Post, jockey Mark Enright spoke frankly of his depression, smashing through the taboo that still prevents people opening up about mental health issues. Those jockeys who purge their bodies of food have been similarly reluctant to admit publicly to a practice that has been labelled by some as a form of mental illness. Now, however, a jockey who flips is prepared to speak.

"I've spoken to doctors and nutritionists and am certain in my own mind it isn't healthy," says the well-known rider, who wishes to remain nameless.

"It can't be healthy," he adds. "Personally, though, I don't think it's a major health risk to me. I'm not worried. I've seen different levels of

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**SING WHEN YOU'RE WINNING** Rider Ryan Winks is joined by commentator Derek Thompson for a rendition of *We Are The Champions* after landing yesterday's Scottish Champion Chase. Musselburgh's big day, pages 6-7

## Key talks in bid for ABP breakthrough

By Mark Storey

CRUCIAL talks are due to be staged tomorrow in a bid to find a breakthrough to the three-month stand-off over how much bookmakers should be paying into racing.

Top representatives from the biggest bookmaking firms will

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**TODAY'S CARDS** ▶▶ **Wolverhampton** 2.10 **34** ▶▶ **Musselburgh** 1.00 **26** ▶▶ **Fakenham** 1.45 **44**



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