



RACING STYLE

for her.

Horses and jockeys aren't the only ones to enjoy a bit of decoration at a race meeting; quite often the ladies' style stakes are just as high.

The first rule is to dress for daytime and don't show too much flesh. The best way to go when choosing a dress is with a style that suits your shape rather than something trendy, as nothing says fashion victim quite like a lady wearing something trendy that isn't right for her figure. Flirty dresses are best kept for warmer weather while wool can be more practical in cooler months. And as for shoes, heels are almost *de rigueur* at the races, but the long days can mean they're not practical so it pays to be sensible about your shoe selection. Select a pair that you have already broken in, or go for a slightly thicker heel, as sinking into the grass in your stilettos is not a glamorous way to spend the day. Those in the know often take a pair of flats with them and change halfway through the day to save on their feet.

A hat or head piece of some kind is a must for the races, no-one ever wins best dressed without one. If you are not keen on wearing a hat, a simple fascinator with feathers can look amazing with the right outfit.

And, as old fashioned as it sounds, one of the most effective ways to look really well turned out at the races is to match your head piece with your bag and shoes. If you don't want to look too 'match-y match-y' then go for contrasts of a colour.

It is also vital to plan ahead and dress with the weather in mind. Take a jacket, a pashmina or at the very least a brolly because chances are you'll be outside for most of the day and you don't want to be caught shivering in your dress if the wind picks up or it rains.