# Mike Tindall shares his 'liver management' hack at Cheltenham Festival



Mike Tindall, a former professional rugby player, shared his humorous approach to managing alcohol consumption during the four-day Cheltenham Festival, revealing his 'liver management' hack while attending day three of the esteemed racing event. Speaking to Raceday.rtv, Tindall, 46, discussed the challenges of enjoying the festivities while maintaining a sensible drinking pace. "It's not easy," he said. "All it takes is bumping into an old friend to push you over the limits. But with like, Guinness - you get a little Zero and no one knows! A little Guinness Zero in the middle when no one knows. It goes a long way."

Guinness Zero serves as a non-alcoholic alternative to the original stout, which maintains the same distinctive taste and appearance without the alcohol content. Tindall, dressed dapperly in a tailored brown tweed suit, referred to the Cheltenham Festival as "amazing," highlighting the uplifting atmosphere of the event and the collective enjoyment of attendees.

Zara Tindall, Mike’s wife and the daughter of Princess Anne, joined him at Cheltenham, participating in the celebrations alongside her mother and Princess Anne herself. The royal trio braved the chill of the Cotswolds dressed in winter attire, ready to enjoy the day, which coincided with St Patrick's Thursday. Zara, 42, opted for a stylish moss green jacket, paired with a navy paisley shirt and various black accessories, including leather gloves and a fedora, showcasing her fashionable flair.

Princess Anne, 74, made her first appearance at the annual festival, wearing a striking double-breasted coat and wrapping herself in a pink paisley scarf to keep warm. Notably, the racecourse had recently renamed the National Hunt Chase to The Princess Royal National Hunt Chase, commemorating Anne’s significant contributions to equestrian sports, including her participation in the Olympics and her gold medal achievement in 1971.

Despite the unpredictable weather, the Tindalls were seen smiling and engaging with other attendees, including Princess Anne, who appeared animated and in good spirits while socialising. Photos captured the royal family's camaraderie, with Zara and Mike sharing affectionate moments, and showcasing a sense of style among various royal attendees, including Princess Eugenie, dressed appropriately to match Zara.

As the Cheltenham Festival continues, the spirit of the event remains high, with both fashion and festivities taking centre stage. The royals' presence adds to the high society atmosphere the event cultivates, ensuring that the occasion is both a display of equestrian excellence and a significant social gathering.

Source: [Noah Wire Services](https://www.noahwire.com)

## References

* [https://www.tiktok.com/@raceday.rtv/video/7481318101326286102](https://www.tiktok.com/%40raceday.rtv/video/7481318101326286102) - This TikTok video features Mike Tindall discussing his approach to managing alcohol consumption during the Cheltenham Festival, corroborating his humorous strategy involving Guinness Zero.
* <https://www.standard.co.uk/hp/front/england-star-mike-tindall-banned-from-driving-for-three-years-6907830.html> - Although not directly related to the Cheltenham Festival, this article provides background information on Mike Tindall, highlighting his past experiences with alcohol consumption.
* <https://www.cheltenhamfestival.com/> - This is the official website of the Cheltenham Festival, which provides information about the event, its atmosphere, and the festivities that Mike Tindall and the royal family attended.
* <https://www.guinness.com/en/ie/guinness-zero> - This URL explains the features of Guinness Zero, a non-alcoholic version of Guinness, which Mike Tindall mentioned as part of his 'liver management' strategy.
* <https://www.britishhorseracing.com/press_releases/princess-royal-national-hunt-chase/> - This link provides details about the Princess Royal National Hunt Chase, renamed in honor of Princess Anne's contributions to equestrian sports, which was mentioned in the context of the Cheltenham Festival.