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I almost stumbled across this method a few years back but it has since made up a large percentage of my overall profits since.

It is simple, almost too simple and the rules have to be strictly adhered too but played correctly it will soon become one of your favourite techniques.

What you are looking for is a five to eight runner race, which can be a handicap or a non handicap, where the favourite can be backed at 9/4 or bigger.

This means either 9/4 or better with your bookmaker, at early Best Prices Guaranteed or on Betfair at 3.25 or bigger.

You may not be able to know this beforehand, although the betting forecast in your newspaper will be a good guide to this.

To be most accurate, it is best to wait until close to the race so that you can get the 'live' prices but if this is not possible then you can still bet on this race.

You can place your bets early on the betting exchanges or in some races with a bookmaker if you prefer but I would advise you to wait as close to the start of the race as possible because to get this system spot on you really need to know who the first three in the betting are and that the favourite or joint favourites are priced at 9/4 or bigger.

When you have a race where you can back the favourite at 9/4 (3.25) or bigger, your staking is as follows:

Stake 2 points to win on the favourite.

Stake 2 points to win on the second favourite. (Can be any price)

Stake 2 points to win on the third favourite. (Can also be any price)

It is OK for the race to have joint or co favourites as long as you can definitely find three horses clear at the head of the market and the shortest price overall is 9/4 (3.25).

As long as your first horse is 9/4 (3.25) and one of these three wins, which they will do at least 75% of the time, then you make yourself a profit.

In many cases the second or third favourite will win at around 5/1 or 6/1 and this is where your profits will increase rapidly, especially if you can find two or three winning races in a row.

If the favourite wins at the minimum price of 9/4 then you will win 4.5 points on this horse and lose 4 points on the other two, making a profit of half a point.

If you are betting on Betfair and get a minimum of 3.25, this will still pay 3.14 after paying 5% commission, so you will still make a small profit after deducting the two other losing bets.

Just checking yesterday's racing results (at the time of writing), there were three races that would have qualified for this method, having between 5 and 8 runners where the favourite was at a minimum starting price of 9/4.

Race 1 - 8 runners, favourites S.P 11/4, second favourite WON 3/1

Race 2 - 8 runners, joint favourites S.P 11/4, joint favourite WON 11/4

Race 3 - 8 runners, favourites S.P 4/1, joint second favourite WON 9/2

Just on these three bets there was a solid 4.25 points profit on the day

Stake a percentage of your bank on each bet and increase this stake as your bank grows. For example if you have £200 to start with, stake 3% on your first race which is £6. Divide this by the three bets and you have a £2 stake on each horse.

You will have a few runs where you either lose or just win small amounts but this method has always progressed in a positive direction and I have seen winning bets on the third favourite up to 8/1.

Bending the rules for more bets.

If you want to you can bet in races where the favourite is less than 9/4 and then ignore the favourite and back the second, third and fourth favourite.

Here you will probably have more losers as the shorter favourites will win more often but the winners when the third or fourth favourites come in should be consistently bigger.

This is just an idea if you want to have more bets however there will be plenty of opportunities using the proper rules.

You may be surprised how many races of between 5 and 8 runners do have a decent priced favourite that fits this system and not just at 9/4 but 5/2, 11/4, 3/1 and even bigger.

Thanks and good luck.

