

Welcome to the Course!

Lesson 1 and Free System 1

Please keep an open mind on all that I have to say over the coming weeks - unless you are already making huge profits every week - and even then it never hurts to get some good, sound advice.

Even those who do make money from horse racing sometimes need to refresh their minds and go back to the basics, it's something I do myself from time to time and it does help to concentrate the mind again on the job in hand.

The job of winning and making money!

If you are new to the game I suggest that you just watch what is going on for a week or two without placing any money at this stage, if you are a seasoned punter then I want to ask you a few questions about you and your betting.

Your Monthly Betting Review

When you set off on the road to making profits, there is one thing that you simply must do and that is, keep a record of all your betting activity.

If you do not do this I can almost guarantee that you WILL lose as successful betting demands a disciplined approach.

In fact you could be given the best betting system ever created but if you have no discipline then you will still fail to make a profit.

So I want you to get yourself a lined notebook and make columns for Date, Race Time and Course, Distance, Horse, Bet Type i.e Single, Double, Accumulator, Race Type i.e Flat Handicap, Maiden, Handicap Chase etc., Race Class, Forecast Price, Price Taken, Result, Profit And Loss, Cumulative Profit And Loss.

You may also want to add any jockey claims, number of runners or the going but you must write down the main conditions of the race so that you can easily go back over your betting and review your bets.

If you are able to you may want to keep this record in a database on your computer or excel sheet where you can then sort a lot of the information, making it easier to see how you do in certain races.

If nothing else, actually seeing on a day to day and week to week basis how much money you are winning or losing will allow you to continue as you are or make you stop and think about your approach.

I am guessing that most people will be shocked at the actual amount of money they are just throwing away, so it really is important to keep this record of your bets and profits or loss.

Then, every month or two you can look over your betting record and see if there are any patterns that stand out.

Maybe you seem to do really well in small field Non Handicaps but when it comes to Handicaps, especially those over a mile and a half on the flat you really do stink!

You can now start to either stop or limit your bets in these types of races, or go back and see where you are going wrong and ultimately save yourself money on these bets that you could or should perhaps stop placing.

I got this idea from reading a book by Alan Potts who was a professional gambler a number of years ago and if it is good enough for someone who made the equivalent of over £40,000 a year in today's money, then it is certainly something I am going to take on board.

There, I have already save you money and we are only on lesson 1!

Seriously though, this is number one for me when it comes to betting and something you must get set up right away.

I know you will be glad that you did a few months from now.

Free System 1.

Rules:

Handicap races only both flat and jumps.

Races with between 8 and 12 runners only.

Go to the free Racing Post website; <https://beta.racingpost.com/>

Open a qualifying race and mark down the five horses with the highest rating in the RPR column.

Then mark down the horses that are the first 5 in the betting forecast shown below the race card. (Currently free to view after 9am). This could mean more than 5 if there are horses on the same price.

Concentrate now on just those that have been marked twice.

From these note the three that ran the most recently. The number of days since the horse ran is shown by the small number below the horse name.

If none of these three ran 21 days ago or less, ignore the race.

From those that did, take the horse with the worst finishing position last time out starting at 6th, then 5th, then 4th, then 3rd, then 2nd. Ignore horses that came first last time out.

This horse must be backed each way.

Very simple and very effective.