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Today we have a system that aims for a £10 profit betting on one race per day.

You will need to pick the race beforehand, going by your newspaper betting forecast, with the Racing Post recommended. You can bet on Handicaps and Non Handicaps alike. From the Racing Post or newspaper of your choice, mark down all races with between 6 and 12 runners, where the favourite is 3/1 or bigger.

For all qualifying races, divide the forecast odds of the favourite by the number of runners and take the race with the biggest resulting number.

For example, a six runner race with the favourite forecast at 3/1 will give you 0.5, A twelve runner race with a 5/1 favourite will give you 0.4. If these were the only two races then your race of the day would be the 6 runner race.

This may be the first race of the day, it may be the last, there may not even be a qualifier, just do not deviate from these rules.

As close before the off as you can, place a £2.50 bet on the 1st, 2nd, 3rd and 4th favourites in the race. This is for a £10 stake. If you want to bet more, just divide the amount by 4 and place these amounts on each of the four horses.

Staking

The aim is to win 1 point or in this case £10 a day. Any aim not won together with lost stakes are carried forward and added to the next day's objective. To calculate the size of stake at any stage, divide the aim by 4 and place the resulting amount equally to win on each of the four selected runners.

If any selection wins at 7/1 or greater, you will successfully net or exceed the target, allowing operations to start again the next day, with the aim of winning 1 point (£10).

Below is an example 7 days betting using £10 stakes.

RACE	RESULT	AIM	STAKE PER BET	TOTAL STAKED	RETURN	PROFIT/LOSS	OVERALL
1	Lost	10.00	2.50	10.00	-	-10.00	-10.00
2	Won 2/1	30.00	7.50	30.00	22.50	-7.50	-17.50
3	Won 4/1	47.50	11.80	47.50	59.00	+11.80	-5.70
4	Won 9/2	45.70	11.40	45.60	62.70	+17.10	+11.40
5	Won 6/4	38.60	9.60	38.40	24.00	+14.40	-3.00
6	Won 8/1	63.00	15.70	62.80	141.30	+78.50	+75.50
7	Won 13/2	10.00	2.50	10.00	18.75	+8.70	+94.20

Note: You may want to ignore any qualifying race where the favourite actually starts at less than 3/1 despite what the forecast price was in the paper, or races where you cannot get 4.0 or bigger on the exchanges at the off. If you do and there is another qualifying race later in the day, then you can use this race instead, otherwise just wait for the next day.

If you are betting early or the evening before you can make sure you can get 3/1 guaranteed odds on the favourite.

If you get a bet on 300 days of the year this will amount to a tidy £3,000 profit using £10 stakes.

Thanks and good luck.

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