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This system looks at the forecast price of the first three in the market and picks the two best races of the day to bet in 4 doubles.

You can use any newspaper betting forecast but I would always recommend the Racing Post which is free for all races after 9am or available the evening before if you are a member of the Racing Post club.

Here are the rules:

1. Note all NON handicap races, any number of runners.
2. Races must have a clear first, second and third favourite, no joints.
3. Note the price of the first and second favourites.
4. Only use races where the favourite is Evens or bigger
5. Only use races where the second favourite is no more than 2 points bigger than the favourite.

So if the favourite is 2/1, then the second favourite must be no bigger than 4/1.

If the favourite is 6/4 (1.5) and the second favourite is 5/2 (2.5), this is okay as the difference is only one.

6. From the races you now have, note the difference in price between the second and third favourite. Here you are looking for a big difference between the two.
7. Take the two races with the biggest difference between the second and third favourite forecast price.
8. You now have 2 races and you take the first and second forecast favourites from each and bet them in 4 doubles at whatever price they start at or take an early price.

Race 1 - Horse A and Horse B

Race 2 - Horse C and Horse D

4 Doubles as follows

Horse A with Horse C

Horse A with Horse D

Horse B with Horse C

Horse B with Horse D

Thanks and good luck.

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