

A Punters Guide To Making A Profit Following Horses

Following horses is a proven method shrewd backers have engaged in for many years. Famous punters such as Dave Nevinson (author of No Easy Money) and Mark “Crouch” Winstanley” (Racing Post) are both successful punters that follow horses.

To demonstrate the point that profits can be made taking this approach I created a short list of 15 horses for [Betting School](#) in early November 2010. Based on their profiles I anticipated the horses below would run well during the 2010/11 [National Hunt season](#). Some had already shown what they are capable of last season and offered slightly less value; whilst others had bags of potential because they were less exposed and likely to go off at better value odds.

As a rule of thumb I suggested following each horse for a minimum of three runs. And advised Betfair users to consider each horse's running style briefly, making notes of any that were likely to trade lower in running than before the off; employing a simple back to lay strategy asking for 40 to 50% lower odds in-play on the lay bet.

The odds generally drop on a least 50% of the horses in most races; identifying which ones is obviously a little tricky, but if any of the selections on your list display consistent front running characteristics in their form profile, then you should be able to buy some risk free bets at value odds.

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Following the above horses using £10 single stakes achieved the following P&L to date.

Losing bets -£120

Winning bets +£156.19

Total profit = £36.19

Three horses placed @odds of ...

2.20, 2.30 & 1.36

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When considering your betting options give serious thought to the trainers and horses you decide to put your money on. Look for horses that have proven to be consistent; these will usually be better class animals. It would be pointless following low class unpredictable animals, simply because they don't win often enough to make realistic profits from.

This approach is pretty selective and most bets will be found on a Saturday or when there are festivals or big race meetings, and therefore should be added to a portfolio of [proven systems](#)

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Another resource you can use to find horse to follow is the Racingpost.com Seasonal Statistics feature. This is a list of Jumps horses indexed in order of RPR (Racing Post Ratings) with the highest rated at the top of page one and so on. The index table also clearly shows which horses have been proven profitable to follow.

Seasonal Statistics

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Passato (GER)

6-y-o (05Mar04 b g)
 Lando (GER) (14.9f) — Passata (FR) (Polar Falcon (USA) (8.5f))
 Trainer Miss J S Davis
 Owner P Ponting
 Breeder Gestut Hof Ittlingen



RACE RECORD PEDIGREE MY NOTES STORIES

Jumps placings 4707604/12142238P59-11117

Flat placings 231458/**797080**/

RACE TYPE	STARTS	WINS	2NDS	3RDS	WINNINGS	EARNINGS	BEST TS	BEST RPR	OR†
Lifetime Flat Turf	8	1	1	1	£1,723	£10,102	25	70	49
Lifetime All Weather	4	0	0	0	£0	£0	42	60	49
Lifetime Hurdle	11	1	2	0	£2,277	£4,530	87	114	128
Lifetime Chase	12	5	1	1	£51,518	£57,724	117	141	139
Lifetime All	35	7	4	2	£55,518	£72,356	—	—	—

FORM WINS MY RATINGS STATISTICS **ENTRIES** RELATIVES SALES QUOTES

DATE	RACE CONDITIONS	WGT	RACE OUTCOME	JOCKEY	OR	TS	RPR
16Oct10	Chl 21Gd C2HcCh 31K	11-4	7/17 28L, Edgbriar[15/2J]10-13t	A P McCoy	142	*	*
21Aug10	Nab 22GS C1HcChL 22K	11-3	1/16 ½L, Classic Swain 14/1 11-6t	Tom O'Brien	133	*	*
11Jul10	Str 18GF C2HcCh 9K	10-12	1/9 6L, Mibleu[7/4F]10-5t	A P McCoy	124	*	*
29May10	Str 18Gd C3HcCh 9K	10-7	1/9 17L, Mister Benedictine[5/1]10-11t	Robert Thornton	113	*	*
04May10	Exe 18GF C4HcCh 3K	11-5	1/7 2¾L, Bushwacker[3/1F]10-10t	Robert Thornton	103	*	*
07Feb10	Fon 19Sft C4HcCh 4K	10-10	9/16 28L, Oenologue[33/1]11-1t	Danny Burton	106	*	*
17Dec09	Lud 20Sft C3NvHcCh 9K	10-9	5/7 27L, The Snail[16/1]10-11t	Danny Burton	110	*	*
28Nov09	Nby 23GS C3NvHcCh	10-10	PU/14 Hey Big Spender[20/1]11-12t	Seamus Durack	114	*	*

You can read more FREE tips and [Racingpost tutorials here](#)

Useful Resources to manage your lists

It's all well and good creating a list of horses to follow, but you still need a way of effectively managing that list, and more importantly making sure you don't miss out when horses on your list are due to run. The following resources can help you do this.

Horseracebase.com

This unique and innovative horse racing database has many great features, but for the purpose of this guide we'll focus on how to use the simple, but deadly effective feature they provide for following Horses.

The My Horses/My Races features allows members to [save horses to a personal database](#) and receive notification through the site whenever they are due to run in the UK or Ireland. There are quite a variety of reasons why you may decide to begin monitoring a particular horse. It could be you have watched its last run and feel it is likely to improve, perhaps you have read positive comments attributed to the horses trainer or maybe its just simply because you like following the horse in all its races.

Saving Horses/Races and Limits

When you have successfully accessed the horse/race individual form record in the top right hand corner you will see a selection of options. One of these is 'Notify Me', which is the option to save and follow - you have the option to add a text comment, this can be particularly useful if you have several saved horses or races at a time. We place no restrictions on the number of horses/races you can save as realistically it is unlikely you would want to save a huge number - the more you save, the longer it will take for the tool to load.

Managing My Horses/Races

Here you can view all the vital information on your collection of saved horses/races. Data includes.

- **Monitored Number Confirmation** - The number of horses/races you are monitoring.
- **Horses Running Today** - A list of all your horses/races and the races they are entered in today.
- **Horse/Race Name** - Saved Number and confirmation of the saved criteria
- **Manage Option** - A MANAGE button, which if clicked lets you amend the saved record.
- **Date Saved** - The date you initially saved the record
- **Runs Since Date Saved** - Brief details of all runs after the date you saved.

The screenshot below is taken from my own Horseracingbase.com account, and shows you some of the horses I'm following during the 2010/11 National Hunt season. When any horse on my list is due to run I receive an automatic email from HRB the evening before the races notifying me. This is very useful and ensures I don't miss out on backing winners.

Quick Search Horse Stallion Jockey Trainer

Quick Pick Tools

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My Horses

[Help Section](#)

Monitored Horses You are monitoring 42 horse(s)		Running Today No Horses Running Today	
<p>(1) Aachen <input type="button" value="Manage"/></p> <p>My Comment - good cl2 win and place horse hurdler Date Saved - 2011-01-24 No Runs after date saved</p>	<p>(2) Arvika Ligeonniere (FR) <input type="button" value="Manage"/></p> <p>My Comment - Irish jumps racing horse Date Saved - 2010-11-18 No Runs after date saved</p>	<p>(3) Ballabriggs (IRE) <input type="button" value="Manage"/></p> <p>My Comment - No description attached Date Saved - 2010-11-19 Runs After Saved Date- 08.1.11 Wincanton 1st 100/30</p>	
<p>(4) Big Bucks (FR) <input type="button" value="Manage"/></p> <p>My Comment - Mega consistent horse tons of wins National hunt Date Saved - 2011-01-24 No Runs after date saved</p>	<p>(5) Big Zeb (IRE) <input type="button" value="Manage"/></p> <p>My Comment - Irish jumps racing horse Date Saved - 2010-11-18 Runs After Saved Date- 29.12.10 Leopardstown 1st Evens</p>	<p>(6) Binocular <input type="button" value="Manage"/></p> <p>My Comment - No description attached Date Saved - 2010-11-19 No Runs after date saved</p>	
<p>(7) Binocular (FR) <input type="button" value="Manage"/></p> <p>My Comment - superb hurdler n henderson lots of wins Date Saved - 2011-01-24 No Runs after date saved</p>	<p>(8) Breedsbreeze (IRE) <input type="button" value="Manage"/></p> <p>My Comment - let me know when this runs Date Saved - 2010-11-18 Runs After Saved Date- 15.12.10 Newbury 2nd 11/2 22.1.11 Ascot 3rd 3/1</p>	<p>(9) Captain Chris (IRE) <input type="button" value="Manage"/></p> <p>My Comment - No description attached Date Saved - 2010-11-18 Runs After Saved Date- 29.12.10 Newbury 2nd 13/8</p>	
<p>(10) Celestial Halo (IRE) <input type="button" value="Manage"/></p> <p>My Comment - form looks a little declining now best placed Date Saved - 2011-01-24 No Runs after date saved</p>	<p>(11) Cue Card <input type="button" value="Manage"/></p> <p>My Comment - No description attached Date Saved - 2010-11-19 Runs After Saved Date-</p>	<p>(12) Edge of Town (IRE) <input type="button" value="Manage"/></p> <p>My Comment - No description attached Date Saved - 2010-11-18 No Runs after date saved</p>	

FREE resources

Sportinglife “Nag Me”

1. Visit Sporting Life.com. On the left hand side navigation bar click on the 4th tab down “Racing” Look down that navigation menu and locate “Nag Me”

The screenshot shows the Sporting Life website interface. At the top, there is a blue header with the 'sportinglife.com' logo and a search bar. Below the header is a red navigation bar with links for 'Bet Now', 'Meetings', 'Cheltenham', and 'BC Specials'. A date and time display shows '01/11/10 14:43 GMT'. On the left side, there is a 'Sports Menu' dropdown menu with various options. The 'Racing' option is highlighted in red, and the 'Nag Me' link is highlighted with a red box. The main content area is titled 'RACING NEWS' and features a 'RACING LIVE!' section with two photos of jockeys and several news articles. A 'SKY BET' banner is also visible.

sportinglife.com Go

01/11/10 14:43 GMT **Bet Now** **Meetings** **Cheltenham** **BC Specials**

Sports Menu ▾ **RACING NEWS** Se

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RACING LIVE!
Hanagan is on the board at Wolverhampton and leads Hughes by four - it's live!
[Audio commentaries!](#)
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SKY BET **40/1 Last 3 Afternoon Favourites to win!**

MISSION POSSIBLE FOR BADGER
Martys Mission will have a crucial workout on Wednesday in preparation for the Badger Ales Trophy at Wincanton on Saturday. ([More](#))

HANAGAN GOES FOUR CLEAR
Latest news from the jockeys' title race as Hanagan and Hughes go head to head. ([More](#))

KAUTO STAR LINED UP FOR HENNESSY BID
Paul Nicholls is "strongly considering" running Kauto Star in the Hennessy Gold Cup. ([More](#))

CUMANI'S MAN CAN MAKE FAVOURITE THINK
Ian Ogg's horse-by-horse guide and verdict on Tuesday's 2010 Melbourne Cup at Flemington. ([More](#))

RICHARD HUGHES 'COULD MISS' BC TEST
Richard Hannon Jr has raised the prospect of title chaser Richard Hughes missing the Breeders' Cup. ([More](#))

MARK OF LOVE CUT FOR GLORY
All the latest market movers from Sky Bet for Monday's meetings. ([More](#))

KAUTO ALL SET TO STAR IN IRELAND
Clive Smith has his fingers crossed for Kauto Star's return to action at Down Royal on Saturday. ([More](#))

APPROVE FLOPS IN FRANCE
William Haggas' Approve was unplaced on his final start in the Criterium de Maisons-Laffitte. ([More](#))

sportinglife.com 

Never Miss The Kick Again! • [Sign up now!](#) • [Login now!](#)

Nag Me is FREE! Never miss a horse running again. Let Nag Me send you an e-mail or SMS alert to tell you.

- Every time one of your 'nags' is declared for the following day's racing in the UK or Eire we will e-mail you immediately telling you when and where it's running. Choose up to 25 horses as part of your subscription.
- On race day, we can also send an SMS message to reach you **wherever you are**. Choose not just 25, but an unlimited number of horses. Each SMS received is billed at 25p via your mobile phone bill.
- Our **fully automated** database of all horses in training in the UK and Ireland will effortlessly assist you in setting up your stable of 'nags'!






If you've already subscribed, you can check out your [portfolio here](#).
For more about the Nag Me service, [read the FAQ](#).

Nag Me emails are sent as html format messages so please ensure your email software can accept html messages and take care entering your email address!

What`s Nag Me all about?

It's a service that signals you when the horses you have chosen to follow are due to race.

What does it cost?

Your First 25 e-mails for up to 25 horses are free. SMS Text Message alerts to your mobile phone cost an additional 25p per message sent. [Grab a FREE £20-£25 bet here.](#)

When are the emails sent?

The [innovative betting software](#) looks at your list of horses via your account and checks if any of them are declared to run the next day. If one or more of your horses are due to race you receive an email around 3pm the day before. SMS messages work a little differently and are sent early morning on the actual day of the race. SMS messages are delivered to all UK networks.

Once you register and confirm (Applies to SMS messages) you can put together your list. The Sporting-life database contains all UK horses in training. All you have to do search for horses by name. Once you have reached the horse's profile page you can then click on the link or button above its name to add it to your list.

You will then be set up for SMS and email alerts on that horse. From then on, you can add to your list any time, or view horses you have selected and update or amend the existing alert preference for each runner.

This aim of this FREE guide is to offer you new ways of finding horses to follow, and also point you in the direction of some useful resources to manage any lists you compile.

Visit <http://false-favourites.co.uk/blog> To learn how to make realistic profits from betting.

Subscribe to our weekly newsletter to receive

Practical, profitable advice direct to your inbox, including...

- Proven techniques I use in my own betting
- Honest reviews on systems and services that are profitable
- Exclusive tips to make your betting easier & more profitable

Wishing you every success

Jonathan Burgess

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Passato (GER)

6-y-o (05Mar04 b g)
 Lando (GER) (14.9f) — Passata (FR) (Polar Falcon (USA) (8.5f))
 Trainer Miss J S Davis
 Owner P Ponting
 Breeder Gestut Hof Ittlingen



RACE RECORD PEDIGREE MY NOTES STORIES

Jumps placings 4707604/12142238P59-11117

Flat placings 231458/**797080**/

RACE TYPE	STARTS	WINS	2NDS	3RDS	WINNINGS	EARNINGS	BEST TS	BEST RPR	OR†
Lifetime Flat Turf	8	1	1	1	£1,723	£10,102	25	70	49
Lifetime All Weather	4	0	0	0	£0	£0	42	60	49
Lifetime Hurdle	11	1	2	0	£2,277	£4,530	87	114	128
Lifetime Chase	12	5	1	1	£51,518	£57,724	117	141	139
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FORM WINS MY RATINGS STATISTICS **ENTRIES** RELATIVES SALES QUOTES

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11Jul10	Str 18GF C2HcCh 9K	10-12	1/9 6L, Mibleu[7/4F]10-5t	A P McCoy	124	*	*
29May10	Str 18Gd C3HcCh 9K	10-7	1/9 17L, Mister Benedictine 5/1 10-11t	Robert Thornton	113	*	*
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28Nov09	Nby 23GS C3NvHcCh	10-10	PU/14 Hey Big Spender[20/1]11-12t	Seamus Durack	114	*	*

You can read more FREE tips and [Racingpost tutorials here](#)

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Quick Search Horse Stallion Jockey Trainer

Quick Pick Tools

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My Horses

[Help Section](#)

Monitored Horses You are monitoring 42 horse(s)		Running Today No Horses Running Today	
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<p>(10) Celestial Halo (IRE) <input type="button" value="Manage"/></p> <p>My Comment - form looks a little declining now best placed Date Saved - 2011-01-24 No Runs after date saved</p>	<p>(11) Cue Card <input type="button" value="Manage"/></p> <p>My Comment - No description attached Date Saved - 2010-11-19 Runs After Saved Date-</p>	<p>(12) Edge of Town (IRE) <input type="button" value="Manage"/></p> <p>My Comment - No description attached Date Saved - 2010-11-18 No Runs after date saved</p>	

FREE resources

Sportinglife “Nag Me”

1. Visit Sporting Life.com. On the left hand side navigation bar click on the 4th tab down “Racing” Look down that navigation menu and locate “Nag Me”

The screenshot shows the Sporting Life website interface. At the top, there is a blue header with the 'sportinglife.com' logo and a search bar. Below the header is a red navigation bar with links for 'Bet Now', 'Meetings', 'Cheltenham', and 'BC Specials'. A date and time display shows '01/11/10 14:43 GMT'. On the left side, there is a 'Sports Menu' dropdown menu with various options. The 'Racing' option is highlighted in red, and the 'Nag Me' option is highlighted with a red box. The main content area is titled 'RACING NEWS' and features a 'RACING LIVE!' section with two photos of jockeys and several news articles. A 'SKY BET' banner is also visible.

sportinglife.com Go

01/11/10 14:43 GMT **Bet Now** **Meetings** **Cheltenham** **BC Specials**

Sports Menu **RACING NEWS** Se

Home »
Racing ▾
News »
Breeders' Cup »
Racing Centre »
Tips Centre »
Video Form »
Racecards »
Live Shows »
Fast Results »
Full Results »
Bloodstock »
Point-To-Point »
Results Archive »
Search »
Non-Runners »
Going »
Naps Table »
Today's Pointers »
ABC Guide »
Stats »
Big-Race Entries »
Photo Galleries »
Fixtures »
Courses »
Latest Odds »
Nag Me »
Betting News »
Dunwoody »
Hutchinson »

RACING LIVE!
Hanagan is on the board at Wolverhampton and leads Hughes by four - it's live!
[Audio commentaries!](#)
[Live Racing Centre!](#)
[Free RUK video replays!](#)
[Live betting shows!](#)
[Live results service!](#)

SKY BET **40/1 Last 3 Afternoon Favourites to win!**

MISSION POSSIBLE FOR BADGER
Martys Mission will have a crucial workout on Wednesday in preparation for the Badger Ales Trophy at Wincanton on Saturday. ([More](#))

HANAGAN GOES FOUR CLEAR
Latest news from the jockeys' title race as Hanagan and Hughes go head to head. ([More](#))

KAUTO STAR LINED UP FOR HENNESSY BID
Paul Nicholls is "strongly considering" running Kauto Star in the Hennessy Gold Cup. ([More](#))

CUMANI'S MAN CAN MAKE FAVOURITE THINK
Ian Ogg's horse-by-horse guide and verdict on Tuesday's 2010 Melbourne Cup at Flemington. ([More](#))

RICHARD HUGHES 'COULD MISS' BC TEST
Richard Hannon Jr has raised the prospect of title chaser Richard Hughes missing the Breeders' Cup. ([More](#))

MARK OF LOVE CUT FOR GLORY
All the latest market movers from Sky Bet for Monday's meetings. ([More](#))

KAUTO ALL SET TO STAR IN IRELAND
Clive Smith has his fingers crossed for Kauto Star's return to action at Down Royal on Saturday. ([More](#))

APPROVE FLOPS IN FRANCE
William Haggas' Approve was unplaced on his final start in the Criterium de Maisons-Laffitte. ([More](#))

sportinglife.com 

Never Miss The Kick Again! • [Sign up now!](#) • [Login now!](#)

Nag Me is FREE! Never miss a horse running again. Let Nag Me send you an e-mail or SMS alert to tell you.

- Every time one of your 'nags' is declared for the following day's racing in the UK or Eire we will e-mail you immediately telling you when and where it's running. Choose up to 25 horses as part of your subscription.
- On race day, we can also send an SMS message to reach you **wherever you are**. Choose not just 25, but an unlimited number of horses. Each SMS received is billed at 25p via your mobile phone bill.
- Our **fully automated** database of all horses in training in the UK and Ireland will effortlessly assist you in setting up your stable of 'nags'!






If you've already subscribed, you can check out your [portfolio here](#).
For more about the Nag Me service, [read the FAQ](#).

Nag Me emails are sent as html format messages so please ensure your email software can accept html messages and take care entering your email address!

What's Nag Me all about?

It's a service that signals you when the horses you have chosen to follow are due to race.

What does it cost?

Your First 25 e-mails for up to 25 horses are free. SMS Text Message alerts to your mobile phone cost an additional 25p per message sent. [Grab a FREE £20-£25 bet here.](#)

When are the emails sent?

The [innovative betting software](#) looks at your list of horses via your account and checks if any of them are declared to run the next day. If one or more of your horses are due to race you receive an email around 3pm the day before. SMS messages work a little differently and are sent early morning on the actual day of the race. SMS messages are delivered to all UK networks.

Once you register and confirm (Applies to SMS messages) you can put together your list. The Sporting-life database contains all UK horses in training. All you have to do search for horses by name. Once you have reached the horse's profile page you can then click on the link or button above its name to add it to your list.

You will then be set up for SMS and email alerts on that horse. From then on, you can add to your list any time, or view horses you have selected and update or amend the existing alert preference for each runner.

This aim of this FREE guide is to offer you new ways of finding horses to follow, and also point you in the direction of some useful resources to manage any lists you compile.

Visit <http://false-favourites.co.uk/blog> To learn how to make realistic profits from betting.

Subscribe to our weekly newsletter to receive

Practical, profitable advice direct to your inbox, including...

- Proven techniques I use in my own betting
- Honest reviews on systems and services that are profitable
- Exclusive tips to make your betting easier & more profitable

Wishing you every success

Jonathan Burgess

A Punters Guide To Making A Profit Following Horses

Following horses is a proven method shrewd backers have engaged in for many years. Famous punters such as Dave Nevinson (author of No Easy Money) and Mark “Crouch” Winstanley” (Racing Post) are both successful punters that follow horses.

To demonstrate the point that profits can be made taking this approach I created a short list of 15 horses for [Betting School](#) in early November 2010. Based on their profiles I anticipated the horses below would run well during the 2010/11 [National Hunt season](#). Some had already shown what they are capable of last season and offered slightly less value; whilst others had bags of potential because they were less exposed and likely to go off at better value odds.

As a rule of thumb I suggested following each horse for a minimum of three runs. And advised Betfair users to consider each horse's running style briefly, making notes of any that were likely to trade lower in running than before the off; employing a simple back to lay strategy asking for 40 to 50% lower odds in-play on the lay bet.

The odds generally drop on a least 50% of the horses in most races; identifying which ones is obviously a little tricky, but if any of the selections on your list display consistent front running characteristics in their form profile, then you should be able to buy some risk free bets at value odds.

If you don't already have a Betfair account [Grab a FREE £20-£25 bet here](#). You'll even get a free bonus based on your future sports bets including multiples within 12 months of opening your Betfair account, in which case you will qualify for a bonus of £25.

- 1.** Captain Chris (Philip Hobbs) 14 Nov 2010 2/5 Placed BF 2.20 -£10 point 29.12.2010 Newbury2/9 -£10 - placed
- 2.** Edge of town (Donald McCain) Not run yet
- 3.** Sam Winner (P.Nicholls) won on [13 Nov 2010 Cheltenham 2m Good to Soft Turf Hurdle](#) 1/15 [Noel Fehily](#) – BF 5.30 won [11.12.2010](#) +£40.85 Cheltenham1/12 4/7 BF Sp 1.59 +£5.61 [8.01.2011](#) Chepstow4/8 -£10
- 4.** West With The Wind (Evan Williams) not run since Aug 2010
- 5.** Doctor David (Caroline Bailey) not run since May
- 6.** Mcmurrough (Malcolm Jefferson) not run since May
- 7.** [Midnight Chase \(Neil Mulholland\) won on 13 Nov 2010](#) 1/17 BF 12 SP 9.8 +£83.60 [10.12.2010](#) Cheltenham1/16 11/4 BF SP 3.75 +£26.13
- 8.** Quito Du Tressor (Lucinda Russell) 12Nov10 7/11 -£10
- 9.** Great Endeavour (David Pipe) 13 Nov 2010 6/18 BF SP 7.40 -£10
- 10.** Bradford Boris (Nick Williams) not run since March 2010 22.01.2011 WincantonPU/9 - £10 8.01.2011 Wincanton9/11 -£10
- 11.** Pascha Bere (Nick Gifford) not run since Oct 2010 1.01.2011 Cheltenham8/17 – £10
- 12.** Ringaroses (Jonjo O'Neill) 1.01.2011 Cheltenham8/17 -£10
- 13.** Araldur (Alan King) last run may 2010 4.01.2011 Leicester2/9 placed @11/4 -£10
- 14.** Drill sergeant (Donald McCain) 20 Nov 2010 2/4 BF SP 8.23 Placed 2.30 15.01.2011 -£10 point Kempton8/19 -£10

15. Terfel`s Toscar (David Pipe) not run since April 2010

Following the above horses using £10 single stakes achieved the following P&L to date.

Losing bets -£120

Winning bets +£156.19

Total profit = £36.19

Three horses placed @odds of ...

2.20, 2.30 & 1.36

How to create a list of horses

When considering your betting options give serious thought to the trainers and horses you decide to put your money on. Look for horses that have proven to be consistent; these will usually be better class animals. It would be pointless following low class unpredictable animals, simply because they don't win often enough to make realistic profits from.

This approach is pretty selective and most bets will be found on a Saturday or when there are festivals or big race meetings, and therefore should be added to a portfolio of [proven systems](#)

There are many [inexpensive books you can buy](#) which actually compile lists of horses which are expected run well in the current racing season.

[False-Favourites Pro Tip](#)

National Hunt horses stay in training much longer than flat horses for that reason you are likely to get much more mileage/profit following them.

Racingpost.com Seasonal Statistics

Another resource you can use to find horse to follow is the Racingpost.com Seasonal Statistics feature. This is a list of Jumps horses indexed in order of RPR (Racing Post Ratings) with the highest rated at the top of page one and so on. The index table also clearly shows which horses have been proven profitable to follow.

Seasonal Statistics

JOCKEYS TRAINERS OWNERS HORSES SIREs FIRST CROP						
GB Jumps 2010-11 Filter results						
HORSE	RPR	WINS	RUNS	WINNINGS	EARNINGS ↑	£1 STAKE
Extreme Conviction	126	3	6	£11,609	£11,990	+6.66
Cold Mountain	123	2	7	£10,874	£11,823	+18.00
Gulf Punch	103	3	10	£9,562	£11,785	+9.00
Misamon	104	3	10	£9,063	£11,739	+13.25
Mizen Raven	133	1	7	£6,505	£11,557	+1.50
Sotovik	112	2	2	£11,384	£11,384	+17.00
Woodlark Island	112	2	8	£6,505	£11,375	-0.13
Intac	123	3	13	£8,476	£11,375	+3.88
Barnhill Brownie	132	2	9	£8,782	£11,315	+0.33
Makena	120	4	8	£11,101	£11,288	+10.67
Synthe Davis	132	3	4	£10,245	£11,200	+2.01
Two Kisses	108	2	5	£5,652	£11,079	+0.50
Rockiteer	122	1	6	£6,505	£11,049	+9.00
Alph	121	2	6	£7,481	£10,991	+9.50
Neutrino	120	2	7	£9,932	£10,917	+9.50
Sir Ian	134	2	2	£10,907	£10,907	+18.25
Swing Bill	132	1	4	£4,228	£10,897	+1.00
Ripalong Lad	130	2	7	£8,809	£10,869	+3.33
Gullible Gordon	148	1	2	£10,019	£10,854	+5.00
Sporting Rebel	127	1	4	£8,261	£10,845	+5.00
Tara Royal	137	1	3	£9,107	£10,826	+0.25
Soubriquet	128	2	9	£9,006	£10,782	+25.00

The good thing is you don't have to follow the top rated animals exclusively. Navigate backwards or forwards using the red page numbers at the bottom of the table to search for lower rated horses that have also been proven profitable to follow. Consistent horses are likely to win and place again under the right circumstances. Look for less exposed animals, as these are likely to be more progressive than those which have had lots of races.


Cocoa Key	51	1	2	£2,602	£2,602	+13.00
My Brother Sylvest	119	1	3	£2,602	£2,602	+3.00

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[17](#)
[18](#)
[19](#)
[20](#)
[21](#)
[22](#)
[23](#)
[2](#)
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Clicking on any horses name in the Seasonal Statistics table brings up that horses form history; from there you can access its future race entries and also see the odds its been winning at.

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[Help Section](#)

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<p>(4) Big Bucks (FR) <input type="button" value="Manage"/></p> <p>My Comment - Mega consistent horse tons of wins National hunt Date Saved - 2011-01-24 No Runs after date saved</p>	<p>(5) Big Zeb (IRE) <input type="button" value="Manage"/></p> <p>My Comment - Irish jumps racing horse Date Saved - 2010-11-18 Runs After Saved Date- 29.12.10 Leopardstown 1st Evens</p>	<p>(6) Binocular <input type="button" value="Manage"/></p> <p>My Comment - No description attached Date Saved - 2010-11-19 No Runs after date saved</p>	
<p>(7) Binocular (FR) <input type="button" value="Manage"/></p> <p>My Comment - superb hurdler n henderson lots of wins Date Saved - 2011-01-24 No Runs after date saved</p>	<p>(8) Breedsbreeze (IRE) <input type="button" value="Manage"/></p> <p>My Comment - let me know when this runs Date Saved - 2010-11-18 Runs After Saved Date- 15.12.10 Newbury 2nd 11/2 22.1.11 Ascot 3rd 3/1</p>	<p>(9) Captain Chris (IRE) <input type="button" value="Manage"/></p> <p>My Comment - No description attached Date Saved - 2010-11-18 Runs After Saved Date- 29.12.10 Newbury 2nd 13/8</p>	
<p>(10) Celestial Halo (IRE) <input type="button" value="Manage"/></p> <p>My Comment - form looks a little declining now best placed Date Saved - 2011-01-24 No Runs after date saved</p>	<p>(11) Cue Card <input type="button" value="Manage"/></p> <p>My Comment - No description attached Date Saved - 2010-11-19 Runs After Saved Date-</p>	<p>(12) Edge of Town (IRE) <input type="button" value="Manage"/></p> <p>My Comment - No description attached Date Saved - 2010-11-18 No Runs after date saved</p>	

FREE resources

Sportinglife “Nag Me”

1. Visit Sporting Life.com. On the left hand side navigation bar click on the 4th tab down “Racing” Look down that navigation menu and locate “Nag Me”

The screenshot shows the Sporting Life website interface. At the top, there is a blue header with the 'sportinglife.com' logo and a search bar. Below the header is a red navigation bar with links for 'Bet Now', 'Meetings', 'Cheltenham', and 'BC Specials'. A date and time display shows '01/11/10 14:43 GMT'. On the left side, there is a 'Sports Menu' dropdown menu with various options. The 'Racing' option is highlighted in red, and the 'Nag Me' link is highlighted with a red box. The main content area is titled 'RACING NEWS' and features a 'RACING LIVE!' section with two photos of jockeys and several news articles with 'More' links. A 'SKY BET' banner is also visible.

sportinglife.com Go

01/11/10 14:43 GMT **Bet Now** **Meetings** **Cheltenham** **BC Specials**

Sports Menu ▾ **RACING NEWS** Se

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RACING LIVE!
Hanagan is on the board at Wolverhampton and leads Hughes by four - it's live!
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SKY BET **40/1 Last 3 Afternoon Favourites to win!**

MISSION POSSIBLE FOR BADGER
Martys Mission will have a crucial workout on Wednesday in preparation for the Badger Ales Trophy at Wincanton on Saturday. ([More](#))

HANAGAN GOES FOUR CLEAR
Latest news from the jockeys' title race as Hanagan and Hughes go head to head. ([More](#))

KAUTO STAR LINED UP FOR HENNESSY BID
Paul Nicholls is "strongly considering" running Kauto Star in the Hennessy Gold Cup. ([More](#))

CUMANI'S MAN CAN MAKE FAVOURITE THINK
Ian Ogg's horse-by-horse guide and verdict on Tuesday's 2010 Melbourne Cup at Flemington. ([More](#))

RICHARD HUGHES 'COULD MISS' BC TEST
Richard Hannon Jr has raised the prospect of title chaser Richard Hughes missing the Breeders' Cup. ([More](#))

MARK OF LOVE CUT FOR GLORY
All the latest market movers from Sky Bet for Monday's meetings. ([More](#))

KAUTO ALL SET TO STAR IN IRELAND
Clive Smith has his fingers crossed for Kauto Star's return to action at Down Royal on Saturday. ([More](#))

APPROVE FLOPS IN FRANCE
William Haggas' Approve was unplaced on his final start in the Criterium de Maisons-Laffitte. ([More](#))

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Never Miss The Kick Again! • [Sign up now!](#) • [Login now!](#)

Nag Me is FREE! Never miss a horse running again. Let Nag Me send you an e-mail or SMS alert to tell you.

- Every time one of your 'nags' is declared for the following day's racing in the UK or Eire we will e-mail you immediately telling you when and where it's running. Choose up to 25 horses as part of your subscription.
- On race day, we can also send an SMS message to reach you **wherever you are**. Choose not just 25, but an unlimited number of horses. Each SMS received is billed at 25p via your mobile phone bill.
- Our **fully automated** database of all horses in training in the UK and Ireland will effortlessly assist you in setting up your stable of 'nags'!






If you've already subscribed, you can check out your [portfolio here](#).
For more about the Nag Me service, [read the FAQ](#).

Nag Me emails are sent as html format messages so please ensure your email software can accept html messages and take care entering your email address!

What's Nag Me all about?

It's a service that signals you when the horses you have chosen to follow are due to race.

What does it cost?

Your First 25 e-mails for up to 25 horses are free. SMS Text Message alerts to your mobile phone cost an additional 25p per message sent. [Grab a FREE £20-£25 bet here.](#)

When are the emails sent?

The [innovative betting software](#) looks at your list of horses via your account and checks if any of them are declared to run the next day. If one or more of your horses are due to race you receive an email around 3pm the day before. SMS messages work a little differently and are sent early morning on the actual day of the race. SMS messages are delivered to all UK networks.

Once you register and confirm (Applies to SMS messages) you can put together your list. The Sporting-life database contains all UK horses in training. All you have to do search for horses by name. Once you have reached the horse's profile page you can then click on the link or button above its name to add it to your list.

You will then be set up for SMS and email alerts on that horse. From then on, you can add to your list any time, or view horses you have selected and update or amend the existing alert preference for each runner.

This aim of this FREE guide is to offer you new ways of finding horses to follow, and also point you in the direction of some useful resources to manage any lists you compile.

Visit <http://false-favourites.co.uk/blog> To learn how to make realistic profits from betting.

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- Honest reviews on systems and services that are profitable
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Wishing you every success

Jonathan Burgess