

ONE TRACK TRAINERS

A system brought to you by Josh Wright from racingtoprofit.co.uk

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Legal Information

Here at onetracktrainers.com, we understand that gambling can become an addiction that can cause great harm if not controlled.

Despite the excellent historical records of the trainers in this report, we respectfully remind you that you should only ever bet with an amount of money that you can afford to lose.

The information provided in this report is for information and entertainment purposes only, and the author will not be held liable for any loss which may be incurred.

For help with regard to a gambling addiction, or more information on the subject, please visit:

www.gamcare.org.uk



Introduction and How to use this Guide

My name is Josh Wright and I am the author of this report.

Firstly may I say a massive thank you for signing up to One Track Trainers. This is the first product I've released and I've put a lot of time and effort into making sure it delivers for you. I am very excited about the next 12 months and I know we will have lots of fun and if history repeats itself we will make some decent profits.

In the weeks and months ahead I plan to add value to your own betting by sharing my thoughts on big races and giving away free reports and systems. Hopefully you have received the first of those reports which focusses on how to profit from Emma Lavelle – if not you can find it in the members' area. I'm really looking forward to adding value to your experience.

As you no doubt know by now I'm very interested in analysing the behaviour of trainers and finding ways to profit from them. This report focusses on those trainers who are profitable when only sending one runner to a race track.

Each trainer featured in this report is clearly a master at training race horses but as importantly is also a master at placing their horses to have the best chance of winning. By only sending one runner to the race track we have been given a clear indication that the horse has been placed well and will be competitive. Clearly there are some trainers that are better at this than others.

The easiest way to find the selections each day is...

...to log into the members' area where you'll receive all of the horses running for us, uploaded the night before racing.

You'll find this here [Today's Selections](#)

The whole process should take no longer than five minutes, even on busy racing days. Then, you just get your bets on, ideally using a Best Odds Guaranteed Bookmaker, or at worst BFSP.

I strongly advise shopping around to get the best odds.

I do hope that you enjoy using this report as much as I have enjoyed putting it together for you, and if you've got any questions, drop me a line at support@onetracktrainers.com

Happy punting,

Josh Wright

www.racingtoprofit.co.uk

The trainers in this report have all been super-profitable to follow since the start of 2010 and have nearly 5 years of historic data in which to base our confidence.

Clearly, as with all systems, historic performance is no guarantee of future profits but because this system is based on sound logic and is dealing with trainer behaviour (winning behaviour that is unlikely to change), we can be confident of future success.

As with everything in life, they have good times and bad times, good runs and bad runs, lucky days and unlucky days. But, over the stretch, they have all earned their place by consistently leading their horses into the winner's enclosure when only sending one runner to the race track.

This system produces selections all year round and as with any system you will need to be patient and have confidence that over the next 12 months we will make decent profits. There will be ups and downs but over time I have every confidence the trainers will perform as they have done in the past.

Results

The overall results (as of 03/10/14) since 2010 are as follows:-

	Bets	Wins	Win %	P/L (BFSP)	ROI	Places	Place %
ALL	2914	800	27.45%	1687	58%	1473	50.54%

And broken down by year:-

	Bets	Wins	Win %	P/L (BFSP)	ROI
2014	507	132	26%	264	41
2013	668	191	29%	349	57
2012	614	157	26%	292	52
2011	626	183	29%	436	68
2010	499	137	27%	346	68

To date the collection of trainers I'm about to introduce have performed superbly since the start of 2010 and I can't wait for you to start backing the selections.

Before you do that I should introduce the 16 trainers that make up the system and the different rules associated with them as well as their individual performance. Obviously the main rule is that the selection must be the trainer's only runner at the track that day. For some of the trainers there are a couple of extra rules that home in on those types of horses that they really excel with.

The Trainers and System Rules

Universal Rules:-

1. The selection must be the trainer's only runner at the track that day.
2. Selection must be 14/1 or under

George Baker

Rules:-

1. Flat Turf Races only (not All-Weather)
2. Class 5 and 6 only

Results:-

	Bets	Wins	Win%	Places	Place%	P/L(BF)	ROI(BF)
ALL	162	49	30.25	84	51.85	105.97	65.41
2014	25	10	40	13	52	31.71	126.85
2013	32	8	25	17	53.13	32.03	100.1
2012	28	6	21.43	13	46.43	0.29	1.03
2011	48	16	33.33	26	54.17	29.44	61.33
2010	29	9	31.03	15	51.72	12.5	43.1

Commentary

George Baker has a superb record when only sending one horse to the track during the flat turf season in class 5 and 6 races. He has had one slightly poor year out of five but overall has an impressive record which highlights his skill at placing his horses at this lower grade. He is equally effective with his non handicap horses as he is with his handicappers and when they are relatively fancied in the market they are to be taken very seriously. He is the first of many trainers where taking early prices would have enhanced your profits. Indeed from 2012 onwards (I only have access to this data from then) you would have made an extra 30 points above BFSP.

David Barron

Rules:-

1. Flat Turf Races only (not All-Weather)

Results:-

	Bets	Wins	Win%	Places	Place%	P/L(BF)	ROI(BF)
ALL	382	84	21.99	169	44.24	181.43	47.62
2014	77	18	23.38	39	50.65	36.78	48.4
2013	87	23	26.44	41	47.13	49.94	57.41
2012	80	15	18.75	29	36.25	56.76	70.95
2011	66	12	18.18	30	45.45	9.55	14.46
2010	72	16	22.22	30	41.67	28.4	39.44

Commentary:-

A consistent performer since the beginning of 2010, David Barron has clearly demonstrated his skill at placing his horses on the flat. While I would have preferred a slightly higher strike rate he is very profitable to follow and is an exciting addition to the team.

Ralph Beckett

Rules:-

1. All-Weather Races only
2. Kempton and Wolverhampton only

Results:-

	Bets	Wins	Win%	Places	Place%	P/L(BF)	ROI(BF)
ALL	162	52	32.1	93	57.41	157.96	97.5
2014	17	5	29.41	10	58.82	8	47.04
2013	40	13	32.5	24	60	36.73	91.82
2012	38	10	26.32	19	50	9.41	24.77
2011	29	13	44.83	20	68.97	75.78	261.31
2010	38	11	28.95	20	52.63	28.04	73.8

Commentary:-

Beckett is a master at targeting horses on the All-Weather and does very well at Kempton and Wolverhampton. He is another trainer who is equally effective with his unexposed horses as he is with his handicappers. All of his horses can be backed with confidence. He is another whose horses tend to be punted of the boards and taking early prices would have won you an astonishing 60 points more than BFSP since the beginning of 2012!

Ruth Carr

Rules:-

1. Flat and All-Weather
2. Handicaps only
3. Exclude Class 1 and 2
4. NOT August, September, October

Results:-

	Bets	Wins	Win%	Places	Place%	P/L(BF)	ROI(BF)
ALL	251	59	23.51	117	46.61	187.28	74.61
2014	54	11	20.37	24	44.44	24.21	44.84
2013	53	15	28.3	26	49.06	45.48	85.8
2012	40	8	20	16	40	26.19	65.47
2011	58	15	25.86	33	56.9	50.04	86.28
2010	46	10	21.74	18	39.13	41.36	89.91

Commentary:-

Ruth Carr has a lot of handicap runners but by homing in on the rules above we can really profit. She really struggles in the latter half of the flat season during August, September and October. Indeed her figures during those 3 months are 94 runners, 6 winners and an SP loss of 50 points, performing 54% below market expectations. I believe that her horses may be over the top by this point having had hard seasons already, and they may be handicapped up to the hilt by this point. She does tend to run her horses a lot during a short period of time when they are in form and for the moment those months are best avoided. She has had 21 runners in class 1 and 2 handicaps with no winners and only 3 places. Now this is a small sample size and needs monitoring, but for the moment those higher class runners are best left alone.

Roger Charlton

Rules:-

1. Flat Turf Races only (not All Weather)

Results:-

	Bets	Wins	Win%	Places	Place%	P/L(BF)	ROI(BF)
ALL	388	101	26.03	193	49.74	71.61	18.46
2014	78	19	24.36	43	55.13	2.42	3.1
2013	77	22	28.57	35	45.45	27	35.07
2012	73	15	20.55	39	53.42	-17.13	-23.47
2011	78	22	28.21	39	50	14.55	18.65
2010	82	23	28.05	37	45.12	44.77	54.6

Commentary:-

Roger Charlton has been very consistent with the number of winners he has sent out since 2010. However, on the face of it his returns at BFSP are not too impressive. Indeed since the beginning of 2012 he has only won 12.5 points to BFSP. Roger Charlton has been included because at the moment the opening prices of his horses are too big and they get punted off the boards, like no other trainer included in the team. Since the start of 2012, when the data became available, you would have won an extra 87 points taking earlier prices as opposed to BFSP. Suddenly +100 points as opposed to 12.5 in 2 years and 9 months is much better! This just shows the necessity of trying to take an early price as opposed to BFSP, if you can. Of course collectively the trainers are still very profitable at BFSP.

Rae Guest

Rules:-

1. All Weather only (all tracks)

Results:-

	Bets	Wins	Win%	Places	Place%	P/L(BF)	ROI(BF)
ALL	116	29	25	50	43.1	65.96	56.86
2014	21	5	23.81	7	33.33	2.97	14.15
2013	31	7	22.58	13	41.94	24.22	78.14
2012	28	11	39.29	18	64.29	29.27	104.52
2011	19	3	15.79	6	31.58	-3.65	-19.21
2010	17	3	17.65	6	35.29	13.15	77.36

Commentary:-

Rae is a solid addition who is adept in all race types and has made decent profits on the All-Weather over the past few years. Hopefully 2012 and 2013 become the norm and there is more profit to be made during the rest of 2014 and beyond.

Anthony Honeyball

Rules:-

1. National Hunt
2. All race types

Results:-

	Bets	Wins	Win%	Places	Place%	P/L(BF)	ROI(BF)
ALL	181	50	27.62	89	49.17	94.02	51.94
2014	28	7	25	10	35.71	2.59	9.24
2013	59	13	22.03	29	49.15	3.58	6.07
2012	39	13	33.33	20	51.28	36.04	92.42
2011	41	14	34.15	24	58.54	42.95	104.75
2010	14	3	21.43	6	42.86	8.86	63.25

Commentary:-

I would still regard Anthony Honeyball as a fairly new kid on the block as his operation is still growing. I don't mind admitting that I have an emotional attachment with the yard having owned 1/12 of a horse (Priceless Art) that was trained by him. It was a fun experience if slightly disappointing. It is a great set up and I think he is destined for bigger and better things. 2011 and 2012 were obviously great years and it has been slightly disappointing since then- maybe the market has cottoned onto him. They had a poor 12 months by their high standards and I believe there was illness in the yard as everything slightly underperformed. That, combined with the consistent place strike rate ensured he made the team for the next 12 months at least. I think he will have a very good year and I wouldn't want us to miss out.

David Lanigan

Rules:-

1. All-Weather only (all tracks, all race types)

Results:-

	Bets	Wins	Win%	Places	Place%	P/L(BF)	ROI(BF)
ALL	121	39	32.23	70	57.85	100.99	83.46
2014	16	5	31.25	10	62.5	19.08	119.23
2013	32	11	34.38	17	53.13	21.33	66.66
2012	33	12	36.36	21	63.64	32.18	97.52
2011	18	2	11.11	7	38.89	-10.9	-60.55
2010	22	9	40.91	15	68.18	39.3	178.63

Commentary:-

David Lanigan has been a stand out performer on the All-Weather and is a trainer to keep on side as he clearly knows how to place his horses effectively in all race types. Like Roger Charlton his horses tend to get punted off the boards. Since the beginning of 2012 you could have made an extra 60 points over and above BFSP by taking earlier prices. His place strike rate also stands out and is perfect for EW punters. Like all trainers he is allowed the odd bad year but overall he has been very consistent. A very exciting member of the team who I hope will make us all some decent profits over the next 12 months.

Sir Mark Prescott

Rules:-

1. Flat and All-Weather
2. Handicaps
3. Horse aged 3 (both Males and Females)

Results:-

	Bets	Wins	Win%	Places	Place%	P/L(BF)	ROI(BF)
ALL	290	97	33.45	162	55.86	112.88	38.92
2014	49	11	22.45	24	48.98	11.81	24.1
2013	46	17	36.96	24	52.17	19.59	42.59
2012	76	30	39.47	48	63.16	43.1	56.71
2011	61	20	32.79	35	57.38	23.27	38.14
2010	58	19	32.76	31	53.45	15.11	26.06

Commentary:-

There are many ways to profit from Sir Mark's handicappers but I have rarely seen stats this strong before. We all know about his exploits when stepping horses up in trip, especially for their handicap debuts, but you can forget that quite simply he is very good at placing his horses in general and even more so with his 3 year olds. Unsurprisingly he is another trainer whose runners get punted of the boards and taking early prices would have been worth an extra 68 points above BFSP since the start of 2012. We can back his runners all year round with great confidence and there should be a couple more winners before the year is out. In the near future we will have his All-Weather runners to look forward to as well.

John Quinn

Rules:-

1. National Hunt
2. Hurdle Races (both handicap and non-handicap)
3. Aged 3,4 or 5

Results:-

	Bets	Wins	Win%	Places	Place%	P/L(BF)	ROI(BF)
ALL	112	41	36.61	74	66.07	100.43	89.67
2014	25	9	36	15	60	23.58	94.31
2013	33	12	36.36	21	63.64	21.32	64.61
2012	21	7	33.33	14	66.67	24.85	118.31
2011	21	8	38.1	15	71.43	18.2	86.66
2010	12	5	41.67	9	75	12.48	104.04

Commentary:-

Quite simply John 'JJ' Quinn knows how to place his young, unexposed hurdlers to win and be competitive. I think you would agree that these are very impressive stats and you don't want to be taking these hurdlers on. He does particularly well with young ex flat horses and the market is still underestimating his hurdlers. Taking early prices with his winners would have been worth an extra 40 points above BFSP since the start of 2012. Let's hope he continues his fantastic recent record over the coming months.

Sue Smith

Rules:-

1. National Hunt
2. Handicaps
3. Hurdles and Chases

Results:-

	Bets	Wins	Win%	Places	Place%	P/L(BF)	ROI(BF)
ALL	75	17	22.67	32	42.67	59.3	79.06
2014	13	4	30.77	8	61.54	19.56	150.44
2013	14	3	21.43	6	42.86	25.38	181.25
2012	12	2	16.67	4	33.33	2.92	24.33
2011	20	3	15	7	35	-6.01	-30.04
2010	16	5	31.25	7	43.75	17.45	109.08

Commentary:-

Sue Smith is one of two 'wildcards' in the 16. Ideally I would like to see at least 100 selections before passing judgement but she is a quality trainer and her stats are consistent. I think she will be a great member of team to go to war with over the jumps and well worth following.

Colin Tizzard

Rules:-

1. National Hunt
2. Non-Handicaps only

Results:-

	Bets	Wins	Win%	Places	Place%	P/L(BF)	ROI(BF)
ALL	58	20	34.48	33	56.9	71.32	122.96
2014	5	2	40	3	60	7.24	144.82
2013	8	3	37.5	5	62.5	10.27	128.33
2012	11	1	9.09	4	36.36	-9.36	-85.12
2011	21	9	42.86	14	66.67	49.27	234.6
2010	13	5	38.46	7	53.85	13.91	106.98

Commentary:-

The second and final 'wildcard' is Colin Tizzard who recent history would suggest means business when sending his non-handicap runners to the track. Again he is a wildcard because of the sample size – ideally you would like to see at least 100 runners for trainer systems to demonstrate a pattern- but we may be waiting another 5 years for that by which time the market may take account of these runners and reduce profits. It's his place strike rate which gives me great confidence – in fact 52% of his runners priced 5/1 or over make the frame- and I think he is one to have on side. There may not be many selections but they are well worth following. If he can keep up a near 35% win strike rate then we will do well.

Bill Turner

Rules:-

1. Flat and All-Weather
2. Non-Handicaps, Claimers and Sellers

Results:-

	Bets	Wins	Win%	Places	Place%	P/L(BF)	ROI(BF)
ALL	123	36	29.27	63	51.22	111.82	90.91
2014	10	2	20	4	40	15.79	157.88
2013	29	11	37.93	11	37.93	3.96	13.67
2012	28	8	28.57	17	60.71	53.47	190.98
2011	31	8	25.81	18	58.06	11.95	38.55
2010	25	7	28	13	52	26.64	106.56

Commentary:-

Bill Turner is a wily operator who knows the time of day when it comes to non-handicaps, sellers and claimers. His figures have been very consistent over the past few years and hopefully he will be making us a few more points over the next 12 months.

Roger Varian

Rules:-

1. Flat Turf Races only (not All-Weather)
2. Handicaps

Results:-

	Bets	Wins	Win%	Places	Place%	P/L(BF)	ROI(BF)
ALL	214	53	24.77	101	47.2	73.15	34.18
2014	52	13	25	23	44.23	12.58	24.18
2013	59	17	28.81	28	47.46	22.08	37.42
2012	56	8	14.29	20	35.71	-6.21	-11.09
2011	47	15	31.91	30	63.83	44.7	95.11

Commentary:-

Another fairly new kid on the block is Roger Varian who has made great progress over the past couple of years. He has proved to be particularly adept at placing his horses in handicaps and even more so when only sending one to the track. He is another whose horses are punted and backing his winners at opening odds would have been worth nearly 40 points more than BFSP since the beginning of 2012. Those 40 points really make a difference to the bottom line and hopefully he will deliver again next flat season.

Ian Williams

Rules:-

1. Flat and All-Weather
2. All race types
3. Class 6 only
4. NOT Wolverhampton

Results:-

	Bets	Wins	Win%	Places	Place%	P/L(BF)	ROI(BF)
ALL	138	43	31.16	78	56.52	104.46	75.7
2014	19	6	31.58	9	47.37	23.73	124.88
2013	34	9	26.47	18	52.94	1.37	4.04
2012	27	7	25.93	14	51.85	16.21	60.05
2011	30	11	36.67	21	70	34.92	116.41
2010	28	10	35.71	16	57.14	28.23	100.81

Commentary:-

Ian Williams is a canny trainer who does particularly well with placing low grade horses. Like most trainers he does better at certain tracks than others and it's clear from his stats that he doesn't do very well at Wolverhampton in Class 6 races. He performs well below market expectation from over 50 runners at the track under the rules above and for now his runners there are best avoided. His overall record is very strong and he's already had a very good 2014 - let's hope for a few more winners during the rest of the year and beyond! Early odds on his runners would have been worth an extra 25 points above BFSP since the start of 2012.

Nick Williams

Rules:-

1. National Hunt
2. Winter NH season (November-April)
3. All race types

Results:-

	Bets	Wins	Win%	Places	Place%	P/L(BF)	ROI(BF)
ALL	141	35	24.82	65	46.1	92.86	65.86
2014	18	5	27.78	8	44.44	21.9	121.68
2013	34	7	20.59	15	44.12	8.58	25.23
2012	24	4	16.67	12	50	-6.23	-25.94
2011	38	12	31.58	17	44.74	52.38	137.85
2010	27	7	25.93	13	48.15	16.22	60.09

Commentary:-

I find that Nick Williams tends to go under the radar, certainly in my own mind. When you think of National Hunt trainers he doesn't jump out but he is a very shrewd operator and all of his fancied runners should be kept onside. This is an impressive set of stats which back up his ability to place horses in general and even more so when only sending one to the track. As with all trainer based systems they can have the odd bad year but over time he has delivered.

Staking Advice

Staking is very personal and punters have different approaches that they are comfortable with. Firstly, and I know it is stating the obvious, but you should only ever bet what you can afford to lose.

I personally only ever bet to level stakes and have always done so. I am not into complicated staking plans. No doubt some of you will look at the results above and have clear views on the approach you would like to take.

I would recommend using a 100 point bank. In the time I have been following the selections I could have used a 50 point bank as it never came under threat (betting 1 point level stakes). However we must front up to all possibilities. We are dealing with a group of 16 trainers who fluctuate in form and have varied strike rates between 20% and 40%. This means there will be losing runs. However the benefit of a portfolio approach is that when one or two trainers are underperforming others step up to deliver the profits.

You should be prepared to lose the 100 point bank however the wheels would really have to come off for it to ever be under threat. We are dealing with an elite group of trainers who excel at placing their horses and I have every confidence that inevitable losing runs will be short.

I recommend using Best Odds Guaranteed bookmakers. BFSP is the best approximation of BOG that we have and I would be confident returns would be better if able to take early prices as opposed to BFSP. Indeed from the evidence I have available you could make many more points a year using BOG bookmakers.

Some of you may like to back these selections each way. You could either bet ½ a point EW or 1 point EW on horses priced 5/1 or over, that is up to you. Collectively the trainers average just over a 50% strike rate with all runners so this is a worthwhile consideration.

I have been backing selections with 1 point level stakes (£10 for me) and I will continue to do so for the foreseeable future. As an alternative to EW betting you could place 1 point or ½ a point on the Betfair place market for each selection as this has averaged nearly 100 points per year.

Finding Selections

A reminder that selections will be available in your member's area by 8pm most evenings. I will always endeavour to upload selections the evening before the next day's racing. If for any reason this is possible you will know in advance. I always have the option of emailing you selections if there ever any unforeseen problems with me accessing the site etc.

Final Words

I do hope that you've enjoyed this One Track Trainers report. It has been designed to make your betting both enjoyable and profitable and I hope that you benefit from using it.

The report has been created using a software database called Horse Race Base, and my thanks go to Chris Bagnall and his excellent team there, who continue to add great new features to an already brilliant analysis tool.

The trainers in this guide will add value to your betting, no matter how you approach wagering. This system aims to make your betting enjoyable and profitable with a regular flow of selections to keep you interested every day of the week and throughout the whole year.

Please be patient and do not expect miracles. We've seen the overall strike rate means we will have more losers than winners. But we've also seen that the winners easily pay for the losers over time. Hopefully we get off to a good start and are making profits straight away but just in case I would strongly recommend you follow the selections by either paper trading them, or by backing to smaller than your normal stakes initially.

If you have any questions on the manual, or indeed anything else racing related, feel free to drop me a line at my support mailbox: support@onetracktrainers.com. Remember there is a Frequently Asked Questions Page in your member's area and this should be your first stop for any questions.

Finally, please do check out my blog where I will be sharing with you my general racing thoughts, the odd race analysis and new system ideas racingtoprofit.co.uk I will of course be saving the best of my bonus items for members of One Track Trainers!

Thanks again for reading this One Track Trainers betting guide and until the next time,

Happy punting

Josh Wright