

## One Track Trainers – The Proof

Hello again,

In the last video you watched I explained a bit about me, my betting journey, and how understanding the habits of trainers turned my betting around and made me profitable.

I discussed how I discovered one powerful approach, a simple idea brilliantly executed by a group of elite trainers.

Today I am going to show you proof of just how powerful this approach is and why you should keep these trainers on side.

I am going to explain what they do so well and show you how profitable they have been since the beginning of 2010. I will also reveal three of these trainers and show you their results, as well as showing you a winning bet from Saturday.

I will also be realistic and honest with you. Following these trainers won't make you super rich, you won't be able to give up your day job or dream of buying a holiday villa in Spain. If that is what you are after, then you won't find it here and I apologise for wasting your time.

But, they will make your betting fun and they will make you some decent spending money whether you bet £2 a horse, £10 a horse, £20 or more.

I will talk losers. We will be backing more losers than winners. There will be times when we hit the odd losing run and you will have to be patient. However, over the course of 12 months these trainers will be very profitable to follow and we will be backing plenty of winners.

So, what is the approach, and how could it change your betting. Let's have a look at some proof...

### **Introducing One Track Trainers**

So what is One Track Trainers, what is the simple idea behind their success?

One Track Trainers is the following:-

- It is a group of 16 UK based horse racing trainers. Some are flat trainers, some are jumps trainers. Some specialise on the flat (turf only), some on the All-Weather, some a mixture of both and others just stick to jumping.
- Now, this is the important bit. The simple idea, the one approach that unites them all, is that they are very, very profitable to follow when they only send ONE horse to the race track.

This group of trainers, and they are names you will all be familiar with, have demonstrated that they mean business when only sending one horse to the track.

If we think about it, being more selective and more successful when only sending one horse to the track makes sense.

Horse racing is an expensive business, especially for owners. (I owned 1/12 of a horse called Priceless Art, trained by Anthony Honeyball, and even with a C5 animal it isn't a cheap hobby) There is an increased pressure on trainers to justify the costs associated with sending their horses to the track. If these costs can be shared by sending more than one horse, all the better. Sending just the one horse is more draining on resources and it is important to get a return from their runs.

There is an economic logic which suggests if you are only going to send one horse, you will ensure that you have placed it superbly, that it has a great chance of being competitive and collecting some prize money.

This approach highlights those trainers who are masters at placing their horses in races that they can win.

As in all walks of life, there are some trainers who are better at this than others.

The 16 that I have selected, after months of research and testing, are the best of the best.

They have proven that they know how to place their horses and that when they send just one horse to the track they are expecting a return. It is not being sent for a nice day out, to build up fitness, or to experiment with something new. It is being sent to win.

This group of trainers consistently send horses to the winner's enclosure and regularly pick up prize money for their owners.

## The Proof and the Profit

Collectively, these 16 trainers:-

- Has averaged 355.88 points profit per year to Betfair Starting Price, betting 1 point level stakes. They 263.95 points up this year to BFSP, with 2 months to go.
- Have a 27.45 % win strike rate ensuring consistent returns and minimising losing runs.
- Have a 50.54% place strike rate on all runners meaning it is great system for each way backers as well. To back a horse knowing you have a greater than 1 in 2 chance of it placing does give you lots of confidence.
- Keeps you interested most days of the racing year, across all three codes. The system averages 1.65 selections per day. You don't have to worry about being bombarded with 10-15 bets per day.
- Allows you to place bets the night before racing and is perfect for punters who like betting with stakes of £2, £5 or £10. (more if you prefer)
- The system relies on information not readily accessible, ensuring it will be profitable for many years to come. You'll be part of an exclusive group who have an edge over other punters and the bookmakers.

Ok I know anyone can say those things, so let's have a look at some proof...

## Proof

**One Track Trainers** is about long term profitability and I'm pleased to say that this approach has a near 5 year record of success.

The year in year profitability, to just £10 level stakes at Betfair Starting Price, can be seen below.

2010 - **£3464.20**

2011 - **£4364.40**

2012 -**£2917.60**

2013 -**£3489**

2014 -**£2639.50** (so far, with 2 months to go)

**Total: £16 874.70**

I present the figures using BFSP because this is a price that everyone can get. However, if you have a few Best Odds Guaranteed accounts these figures could be even bigger. In fact taking prices earlier in the day would have been worth an extra 103 points in 2014 so far.

That is 103 points more than Betfair Starting Price- Quite incredible. That would put 2014 onto 363 points already. £3630 to £10 stakes with two months to go.

If you bet with bigger stakes, say £25, you could have made **£42,175** since the beginning of 2010 –averaging £8, 897.00 a year (based on returns from 2010-2013). Not life changing, but a rather nice amount of money to spend on the things you enjoy doing most.

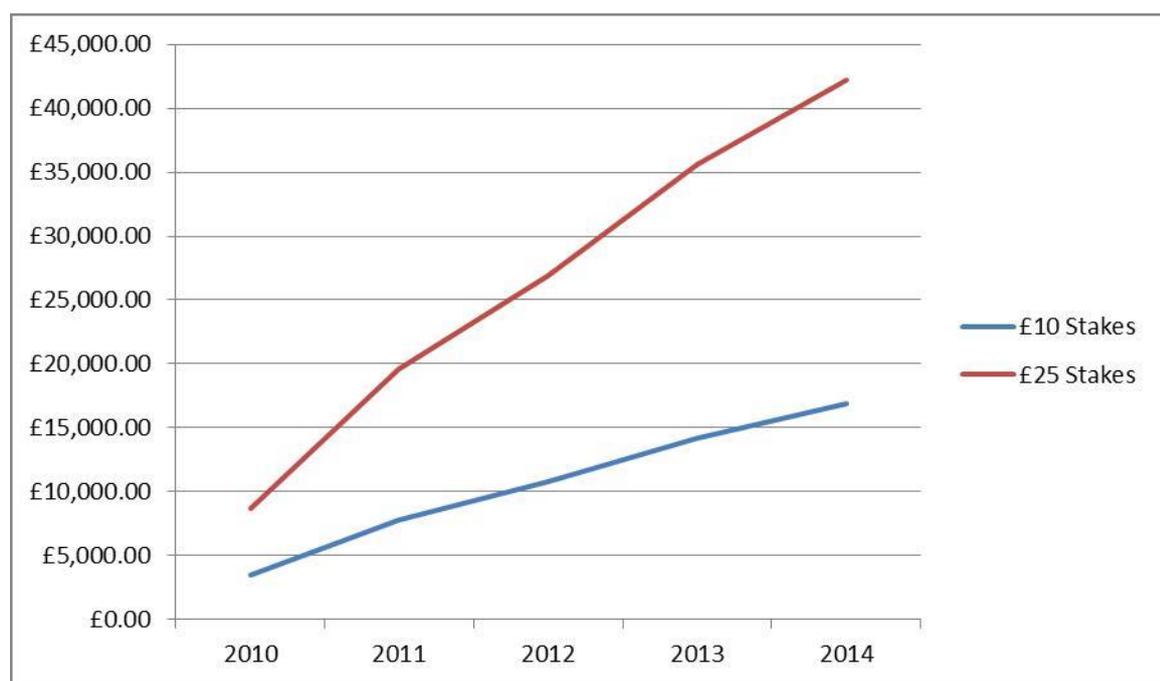
Here is a full breakdown so far.

	Bets	Wins	Win %	P/L (BFSP)	ROI %
ALL	2914	800	27%	<b>1687</b>	57
2014	507	132	26%	<b>264</b>	41
2013	668	191	29%	<b>349</b>	57
2012	614	157	26%	<b>292</b>	52
2011	626	183	29%	<b>436</b>	68
2010	499	137	27%	<b>346</b>	68

Over nearly 5 years these trainers have made a staggering 1687 points profit to level stakes at Betfair SP.

You can see the consistency of these trainers and the impressive Return on Investment – rather better than you can get in you high-street bank.

The cumulative growth in displayed in the table below-



### **That is £16 874.70 to just £10 level stakes.**

If you had bet £25 level stakes you would have made **£42, 175**

I know there are many of you who maybe don't even bet £10 a selection, or maybe not even £5. Indeed there are those who just like betting £2 or £3 on a horse, who like to build up their betting bank before upping their stakes.

This system is great for everyone, whatever your stake size. Even if you just bet £3 per selection to win only, your average profit a year would be **£1,066.74** – and remember that is to Betfair SP – returns could be much bigger using Best Odds Guaranteed Bookmakers and taking earlier prices.

### **Let's talk losers**

Before I introduce you to three of the 16 trainers that make up the system, let's talk losers.

The average strike rate of all selections is just over **27%**. That means, statistically, for every 1000 bets we place we can expect to encounter a losing run of around 24.

If you follow these selections, you will hit the odd losing run. I like a portfolio approach, a collection of different trainers, because it means that when one or two lose form (as all trainers do at some point in a season) other trainers step up to the plate and have a winning run.

I believe this is a sustainable system that will continue to pick winners and make profits for a few years to come. Because it is based on trainer behaviour, tapping into the successful methods that they employ when training and placing their horses, we can have confidence that they will continue to be successful.

But, with a 27% win strike rate we will of course back more losers than winners. You should be prepared for that. However, over the stretch, we have every chance of making decent profits.

Now I have been following these selections live, with my own money, since the start of July. I researched and created the system over a year ago. I tinkered with it up until Christmas to make sure I had the best of the best and then started paper trading. Once I saw the results live, I had to start profiting from them myself.

I bet £10 level stakes to win and it is a level I am personally comfortable with. In just over four months of live testing, the longest losing run has been 18. Now even I was growing concerned at that point. However, I kept the faith and over the following 9 days all of those losses were won back.

We will also have the odd losing month. I don't mind admitting that October has been a tricky month. I found it tough personally on the betting front and so did my trainers. The changeover of seasons, from Flat to Jumps, can sometimes be tricky. Looking at my records October was a losing month – the collection of trainers lost 6.5 points in October. However, on the first day of November there was one selection, a 9/1 winner. Emphasising again that you have to be patient.

That is how it goes. I like to be honest with these things. If you cannot handle the odd losing run, or the odd losing month, then following these trainers will not be for you.

But remember, collectively they have a 27% win strike rate and have averaged £3 558.8 profit a year to £10 level stakes.

Those who are patient and who commit for the long term are rewarded.

## So, that is One Track Trainers

### How about some examples?

I am going to show you three of the trainers and their results. I would add at this point that it is not just a case of going out and backing all these trainer's runners when it is their only entry at the track. Each trainer has one or two more rules which really homes in on those horses that they excel with.

Onto the three examples. (I have taken these from the actual System Manual, so you can get a feel for how they are presented).

#### Sample

So, for all trainers, the horse must be their only runner at the track. It must also be 14/1 or under. I know some people get concerned with price ceilings. But the simple truth is not many horses priced over 14/1 win. This means we are only focusing on those horses with a realistic chance of winning. Of course there is the odd winner above this price, but you have to wait a long time for them to come, they are not profitable in the long run and you have to endure longer losing runs.

The first trainer is George Baker. You will see that we only back him on Flat Turf Only. Obviously the main flat season is drawing to a close so we can expect to be backing his runners again from next April. He is one of 4 trainers who we only back on the Flat Turf. The other 12 we back all year round.

## 1. 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)
<b>ALL</b>	162	49	30.25	84	51.85	105.97	65.41
<b>2014</b>	25	10	40	13	52	31.71	126.85
<b>2013</b>	32	8	25	17	53.13	32.03	100.1
<b>2012</b>	28	6	21.43	13	46.43	0.29	1.03
<b>2011</b>	48	16	33.33	26	54.17	29.44	61.33
<b>2010</b>	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.

## **2. 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)
<b>ALL</b>	251	59	23.51	117	46.61	187.28	74.61
<b>2014</b>	54	11	20.37	24	44.44	24.21	44.84
<b>2013</b>	53	15	28.3	26	49.06	45.48	85.8
<b>2012</b>	40	8	20	16	40	26.19	65.47
<b>2011</b>	58	15	25.86	33	56.9	50.04	86.28
<b>2010</b>	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.

### **3.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)
<b>ALL</b>	112	41	36.61	74	66.07	100.43	89.67
<b>2014</b>	25	9	36	15	60	23.58	94.31
<b>2013</b>	33	12	36.36	21	63.64	21.32	64.61
<b>2012</b>	21	7	33.33	14	66.67	24.85	118.31
<b>2011</b>	21	8	38.1	15	71.43	18.2	86.66
<b>2010</b>	12	5	41.67	9	75	12.48	104.04

#### **Commentary:-**

Quite simply John 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.

I have left John Quinn until last as he was responsible for Saturday's only selection for the system. The horse was called Fisher and as you can see below I backed him at 5/1. He drifted to 9/1 and duly obliged. As you can see I had my usual £10 stake on and he won £90 profit. And just to prove I did place the bet you can see my Ladbrokes account here.

So that is it. My aim in this video was to introduce One Track Trainers and show you some proof of its success.

As you have seen this group of 16 trainers have been incredibly consistent since the start of 2010, **winning £16 874.70 to £10 bets in the process**, with a win strike rate of just over 27%.

I have picked 3 of the trainers to give you a flavour so hopefully you are clear what One Track Trainers is and how successful this system has been.

On Wednesday I will send you one final video which explains what exactly I have for you, what it will do for you and, if you are interested, what you will need to do to start backing the One Track Trainers selections.

I am going to open this opportunity up to only 200 people on a first come first service basis, and I will explain more about that on Wednesday. I have even created a members' area where I will post selections the evening before the next day's racing, so you don't need to do any of the work yourself.

So, there will be more information about this fantastic opportunity on Wednesday. I am really excited about the offer I have for you and I know you will be too.

If you have any queries in the meantime, then please do get in touch at my support address [support@onetracktrainers.com](mailto:support@onetracktrainers.com)

This is Josh Wright, saying bye for now.