



Signposts Sweetspots

Quick Valley return should be noted for O'Brien

Flag Of Truth 3.20 Leicester

Roger Varian has a formidable 26 per cent strike-rate at Leicester and is 2-4 with three-year-old newcomers.

Jimmy Bell 5.50 Huntingdon

The John O'Shea-trained 11-year-old is getting on for a novice chaser but he boasts decent claims after going very close in a similar course-and-distance contest last May.

Elham Valley 7.20 Huntingdon

The Fergal O'Brien-trained five-year-old notched his second win last Wednesday and should be backed to follow up. The drop in trip really suited and his stable is 38 per cent with winners returning within seven days.

Hot trainers

• TRAINERS with best wins-runs % from at least two wins in last 14 days, Flat & Jumps

Table listing hot trainers with columns for name, days, and percentage. Includes David Pipe (6-14 43%), William Haggas (17-41 41%), Paul & Oliver Cole (2-5 40%), etc.

Cold trainers

• TRAINERS with most runs since last win, Flat & Jumps; X=Never trained a winner in GB, Ireland or European Group race; 1st=first runner in GB; excludes those with at least 25% placed runners in past 14 days

Table listing cold trainers with columns for name, days, and runs. Includes Lee Carter (348 97), Dominic French Davis (228 49), etc.

Course trainers

• TRAINERS with best wins-runs % from at least three course wins

Table listing course trainers with columns for name, days, runs, and percentage. Includes Harry & Roger Charlton (Wolv 3-9 33%), Alan King (Ludl 13-41 32%), etc.

Table listing trainers with columns for name, days, runs, and percentage. Includes Olly Murphy (Hntg 20-84 24%), Pam Sly (Leic 7-29 24%), etc.

Trainers off course

• Trainers with most course losers since last win (today's code/surface)
• X=no course winner (since 1 Jan 1989)

Table listing trainers off course with columns for name, days, runs, and percentage. Includes Robert Eddery (Wind 2555 58), Sarah-Jayne Davies (Ludl 1476 52), etc.

Tracking trainers

• TRAINERS with first course runner in more than two years, showing years since previous runner
• Confined to trainers with course winner or having first course runner
• Course wins-runs record in past 20 years

Table listing tracking trainers with columns for name, days, runs, and percentage. Includes Alex French (Hntg 1st), Neil Mechie (Hntg 1st), etc.

Class of 5-30

• Trainers with best winners-horses % under all codes in the past 12 months.
• Restricted to trainers with between 5 and 30 individual runners. Total wins in brackets.

Table listing class of 5-30 trainers with columns for name, days, runs, and percentage. Includes Linda Stubbs (9) (5-6 83%), S Woods (22) (18-29 62%), etc.

Story of the Symbols

Rolling 365-day record of various categories and symbols that appear on Racing Post cards POI=profit on investment.

Table showing story of the symbols with columns for category, wins, places, runs, percentage, and POI%. Includes Wind operation (148 wins, 245 places, 1439 runs, 10% win rate, -23.5% POI%), etc.

Table listing trainers with columns for name, days, runs, and percentage. Includes Alex French (4) (4-9 44%), Chris Dwyer (22) (10-23 43%), etc.

Class of 31-60

• Trainers with best winners-horses % under all codes in the past 12 months.
• Restricted to trainers with between 31 and 60 individual runners. Total wins in brackets.

Table listing class of 31-60 trainers with columns for name, days, runs, and percentage. Includes William Muir & Chris Grassick (36) (22-41 54%), Chris Gordon (50) (30-60 50%), etc.

One-trick trainers

• TRAINERS (includes those that have had 30 winners under today's code in past 12 months) with just one runner today

Table listing one-trick trainers with columns for name, days, runs, and percentage. Includes Olly Murphy (Foxinthebox Hntg 4.45), Peter Bowen (Le Tueur Hntg 5.50), etc.

Charlie FellowesSir Min Wolv 4.15

Trainer trace

• Horses who have switched trainers since their latest run.
• Includes current trainer's record with new recruits under today's code

Table listing trainer traces with columns for name, days, runs, and percentage. Includes Toughsoldboots (Hntg 5.20), Strike Of Honour (Hntg 5.50), etc.



Table with columns for name, age, sex, and percentage. Includes Martin Keighley, Neil Mechie, Charles Hills, Ian Williams, Sheena West, Patrick Chamings, Katie Scott, Tony Carroll, Michael Appleby.

Training newcomers

WINS-RUNS course record of trainer's newcomers in 2yo, 3yo, NH Flat race, hurdle or chase (ignores runners with PTP form).

Table of training newcomers with columns for name, age, sex, and percentage. Includes Milton Harris, Roger Varian, Alan King, William Haggas, Archie Watson, Clive Cox, Richard Hannon, Charles Hills, David Loughane, David Evans, Donald McCain, Richard Phillips, Edward Bethell, Charlie & Mark Johnston.

Trainers & jockeys

TRAINER-JOCKEY combinations with best % from at least three course wins

Table of trainer-jockey combinations with columns for name, percentage, and details. Includes William Haggas-Tom Marquand, Alan King-Tom Cannon, Hugo Palmer-James Doyle, Roger Varian-David Egan, Fergal O'Brien-Paddy Brennan, John & Thady Gosden-Robert Havlin, Nicky Henderson-Nico de Boinville, Philip Hobbs-Tom O'Brien, Charlie & Mark Johnston-Joe Fanning, Jonjo O'Neill-Jonjo O'Neill Jr, Archie Watson-Hollie Doyle, David Loughane-Richard Kingscote, Dr Richard Newland-Sam Twiston-Davies.

Table of jockeys with columns for name, percentage, and details. Includes Michael Appleby-Alistair Rawlinson, Ralph Beckett-Rob Hornby, Charles Hills-Kieran Shoemark, Dan Skelton-Harry Skelton, Chris Wall-Jack Mitchell.

Hot jockeys

JOCKEYS with best wins-rides % from at least three wins in last 14 days, Flat & jumps

Table of hot jockeys with columns for name, percentage, and details. Includes Harry Kimber, Charlie Hammond, Craig Nichol, George Bass, Philip Armson, Harry Skelton, William Buick, Sean Bowen, Sam Twiston-Davies, Jason Watson, Adam Wedge, Tom Marquand, Sean Levey, Ray Dawson, Brian Hughes, Benoit De La Sayette, Paddy Brennan, Dane O'Neill.

Cold jockeys

JOCKEYS with most losers since last win, Flat & jumps; 1st=first ride in GB; excludes those with at least 25% placed runners in past 14 days

Table of cold jockeys with columns for name, percentage, and details. Includes Sam Hitchcott, Nick Slatter, Angus Villiers, Charles Bishop, Hayley Turner, James Sullivan, Tom Eaves.

Course jockeys

JOCKEYS with best wins-rides % from at least three course wins

Table of course jockeys with columns for name, percentage, and details. Includes Miss Gina Andrews, James Doyle, Tom Cannon, Stefano Cherchi, William Buick, Nico de Boinville, Paddy Brennan, Lilly Pinchin, Tom O'Brien, Jonjo O'Neill Jr.

Jockeys off course

Jockeys with most course losers since last win (today's code/surface)

Table of jockeys off course with columns for name, percentage, and details. Includes Jack Duern, Sam Hitchcott, Rob Hornby, Phil Dennis, Liam Keniry.

One-trick jockeys

JOCKEYS (excl amateurs, apprentices & conditionals) with one ride at a meeting

Table of one-trick jockeys with columns for name, percentage, and details. Includes Danny Burton, Brian Hughes, Max Kendrick, David Noonan, Geordie Washington.

Table of jockeys with columns for name, percentage, and details. Includes Harry Reed, Jonathan Burke, Cianan Gethings, Richard Patrick, Daniel Hiskett, Jonjo O'Neill Jr, Charlie Bennett, Lewis Edmunds, Megan Nicholls, Robert Havlin, Dane O'Neill, P J McDonald, Alistair Rawlinson, Craig Nichol, Tom O'Brien, Nick Scholfield, Nick Slatter, Tabitha Worsley, Tom Cannon, Kevin Jones, Micheal Nolan, Stan Sheppard, Chris Ward, John Fahy, Royston french, David Nolan, Jefferson Smith, Josephine Gordon, Sam Hitchcott, James Sullivan, Phil Dennis, Cam Hardie, Joey Haynes, Neil Callan, Hector Crouch.

Horse & jockey

HORSES with 100% record for today's jockey

Table of horse & jockey combinations with columns for name, percentage, and details. Includes Rainbow Mirage, George Rooke, others 3-28.

First-time geldings

HORSES running for the first time since being gelded

Table of first-time geldings with columns for name, percentage, and details. Includes Give A Little Back, Kevin Philippart de Foy, King Of The Kippax, Michael Bell, Showman, Hughie Morrison, Fulfilled, David Sirmcock, Manettino, Stuart Williams.

First-time Wind Ops

HORSES running for the first-time since undergoing a wind surgery

Table of first-time wind ops with columns for name, percentage, and details. Includes Hello Zabeel, Kevin Ryan, Snapcracklepop, William Muir & Chris Grassick.

14%

First-time blinkers

Horses wearing blinkers, hood or visor for the first time

Table of first-time blinkers with columns for name, percentage, and details. Includes Geordie Washington, Nigel Hawke, Yaazaain, Homer's Girl, Ed Dunlop, Pub Crawl, Michael Bell, Honestylntruffuly, Philip Hobbs, Chase Park, Milton Harris, Kerkyra Island, Andrew Balding, Golden Warrior, Marco Botti, Harb, William Knight, Anythingtoday, George Boughey, Lucayan, Joseph Parr, Alpine Stroll, Ed de Giles, Letter Of The Law, George Boughey.

Tongue-tied

HORSES wearing tongue strap for the first time

Table of tongue-tied horses with columns for name, percentage, and details. Includes Luna Dora, Tom Symonds, Sahoud, Clive Cox, Tathbeet, William Haggas, Accidental Rebel, Fergal O'Brien, Lopes Dancer, Harriet Bethell.

Cheekpieces

HORSES wearing cheekpieces for the first time

Table of cheekpieces with columns for name, percentage, and details. Includes Just Henry, Neil Mulholland, Dindin, David Pipe, Octopus, Kevin Philippart de Foy, Nova Legend, James Ferguson, Salvator Mundi, John & Thady Gosden, Mellow Ben, Chris Gordon, Sir Sedric, Lee Carter, Scuti, Ben Lund, Nacho, Donald McCain.

Headgear left off

HORSES who ran in blinkers, hood, visor, cheekpieces, tongue-strap, eye-shields, etc (or any combination) last time, but race without any headgear this time.

Table of headgear left off with columns for name, percentage, and details. Includes Foxinthebox, Cisco Disco.



Table with 2 columns: Name and Rating. Includes Old News, Voice Of Hope, Applaud Now, Flamenco Fan, Jack d'Or, Somedayonedaynever, Tiare, Dew You Believe.

Travellers' check

- Today's farthest travellers (top 10 & ties; minimum distance 200 miles). Trainer's wins-runs record with horses travelling at least this far in GB is compared with overall GB strike-rate in last 10 years.

Trying a trip

- HORSES who have run at least once this season and now race over 2f+ (4f+ jumps) more than before.

Handicap debut

- Horses running in a British handicap for the first time under today's code/obstacles whose trainer has a 15%+ strike rate with such runners.

Horses for courses

- HORSES with at least three course wins (today's code/surface), followed by total course runs.

Best of rivalries

- Head-to-head record of horses who have run against one another three or more times in the past two years.

Bad turn

- HORSES whose best RPR racing the same way round as today (no wins) is 10lb+ below today's card RPR.

Anything to report

- HORSES whose last outing has official explanation from connections. See form for details.

Repeat performance

- HORSES who ran in same race in previous seasons.

Week link

- HORSES with 2+ wins in this period (7 days before & after today) in previous seasons, showing form figures that preceded the most recent.

Seven-day winners

- TRAINER'S wins-runs record with horses reappearing within 7 days of a win, compared with next-time-out record for all winners.

Fresh start

- SHOWING days since last run of horses off the track for 180+ days, who have won previously after such an absence.

Jimmy BellHntg 5.50 382 2.11.20 won after 307 days off

Out & about

- Horses running today who were non-runners or withdrawn after being declared in last seven days.

Following favourites

- RACES that show a profit for favourites.

Lower class

- HORSES dropping 2+ classes compared to previous lowest British class (current and previous season).

Dropping down

- HORSES racing off lower official handicap rating than they have won off on today's code/obstacles/surface in last year; Horses in bold achieved win in last two years for today's trainer.

RPR improvers

- HANDICAPPERS with improved RPR since weights were published, showing pre- and post-race RPR. Improvement figure reduced by any increase of official rating (OR).

Winners in waiting

- HORSES running today which caught the eye of our comments-in-running writers last time out.

Coming on

- HORSES running for the second time within 21 days following a 150 day layoff, who in previous circumstances had shown a 14lb+ improvement in RPR.

Bouncers

- HORSES running for the second time within 60 days following a 200 day layoff, who in previous circumstances had shown a 14lb+ deterioration in RPR.

Postmark pick

- RP RATING's most clear in handicaps.

Time warp

- Horses running on Flat who won last time out but whose TopSpeed rating was two stone below their RPR.

Time and again

- Horses who recorded a career best TS last time out and are reappearing within 7 days.

Top marks

- Horses top-rated and selected by both RPR and TopSpeed.

Most popular nap

- MOST popular tip in Racing Post/Coral Naps Competition.

Tipsters in form

- TIPSTERS with 2+ consecutive winners in our Racing Post/Coral Naps Competition, showing winning sequence in brackets and today's nap.

Tipsters' trainers

- TIPSTERS in our Racing Post/Coral Naps Competition who are showing a profit from at least two wins from stable of today's nap (current & previous year).



TRAINERSPOT

In form

Trainers in form (last 14 days, min 2 wins, 5 runners), ranked by % (bold) of horses Running To Form; RTF is defined as running to within 7lb of racecard Racing Post Rating...

Table listing trainers in form with columns for days, percentage, and names like Paul & Oliver Cole, David Pipe, John & Thady Gosden, Henry Candy, Peter Bowen, S Woods, William Haggas, Harry Eustace, Derek Shaw, Edward Bethell, Kevin Philippart de Foy, Charlie Fellowes, Milton Harris, William Knight.

Out of form

Trainers out of form (last 14 days, max 2 wins, min 5 runners), ranked by lowest % (bold) of horses Running To Form (RTF). ♦=no runners on day

Table listing trainers out of form with columns for days, percentage, and names like Christopher Mason, Henry Oliver, T J Kent, Chris Dwyer, Jamie Osborne, Oliver Sherwood, Neil King, Charlie Longsdon, John Spearing, Robert Stephens, Ian Williams, Charles Hills, Ruth Carr.

Course specialists

Trainers with best course wins-runs % in particular race type, at today's course, and in profit to £1 bet; BOLD data=current season only; LIGHT=last four seasons, plus current. Flat season is defined as from January 1

Table listing course specialists with columns for days, percentage, and names like Ed Dunlop, Simon & Ed Crisford, Michael Appleby, George Boughey, Eve Johnson Houghton, Sheena West, Charlie & Mark Johnston, Hughie Morrison.

Table listing jockey/trainer combinations with columns for days, percentage, and names like George Boughey, Neil Mulholland, Oliver Sherwood, Caroline Bailey, Fergal O'Brien, Martin Keighley, Charlie Longsdon, Alan King, John O'Shea, Milton Harris.

Jockey bookings

Significant jockey/trainer combinations, in profit to £1 bet; BOLD data = current season only; LIGHT = last four seasons, plus current. Includes those with more than one win, a strike-rate of at least 25% and a level-stakes profit.

Table listing jockey bookings with columns for days, percentage, and names like George Rooke/Mark Rimell, Rossa Ryan/Philip McBride, Tom Marquand/Hughie Morrison, Daniel Muscutt/Ed Dunlop, Oliver Stammers/Sylvester Kirk, Robert Havlin/John & Thady Gosden, Adam Kirby/Simon & Ed Crisford, Tom Marquand/William Haggas, Rossa Ryan/Ralph Beckett, Shane Kelly/Pam Sly, Jason Watson/Marco Botti, Jack Mitchell/Chris Wall, Marco Ghiani/Robert Stephens, Cameron Noble/Roger Varian, James Doyle/George Boughey, Hollie Doyle/Philip Kirby, James Doyle/Hugo Palmer, Lewis Stones/Olly Murphy, Sam Twiston-Davies/Neil Mulholland, Jonathan Burke/Oliver Sherwood, Mr Tom Broughton/Fergal O'Brien, Mr Freddie Gordon/Chris Gordon, Peter Kavanagh/Donald McCain, Tom O'Brien/Philip Hobbs, Paddy Brennan/Fergal O'Brien, Charlie Hammond/Dr Richard Newland, Sean Bowen/Martin Keighley, Kevin Brogan/John O'Shea.



TRAINERSPOT IRELAND

In form

Trainers in form (last 14 days, min 2 wins, 5 runners), ranked by % (**bold**) of horses Running To Form; RTF is defined as running to within 7lb of racecard Racing Post Rating.

● For horses who ran yesterday, and for horses with no pre-race Racing Post Rating; RTF defined as: any placing; or finishing within 3l of winner over 6.5f (1430y); or finishing with 4l between 6f111y (1431y) & 1m110y(1870y); or finishing with 5l between 1m110y (1871y) & 1m4f110y(2750y); or finishing with 6l between 1m4f111y(2751y) & 2m (3520y); or within an extra 1/2l per furlong above 2m.

● After trainer's name are finishing positions of all runners in last 14 days, most recent on right; dash separates days; ♦=no runners on day

W-R	RTF	
4-12	33%	75% P Twomey ♦-♦-♦-♦-♦-52-♦-51-31-♦-1-0-0173
2-7	29%	71% Kevin Thomas Coleman ♦-♦-♦-♦-♦-1-♦-♦-1-267-♦-6-♦-4
8-36	22%	61% G M Lyons 24-♦-♦-3-7-341-316514-♦-23-2161-♦-607-12695005-113026

Out of form

Trainers out of form (last 14 days, max 2 wins, min 5 runners), ranked by lowest % (**bold**) of horses Running To Form (RTF). ♦=no runners on day

W-R	RTF	
0-7	0%	0% E Sheehy ♦-♦-8-9P-♦-♦-♦-♦-♦-0P-0P-♦-♦
0-9	0%	11% Michael Mulvany 96-♦-9-P-♦-80-♦-♦-8-♦-♦-09-♦-♦
0-6	0%	17% Eamonn O'Connell 0-♦-0-♦-♦-40-♦-♦-♦-♦-0-0

Course specialists

Trainers with best course wins-runs % in particular race type, at today's course, and in profit to £1 bet;

BOLD data=current season only; LIGHT=last four seasons, plus current.

Flat season is defined as from January 1

ROSCOMMON		
3-6	50%	+£14.00 G M Lyons 3yo maiden..... Plankton 4.30
2-3	67%	+£5.33 P Twomey 3yo+ maiden..... Spasiba 6.00
3-10	30%	+£1.41 G M Lyons 3yo+ hcp..... Zola Sakura 6.30
2-8	25%	+£45.00 J S Bolger 3yo hcp..... I Have A Voice 7.00

Jockey bookings

Significant jockey/trainer combinations, in profit to £1 bet;

BOLD data = current season only; LIGHT = last four seasons, plus current.

Ⓢ=data is course specific

(therefore **bold** data with Ⓢ = today's course, current season).

Flat season is defined as from January 1.

Includes those with more than one win, a strike-rate of at least 25% and a level-stakes profit.

ROSCOMMON		
11-36	31%	+£11.51 ⓈColin Keane/G M Lyons Plankton 4.30; Zola Sakura 6.30
2-6	33%	+£14.50 ⓈCian Macredmond/Adrian McGuinness..... Sovereignty 4.30
5-18	28%	+£17.50 ⓈW J Lee/W McCreery Pretty Persuasion 5.00
3-7	43%	+£6.23 ⓈMikey Sheehy/Joseph Patrick O'Brien..... Wujdaan 5.00
2-4	50%	+£14.50 Jack Kearney/Mark Fahey..... Clear Quartz 5.30
2-7	29%	+£1.33 ⓈW J Lee/P Twomey Spasiba 6.00; Rosscarbery 6.30
		2018+ 55-199 28% +£30.71
2-5	40%	+£43.50 Andrew Slattery/Miss Hilary McLoughlin..... Evening Verse 6.30
2-7	29%	+£5.33 W J Lee/Ms Sheila Lavery Steps In The Sand 7.00