



Signposts Sweetspots

Fabulous Flanagans Field can flourish at Ffos Las

Jennie Candlish has been in cracking form in the last fortnight with five of her last 11 runners winning. She has just one runner at Carlisle, Mankala in the 3.10, who has just had a wind operation.

Keith Dalgleish operates at an impressive 55 per cent strike-rate with his runners at Carlisle. He has just one runner on the card, Hardrock Davis who goes in the 2.05. The drop back in trip can see him run well on his handicap debut.

Flanagans Field runs in the 2.15 at Ffos Las, a race he won last year by 16 lengths. While he runs off a higher mark, he carries bottom weight and the first-time tongue-tie and cheekpieces combination can see him win for the second year in a row.

ALL data excludes last night's results

Hot trainers

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

Table with 2 columns: Name, Wins-Runs %

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 with 3 columns: Name, Since a win, DAYS, RUNS

New trainers

TRAINERS having their first runner today

Table with 2 columns: Name, Days

Course trainers

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

Table with 3 columns: Name, Wins-Runs %

Trainers off course

Trainers with most course losers since last win (today's code)

Table with 3 columns: Name, Since a win, DAYS, RUNS

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

Table with 3 columns: Name, Course wins-runs record in past 20 years

Table with 2 columns: Name, Position

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 with 3 columns: Name, Wins-Runs %

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 with 2 columns: Name, Ffos

Trainer trace

Horses who have switched trainers since their latest run.

Includes current trainer's record with new recruits under today's code

Table with 3 columns: Name, Wins-Runs %

Prime time

Trainers who in the two week period (14 days) either side of today's date for the past five years (current season plus four) have shown a level-stakes profit or a strike-rate in excess of 20%.

Table with 3 columns: Name, Wins-Runs %

Training debutants

WINS-RUNS course record of trainer's debutants in 2yo, 3yo, NH Flat race, hurdle or chase (ignores runners with PTP form). Includes all those to have had a winning course debutant or an overall debutant strike rate in excess of

Story of the Symbols

Rolling 365-day record of various categories and symbols that appear on Racing Post cards

Table with 6 columns: Category, Wins, Places, Runs, %, POI%

Dave CrosseFfos X 31

One-trick jockeys

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

Table with 3 columns: Name, Position, Ffos

First-time Wind Ops

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

Data excludes horses trained outside GB

Trainer's wins-runs record with horses running for the first time since a wind surgery compared to record with all

Data first made available on 19 Jan 2018

Table with 3 columns: Name, Wins-Runs %

First-time blinkers

Horses wearing blinkers, hood or visor for the first time

Trainer's wins-runs record with 1st-time blinkers/hood/visor is compared with trainer's strike rate with all runners

Current and previous year, any code

Table with 3 columns: Name, Wins-Runs %

Cheekpieces

HORSES wearing cheekpieces for the first time

Trainer's wins-runs record with 1st-time

15%.

Nigel Twiston-Davies ... Hdl Ffos 2-12 17% all Hdl debutants 15-132 11%

Trainers & jockeys

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

Table with 3 columns: Name, Wins-Runs %

Hot jockeys

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

Table with 3 columns: Name, Wins-Rides %

Cold jockeys

JOCKEYS with most losers since last win, Flat & jumps; X=Never ridden a winner in GB or Ireland; 1st=first ride in GB; excludes those with at least 25% placed runners in past 14 days

Table with 3 columns: Name, Wins-Rides %

Course jockeys

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

Table with 3 columns: Name, Wins-Rides %

Jockeys off course

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

Table with 3 columns: Name, Wins-Rides %



cheekpieces is compared with trainer's strike rate with all runners

▶▶ Current and previous year, any code

The New PharaohCarl 4.15

Laura Morgan 0-5 0%; all 9%

Tudors TreasureFfos 3.50

Robert Stephens 0-7 0%; all 7%

Best Seller

▶▶ HORSES dropped to selling class for the first time under today's code

▶▶ Trainer's wins-runs record in sellers is compared with record with selling debutants (current and previous year)

BassarabadTim Vaughan Ffos 5.00

all sellers: 3-6 50%; selling debutants 67%

Ceann Sibheal Warren Greatrex Ffos 5.00

all sellers: 0-0 0%; selling debutants 0%

Firebird Flyer ...Evan Williams Ffos 5.00

all sellers: 1-2 50%; selling debutants 50%

Misty MaiDavid Rees Ffos 5.00

all sellers: 0-0 0%; selling debutants 0%

Pink Gin Nigel Twiston-Davies Ffos 5.00

all sellers: 0-5 0%; selling debutants 0%

Saint John Henry ..David Pipe Ffos 5.00

all sellers: 1-8 13%; selling debutants 14%

SouriyariPeter Bowen Ffos 5.00

all sellers: 0-1 0%; selling debutants 0%

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

NumbercruncherCarl 4.50 IRE

David M O'Brien all GB 2-2 100%

Clash Of D TitansCarl 4.15 286

Warren Greatrex 12-72 17%; all 18%

Point Of PrincipleCarl 3.10 283

Tim Vaughan 120-493 24%; all 14%

Houblon Des Obeaux ...Carl 3.40 242

Venetia Williams 50-274 18%; all 13%

My Friend GeorgeCarl 4.50 235

L Humphrey 0-0 0%; all 0%

Bambi Du NoyerCarl 4.50 217

Sean Conway 0-2 0%; all 0%

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.

▶▶ Showing trainer's win-run record with handicap debutants (current season plus four)

AlfiboyCarl 2.05

Sue Smith 8-53 15%; -£8.55

Hardrock DavisCarl 2.05

Keith Dalgleish 5-22 23%; +£0.63

CorzeamFfos 3.50

Nigel Twiston-Davies 18-107 17%; +£8.05

Sergeant BrodyFfos 3.50

Samuel Drinkwater 1-6 17%; -£2.75

Horses for courses

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

▶▶ Course/distance wins are shown in brackets

Derintoher YankCarl 2.35 (1) 3-4

Firebird FlyerFfos 5.00 (1) 3-9

Cawdor House Bert Ffos 3.20 3-10

Magical ManFfos 3.20 (2) 3-14

Good turn

▶▶ HORSES whose best RPR racing the opposite way round to today is 10lb+ below today's card RPR and who raced the WRONG way (no wins) last time

▶▶ Minimum 3 runs each on LH & RH tracks

Ceann Sibheal (9/2)Ffos 5.00 LH

LH w-r: 3-11 RPR 124; RH 0-4 RPR 100

Bad turn

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

▶▶ Minimum 3 runs each on LH & RH tracks

Pc Dixon (3/1)Carl 2.05 RH

LH w-r: 1-6 RPR 98; RH 0-3 RPR 84

Anything to report

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

NendrumCarl 4.15

Matts LegacyFfos 2.15

Lapford LadFfos 2.45

Ruby YeatsFfos 3.50

Fraser CanyonFfos 4.25

Misty MaiFfos 5.00

Repeat performance

▶▶ HORSES who ran in same race in previous seasons

Flanagans FieldFfos 2.15

17: 1 of 7, OR85, 20/1 George Blackwell

Cawdor House BertFfos 3.20

17: 2 of 7, btn 3l, OR95, 5/1 Nick Scholfield

Magical ManFfos 3.20

17: 5 of 7, btn 27¹/₂l, OR92, 4/1 Trevor Whelan

16: 1 of 10, OR84, 7/2F Trevor Whelan

Steel NativeFfos 4.25

17: 2 of 9, btn 7l, OR99, 4/1 Nick Scholfield

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

324 ScotswellCarl 3.40

3m 2f Kels 22.3.14; 2m 6f 151y Kels

24.3.12

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

Pc DixonCarl 2.05

won Hexham, Thursday

Victor Thompson 4-20 20%; all 4%

Fresh start

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

▶▶ Data is current plus last four years, any code, incl PTP

SeeyouatmidnightCarl 3.40 358

11.12.13 won after 227 days off

Multiple entries

▶▶ Horses running today who have three or more further engagements this week (total in brackets)

Under The Woods (4) Evan Williams

.....Ffos 2.15

Following favourites

▶▶ RACES that show a profit for favourites

Ffos Non-H'cap Hdles +4.56

Carl Non-H'cap Hdles +3.72

Carl H'cap Chses +0.51

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.

Saint John Henry ...Ffos 5.00 w122 -6

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).

▶▶ Early-closing handicaps may have additional qualifiers; excludes runs yesterday

Pc Dixon (OR94, EX7)Carl 2.05

1st, Hexm, Thu, Mar 15, 88-98+3

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.

Cawdor House BertFfos 3.20

16/12/13 7 of 9, 76 19/01/14 8 of 10 37;

Postmark pick

▶▶ RP RATING's most clear in handicaps

Flanagans FieldFfos 2.15 4

Ceann SibhealFfos 5.00 4

The New PharaohCarl 4.15 3

Card and fast

▶▶ Horses top-rated by TopSpeed whose previous best performance was also the best on the whole card (light figure = today's adjusted TS; bold = number of lbs best run was ahead)

Fly Du CharmilFfos 3.50 103 0

Top marks

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

Derintoher YankCarl 2.35 15/8

Fly Du CharmilFfos 3.50 3/1

Most popular nap

▶▶ MOST popular tip in Racing Post/Coral Naps Competition

▶▶ Data excludes yesterday's results

Fly Du CharmilFfos 3.50 6

SeeyouatmidnightCarl 3.40 6

From Jan 1: W 44; L 79; £1 bet +8.53

Tipsters in form

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

Templegate (2)

.....**Fly Du Charmil** Ffos 3.50



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...

3-10 30% 70% Nicky Richards ...

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) ...

0-7 0% 0% Roger Teal ...
0-9 0% 11% Harry Whittington ...

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

CARLISLE

2-3 67% +£7.30 Keith Dalglish hcp hdl... Hardrock Davis 2.05
2-3 67% +£3.20 Sue Smith hcp hdl... Alfiboy 2.05
2-7 29% +£2.50 Peter Winks hcp hdl... Hartside 2.05
4-6 67% +£1.10 Tim Vaughan nov hdl... Point Of Principle 3.10
4-16 25% +£16.25 Venetia Williams hcp ch... Houblon Des Obeaux 3.40

FFOS LAS

7-24 29% +£12.73 Nigel Twiston-Davies nov hdl... Baby Ted 2.45
3-7 43% +£13.00 Debra Hamer hcp ch... Magical Man 3.20
2013/14+ 10-34 29% +£41.25
3-10 30% +£12.50 David Rees hcp ch... Cawdor House Bert 3.20; Misty Mai 5.00

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.

CARLISLE

5-20 25% +£33.25 Callum Bewley/Keith Dalglish... Hardrock Davis 2.05
5-10 50% +£26.50 Patrick Cowley/Laura Morgan... Haasab 3.10; The New Pharaoh 4.15
2-6 33% +£14.50 Thomas Dowson/Harriet Graham... Scotswell 3.40
2-8 25% +£1.50 ©Brian Hughes/Ann Hamilton... War Joey 4.15

FFOS LAS

2-5 40% +£4.50 ©Sean Bowen/David Rees... Cawdor House Bert 3.20; Steel Native 4.25; Misty Mai 5.00
5-13 38% +£17.00; 2013/14+ 6-18 33% +£29.00
3-9 33% +£6.50 Miss Isabel Williams/Evan Williams... Abbeygrey 4.25
2013/14+ 4-13 31% +£6.50
4-11 36% +£26.08 Harry Bannister/Warren Greatrex... Ceann Sibheal 5.00
2013/14+ 19-69 28% +£36.79



Hot trainers

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

Sean Thomas Doyle2-3 **67%**

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 IRE; excludes those with at least 25% placed runners in past 14 days

Since a win:	DAYS	RUNS
Mrs Ann Mooney	X	27
Patrick Neville	428	75
V T O'Brien	350	73
John Patrick Ryan	126	63
Luke Comer	647	60
John Joseph Hanlon	113	34
E McNamara	189	32
Gerard Keane	194	31
John J Walsh	82	27

Course trainers

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

Ray Hackett	Limk	6-14	43%
W P Mullins	Limk	50-137	36%
W P Mullins	Navn	51-153	33%

Trainers off course

▶▶ Trainers with most course losers since last win (today's code)

▶▶ X=no course winner (since 1 Jan 1989)

Since a win:	DAYS	RUNS
Denis Gerard Hogan ..	Limk	1543 68
Paul Nolan	Navn	1826 67
James Joseph Mangan	Limk	1542 51
Luke Comer	Navn	X 43
D J Ryan	Navn	X 38

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.

Miss Ellmarie Holden (17)	12-17	71%
Jonathan Sweeney (5)	3-5	60%
J P Dempsey (17)	11-20	55%
P M J Doyle (13)	7-13	54%
Sean Thomas Doyle (9)	4-9	44%

One-trick trainers

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

Noel Meade

.....Where Eagles Dare Navn 5.35

Trainer trace

▶▶ Horses who have switched trainers since their latest run.

▶▶ Includes current trainer's record with new recruits under today's code

The Pounds	Limk	3.35
Thomas Foley→S J Mahon	1-29	3%
Open To The World	Limk	5.15
C Roche→Padraig Roche	1-4	25%
Trissino	Navn	1.50
Charles O'Brien→Mrs Ann Mooney	0-3	0%
Rock de Baune	Navn	2.55
B Lefevre→John E Kiely	1-8	13%
Sunsetstorse	Navn	5.05
Francis J Flood→Gordon Elliott	45-253	18%

Prime time

▶▶ Trainers who in the two week period (14 days) either side of today's date for the past five years (current season plus four) have shown a level-stakes profit or a strike-rate in excess of 20%.

Miss Elizabeth Doyle

.....11-64 **17%** +45.50

Training debutants

▶▶ WINS-RUNS course record of trainer's debutants in 2yo, 3yo, NH Flat race, hurdle or chase (ignores runners with PTP form). Includes all those to have had a winning course debutant or an overall debutant strike rate in excess of 15%.

Noel Meade ...NH Navn 2-6 **33%**

all NHF debutants 18-95 19%

Gordon Elliott NHF Navn 4-15 **27%**

all NHF debutants 45-188 24%

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▶▶ Data is current plus last four years, any code, incl PTP

Great FieldNavn 3.25 **325**

28.2.16 won after 484 days off

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Fresh start

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



TRAINERSPOT IRELAND

Race trace

Trainers who have won this race at least twice in last ten seasons, showing wins-runs, £1 bet, all finishing positions (latest on right, dash separates years, ♦=no runner that year), and today's runner(s).

NAVAN

3.25	2-4	+£2.43	W P Mullins 1-P-♦-3-♦-1-♦-♦	Great Field
5.35	2-4	+£3.83	W P Mullins 3-1-♦-♦-♦-♦-1-9	Rio Vivas

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

LIMERICK

3-7	43%	+£5.38	Mrs John Harrington nov hdl	Wings Like Arion 2.00; Alletrix 2.30
2-3	67%	+£2.00	C Byrnes nov hdl	Minnies Secret 2.30
2-5	40%	+£1.12	W P Mullins Gd 1-3 hdl	Court Artist, Redhotfillypeppers 2.30
3-5	60%	+£2.48	W P Mullins nov hdl	Court Artist, Redhotfillypeppers 2.30
			2013/14+ 10-24 42% +£4.99	
3-9	33%	+£10.75	Ray Hackett hcp hdl	The Ballyboys 3.35
9-19	47%	+£5.75	W P Mullins nov ch	Kate Appleby Shoes 4.10
9-23	39%	+£3.25	W P Mullins Gd 1-3 ch	Kate Appleby Shoes 4.10

NAVAN

3-10	30%	+£32.00	J P Dempsey hcp hdl	Stowaway Forever 2.20
4-10	40%	+£11.75	Gordon Elliott Gd 1-3 ch	... Doctor Phoenix, Tell Us More 3.25; Tombstone 4.00; Sutton Manor, Woods Well 4.35
5-17	29%	+£2.66	Gordon Elliott nov ch	Tombstone 4.00
5-17	29%	+£5.37	W P Mullins nov ch	Saturnas 4.00
5-9	56%	+£4.78	Gordon Elliott NH Flat	Monition 5.35

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.

LIMERICK

7-27	26%	+£3.75	Ⓢ Robbie Power /Mrs John Harrington	Wings Like Arion 2.00; Alletrix 2.30
4-8	50%	+£6.00	Davy Russell /Miss Ellmarie Holden	Chateaufeuf Du Pap 2.00
			2013/14+ 6-12 50% +£8.00	
2-4	50%	+£25.00	Ⓢ Shane Shortall /Stephen Ryan	How's Patsy 2.00
7-28	25%	+£7.13	Roger Loughran /Peter Fahey	Railway Tommy 3.35
2-3	67%	+£3.13	Katie O'Farrell /Jonathan Sweeney	Battling Spirit 3.35
3-11	27%	+£22.00	Rachael Blackmore /John J Walsh	Instant Smile 5.15
4-11	36%	+£26.00	Ⓢ Ryan Treacy /L Young	Cappacurry Zak 5.15

NAVAN

59-225	26%	+£33.92	Jack Kennedy /Gordon Elliott Crezic 1.50; Pat's Oscar 2.20; Roaring Bull 2.55; Doctor Phoenix 3.25; Tombstone 4.00; Woods Well 4.35; Sunsetstarise 5.05
			2013/14+ Ⓢ18-56 32% +£20.27	
3-6	50%	+£12.00	Trevor Ryan /James Grace	Mick The Boyo 2.20
4-4	100%	+£6.14	Jody McGarvey /W P Mullins	Great Field 3.25
4-11	36%	+£36.00	Mark Enright /C Byrnes	Oscar Lantern 4.35
39-99	39%	+£2.54	Mr P W Mullins /W P Mullins	Rio Vivas 5.35
5-7	71%	+£6.78	Ⓢ Ms L O'Neill /Gordon Elliott	Monition 5.35
			13-52 25% +£2.96	