



Issue 401
Saturday 9th March 2019

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5	 Footie Flutters	+36.88
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7	 Lucky 7 Naps	+28.75

TODAY'S FREE SPORTS BETTING TIPS...

Footie Flutters

Win Bet - League 1 15:00 - Barnsley/Luton @ 8/15/1.85

The Master Plan

Win Bet - Wolverhampton (A.W) 15:15 - Oh This Is Us @ 15/8

Lucky 7 Naps

Win Bet - Kempton (A.W) 20:30 - Merchant Of Venice @ 2/1

Team In Focus: West Ham - By Rick Elliott

Introduction

We are producing a weekly feature of a Team in Focus and are working through the 20 teams in the Premier League. The leading teams in some of the main leagues in the rest of Europe will also be covered. During the summer we will look at the key statistics for the four teams playing in the finals of the UEFA Nations League.

This week the Team In Focus is **WEST HAM**. The Hammers have settled into mid-table safety and are clear of relegation issues. A number of managers have been tried but there now seems to be a better pattern to their play. West Ham have settled into the London Stadium and there is now less dissatisfaction with the move from Upton Park. The remainder of the season should be about consolidation of trying to secure a place in the top half of the table under Manuel Pellegrini.

Statistics

All the statistics and records shown below are correct as at March 8th 2019.

Premier League

Points	Home	Away	Total
Played	15	14	29
Won	7	4	11
Lost	5	7	12
Drawn	3	3	6
Points	24	15	39
Average	1.60	1.07	1.34

Total Goals	Home	Away	Total
Goals For	23	14	37
Average	1.53	1.00	1.28
Goals Against	20	21	41
Average	1.33	1.00	1.41

Bookings	Home	Away	Total
Points For	240	285	525
Average	16.00	20.36	18.10
Points Against	240	240	480
Average	16.00	17.14	16.55
Total	480	525	1005
Average	32.00	37.50	34.66

Over/Under	Home	Away	Total
No goals	1 6.67%	0 0.00%	1 3.45%
Over 0.5 goals	14 93.33%	14 100.00%	2 96.55%
Over 1.5 goals	11 73.33%	12 85.71%	23 79.31%
Over 2.5 goals	8 53.33%	6 42.86 %	14 48.28%
Over 3.5 goals	7 46.67%	3 21.43%	10 34.48%
Over 4.5 goals	2 13.33%	0 0.00%	2 6.90%

Both Teams To Score	Home	Away	Total
Yes	8 53.33%	6 42.86%	14 48.28%
No	7 46.67%	8 57.14%	15 51.72%

Match Goals	Home	Away	Total
First Goal	6 40.00%	6 42.86%	12 41.38%
Last Goal	6 40.00%	5 35.71%	11 37.93%

Statistics Of Note

Here are the five most significant Premier League trends that can be used when betting on West Ham during the rest of the Premier League season:

- No goalless matches away and 1 in total.
- Over 3.5 goals in 7 of 15 home fixtures.
- Average of 1 goal per away match.
- Just over 30 bookings points on average at home.
- First goal in 12 matches.

Prospects For The Rest Of The Season

For a number of years West Ham seemed to be a club close to a crisis but the appointment of Manuel Pellegrini has brought some stability. They are unlikely to break into the top six in the foreseeable future but qualifying for the Europa League is a genuine target. West Ham are now well clear of the relegation places and four points off the pace in the race for seventh place. They are one of four teams vying

for two places in the top half and are well placed. Premier League status is just about assured so motivation could be an issue and that will not be helped by the atmosphere for home games at the former Olympic Stadium.

Tip For The Season

West Ham to finish in the top half of the table at 1/2

Today's Sports Betting Preview - By Rick Elliott

A City Draw Would Throw A Cat Among The Pigeons

The twists and turns of who wins the Premier League could take another twist and turn today when Manchester City play Watford at home. The defending champions have won their last two league matches by one goal to nil but those results are not sustainable. When teams focus on not conceding the crucial winning goal does often not arrive and that could be the case at the Etihad today. City have won 14 matches at home but in eight of those both teams have scored. Watford can pick up a valuable point today and the DRAW is 7/1 with **Ladbrokes**.

Crystal Palace host Brighton in the other TV match and that could also result in a draw. Neither team can be trusted to produce a dominant performance in a meeting of two teams from the bottom half of the table. There have only been 25 goals in the Premier League at Selhurst Park this season and that is the lowest total of the 20 grounds. Palace have not found the net in half of their 14 Premier League matches at home and Brighton are not prolific on the road. Therefore the best bet is UNDER 1.5 GOALS at 19/10 with **Coral**.

The Saturday before the Cheltenham Festival is a strange day for racing. We are all looking forward to the jumps meeting that matters most and betting turnover could be paltry for a Saturday but there again some might take the view that winning money could come in handy before the action begins on Tuesday. The Imperial Cup at Sandown (14.25) is a lucrative handicap hurdle in its own right and MONSIEUR LECOC is the selection at 4/1 with **Ladbrokes**.

Trackside In Ireland - By Declan O'Donoghue

WALK AWAY was certainly the horse to take from Thurles on Thursday where he scooted home in a two miles six furlongs maiden hurdle.

He joined Henry de Bromhead before Christmas and there was plenty of confidence behind the Waterford runner who was sent off a 13/8 jolly.

While not foot perfect at all of the hurdles, he still looked way above average and de Bromhead was saying afterwards that his next run will probably be over three miles.

"He's good, a real chaser in the making and a gorgeous looking individual."

"He's a real stayer in the making too, and it's Fairyhouse or Punchestown next" Henry explained.

Willie Mullins tends to start off a lot of his better runners at the mid Tipperary track and Cash Back went into many notebooks after a smooth maiden hurdle win.

Tucked in by Paul Townend behind long time leader Ringo Kid he was always travelling best.

When asked for his effort the French import quickened up and, despite a mistake at the last, the 10/11 hotpot was always going to deliver.

Townend said: "He will improve for that and, apart from the last, he jumped beautifully."

"He will certainly jump a fence in time and will handle an ease in the ground too" he added.

Mullins and his son Patrick have a massive strike rate in bumpers at this venue.

And the generously priced 11/4 chance Golden Spread added to the tally.

Patrick said "He was beaten by a very good horse (Andy Dufresne) at Down Royal and he has improved a lot fitness wise and mentally since then."

"The third horse that day has also won since so the form stands up."

"He is a very laid back horse and could go out in trip no bother" he explained.

Declan's two selections at Thurles on Thursday, Smoking Gun 3/1 (w 6/4) and Golden Spread 11/4 both obliged. Sign up now to get the inside line on the Irish runners at Cheltenham next week!

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