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TODAY'S FREE SPORTS BETTING TIPS...

[Equine Equity](#)

Lingfield 19:05 - Rux Ruux @ 13/8 Win Bet

[L7N Longshots](#)

Goodwood 15:40 - Reputation @ 50/1 Each Way Bet

[Two Percent Club](#)

Newmarket (July) 17:00 - Mootasadir @ 7/2 Win Bet

The Stewards' Cup - By The Champagne Kid

We come once again to that great conundrum that is the Stewards' Cup at Glorious Goodwood. A cavalry charge over 6 furlongs starting on a very slight incline and then from the 5 furlong marker mostly downhill to the finish. So, let's take a look at the race and some of the likely candidates to take home the £155k first prize.

The race 'trends' tell us that all the last 15 winners had already won over the 6 furlong distance. That rules out just five of today's field – Justanotherbottle, Haddaf, Atletico, Merhoob and Swift Approval. History also tells us that it is unusual for the winner to come from anything higher than stall 24. This year, there is a fair bit of early pace in those stalls, with Reputation, Watchable and Gifted Master all liking to get on with it and if we add Tupi, drawn 26, and Barrington, drawn 24, to those three pace forcers, we eliminate another five from our 'possibles' list.

But let's whittle a bit further. None of the 52 horses in the last 10 years to have come into the race having run their last race at less than today's 6 furlongs have won, and only 6 have placed. To those already 'eliminated,' on this 'up-in-distance' factor we can also take out Spring Loaded, Pettochside, Quench Dolly, Open Wide and Poyle Vinnie. The field is starting to look a bit more manageable now. A few more who will find it hard to win based on traditional trends are Lancelot Du Lac (age 6, where winners are almost always younger) and Eirene, Marie Of Lyon and Glenamoy Lad who all did not run in a Class 2 race last time out.

The race does not often fall to an outsider, so let's take a look at the market principals which include a couple who have been on my radar for the race for a while. First of all, the current favourite Foxtrot Lady. She is a half-sister to today's owner J C Smith and trainer Andrew Balding's Dancing Star, the winner of the race 2 years ago. Foxtrot Lady first really caught the eye at the end of May when winning a 6f Chester handicap by 2.5 lengths from stall 9 of 9. Given Chester's low draw bias at sprint distances, that is no mean feat. Foxtrot Lady has won again twice since then, the latest being by the minimum margin in a 6f Class 2 handicap at the recent Newmarket July Festival. She is also a 3 year-old, and whilst there have not been too many of that age in the race recently, they have performed well with 2 wins and 3 places from just 18 runners.

The other horse I have had an eye on for the race is Growl. He has form in the race, finishing fourth in 2016 of a mark of 99, and fourth again last year off a mark of 109. He comes into the race today back on that 99 mark. In all honesty his form over the last year or so has not been particularly noteworthy. The piece of form that does give me hope that he is coming back to his best is his 4th in the Skybet Dash at York a week ago. That race was dominated by horses drawn low, so Growl did well from stall 16 to attain that 4th spot.

27 runner handicaps are probably not the best races to be investing too heavily in, but I will be having a small interest in both Foxtrot Lady (2 points win at 6/1) and

Growl (1 point each-way at 14/1). Good luck with whatever you chose to play in the race!

[CLICK HERE TO VISIT THE CHAMPAGNE KID](#)

Rick's Sports Betting: Harry Kane Can Win Another Golden Boot - By Rick Elliott

Harry Kane was the leading scorer in the World Cup and now he is trying to repeat the trick my finding the net most times of all the players competing in the Premier League. He scored six goals in six matches in Russia but given an injury free season he will play in 38 league matches. Averaging a goal a game may be beyond Kane and the other contenders but 25 successful strikes should be enough to win the honour.

The World Cup is a shop window and clubs take notice of outstanding displays. Kane seems settled at Tottenham and in actual fact his World Cup was not as good as it seemed on paper. He scored three penalties and did not score in the last three matches. You can't dispute the numbers and nobody scored more goals than Kane in the World Cup. He has form in the Premier League and is the worthy favourite to top the scoring charts. However, he may not play for Tottenham for the whole of the season.

Jose Mourinho is not happy at Manchester United and he might not be the manager much longer. The project has not worked and United failed to deliver in the two biggest matches of last season. They were hopeless against Sevilla in the Champions League at Old Trafford and hardly had a shot when losing to Chelsea in the FA Cup. The fans are not stupid so Mourinho's United must hit the ground running at the start of the season. Rumbings from the manager do not augur well.

If Mourinho and United part company there will be a job vacancy. The hierarchy should move heaven and earth to recruit Mauricio Pochettino. He has the character and experience to do a job for many years to come. As part of the deal United should ask for Kane to also travel north. Spurs can also throw in Dele Alli in a multi-million pound deal. If it happens Kane could be playing for United for the bulk of the season but its debateable whether he would score more goals.

Kane was the leading marksman in the Premier League in 2015-16 and 2016-17, scoring 25 and 29 goals. He actually scored 30 times last season which is usually enough to be the top scorer but Mo Salah scored 32 times for Liverpool. In five of the last eight seasons the leading scorer did not score 30

goals or more. In 2010-11 20 strikes was enough but over the last four seasons the lowest tally has been Kane's 25. You can assume the winning tally will be between 25 and 30 goals.

Bizarrely Kane scored more goals from the penalty spot in the World Cup than in the Premier League last season. VAR and referees punishing man-handling in the box led to lots of penalties in the World Cup. It will be interesting to see if refs award more penalties in the Premier League but VAR is not being used during the 2018-19 season. The penalty count may go up and that could have a knock-on effect on the numbers of goals scored by the top strikers and Kane will be in the fore.

The current Tottenham striker has notched 21-25-29-30 times over the past four Premier League seasons. He achieved those numbers during injury hit seasons and he is prone to getting hurt. Salah scored just 15 times for Roma in his last season at the club so his tally for Liverpool was a huge jump. Kane has the proven consistency and can win another Golden Boot but he might play for Tottenham and Manchester United from August 2018 to the following May.

Today's Sports Betting Preview - By Rick Elliott

Derby, Derby....Top Of The League!

Derby County are at the top of the Championship and Reading are bottom of the league. Granted there has only been one fixture in a 552 match campaign but things look good for Frank Lampard's team. Trailing to a goal early in the second half Derby took just eight minutes to level the scores and won the match with a stunning goal deep in injury time. Lampard may well have the Midas touch.

It was telling how Lampard embraced the players at the end of the match with no awkwardness a la Gareth Southgate and the England squad. The Rams have gambled on Lampard's contacts to overcome his lack of experience as a manager. Uncle Harry Redknapp and Frank senior were in the crowd to support their boy and DERBY are now 10/3 with **William Hill** to be promoted to the Premier League.

There is a match on Sunday and Monday in the Championship so the other nine fixtures of the first weekend are played today and two are live on television. There seems to be no limit to the appetite for televised football and four of the 12 opening week matches are being broadcast live. SUNDERLAND have sold 22,000 season tickets and they should begin life in the third tier of English football by beating Charlton at home (Evens with **bet365**).

The TV match in the Championship today is Sheffield United's home fixture against relegated Swansea. The first day of the new season is when the reality of dropping

down a level hits home. Swansea are now in a dogfight to regain their Premier League status. SHEFFIELD UNITED won all but one of their first eight matches last season and they can embark on this campaign by beating Swansea and that outcome is 5/4 with Coral.

Its the fifth and final day of Glorious Goodwood and the feature is the Stewards' Cup which is one of the most competitive sprint handicaps of the season. A maximum field of 28 runners go to post and bookmakers are offering different terms. There will always be a trade-off between the number of payout places and the win odds for each horse. Ladbrokes go one fifth the odds for six places but still offer the joint top odds of 14/1 for GIFTED MASTER to win the race.

Tossing it Away? - By Dave Owens

Sri Lanka's recent 2-0 demolition of South Africa in their recent test series has again sparked debate into whether the time-honoured tradition of the toss of a coin to see who bats and fields at the start of a test match should be scrapped. Sri Lanka prepared two wickets in these test's that spun lavishly from the first day and loaded their side with spinners to take advantage of these conditions, which played to their strengths as well as neutralising South Africa's quicker bowlers.

This now builds a bit of history between the two sides of taking home advantage to the extreme and preparing pitch's tailored made to their sides strength. When Sri Lanka toured South Africa last, the home side captain Faf Du Plessis publicly announced that the pitch's prepared would have lots of grass and pace in them to negate Sri Lanka's best bowler Rangana Herath and load his side with pace bowlers to demolish the Sri Lankan batting line up with. The result of these home sides preparing such favourable home conditions has seen two totally one-sided encounters and a continuing trend of home sides across the world being totally dominant over the last couple of years.

With test cricket seemingly always under the microscope to provide more interest and entertainment in the format, a change could well be required to redress the balance in Test series. One such suggestion would be to scrap the toss of the coin at the start of the game and allow the away captain to select whether he would like to bat or bowl. This would more than likely see that the away side get the very best of extreme conditions with a South African pitch with plenty of grass and pace and bounce at its most lively at the beginning of a test match would almost certainly see the away side get first use of it with the bowl and potentially even out the contest. Conversely wickets in Asia are always best to bat on first with the pitch breaking up more and more as the game goes on, meaning that Sri Lanka or (any other Asian side) could well be a bit more wary of preparing such a dramatically helpful spinning wicket knowing with certainty that they will be getting the worse of the conditions by batting second and very likely last on a deteriorating pitch.

Every single Test match since the very first, between Australia and England at the MCG in March 1877, has begun with a toss of the coin to decide who should bat or bowl first. The home captain flips the coin and the visiting captain calls heads or tails. It may well be that for the future of the test format to continue this century's old tradition may need to change.

Click the link below it would be a pleasure to have you on board.

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Trackside In Ireland - By Declan O'Donoghue

Wouldn't you just know it, after a freakish and almost sub tropical summer in Ireland, heavy rain still arrived on cue for Ladies Day on the Thursday of the Galway Festival.

The near deluge didn't dampen the spirits - everyone is used to it by now - but it did hit the attendance figures.

And turnover in the betting ring was noticeably down from last year, though that might have had as much to do with the results on Wednesday - two 33/1 winners including the featured Galway Plate - as the weather conditions.

Backers badly needed a tonic and luckily it arrived in the opener with Ruby Walsh at his brilliant best on 6/4 jolly - from 9/4 - Minella Beau.

Another former champ showed his expertise in the next. Rahsaan is a star in his own right and was at least racing right handed which is essential.

But he much prefers decent ground and his previous form at Galway was very disappointing.

Davy Russell though was clearly unconcerned as he some home sneaked him around the outside - where the ground was probably a shade better - and delivered the 6/1 shot right on the line to deny Ornuia who had looked home and hosed on the run in.

Flat racing next and Honour Oak, second at the track earlier in the week, won by a street now at 11/2. Billy Lee kicked at a crucial moment and this was over a long way out.

Three Willie Mullins runners fought out the finish of the novice hurdle with David Mullins getting Calie Du Mesnil 8/1 home ahead of Sapphire Lady 14/1 and 6/4 market leader Exchange Rate.

Mullins said: "I actually thought our other runner (Causey Arch - a well beaten fifth) would win, so it shows how much I know."

It was Mullins again in the big race the Guinness Galway Hurdle with son Patrick steering Sharjah - a nibbled at 12/1 shot - beating Blazer by three lengths. His much more fancied pair Whiskey Sour 9/2 favourite and Ruby's mount Max Dynamite 8/1 didn't feature.

That just summed up the week for most punters whose mood at the end of the day was as grey and pessimistic as the weather.

Declan's Irish Racing Service this week tipped Burning Question 9/1 (won 9/2); Land Force 9/2 (w 5/2); St Stephens Green 7/2 (w 3/1); Twilight Payment 11/8 (w 5/4) and each way - Blazer 14/1 (second at 12/1). Why not join now and get the inside line on the Irish scene.

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