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Learn from your parents' mistakes:
use birth control.

Today's free tips are courtesy of Racing
Business, Value Wins and Pace Ace.

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TODAY'S SPORTS BETTING TIPS...

1 - [Racing Business](#)

Win Bet - 14:55 Southwell (A.W) - Viva Verglas @ 9/2

2 - [Value Wins](#)

Each Way Bet - 15:40 Doncaster - Amberjam @ 7/1

3 - [Pace Ace](#)

Each Way Bet - 14:45 Taunton - Bandsman @ 16/1

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For Betting Or For Worse! - By Eddie Lloyd

My wife will often refer to the day that we got married and say that the “For better or for worse” part of the vows should have been replaced with “For betting or for worse!”

She’s, of course, joking and doesn’t complain about the lifestyle I choose to lead, betting and working in this industry but it does have its downsides. I’m in my office A LOT! I have time to do childcare, look after a family business, work online and trade/bet for a living but it’s a rare occasion that we get time for just the two of us.

This Sunday, however, we did just that and we got the afternoon, child-free for a decent hike in the Peaks followed by some pub grub and a pint. Anyway, whilst out walking I got thinking (yes, even on my downtime, I was still thinking about betting!), “What is betting and what does it mean to an individual?”

I think for most punters, it’s the thrill of striking a bet, getting it right and then collecting more money than they put down. It’s the thrill of the chase. Some like to form their own opinions, others rely on the experts to help them make a decision. Both camps are looking for the winner and collecting their winnings. That’s great and was the mindset that I used to have.

That was until I had a shift in thinking. I don’t look for winners anymore! Don’t get me wrong, I want them all to win, of course I do, as I need them to win to collect the money. However, my mindset is I want them to win more times than the odds reflect. You’ll have read no-end of times my views on value and I’m not going to harp on about them in this article.

How many times have you looked at the proofing, considered the strike rate and the ROI? You’re looking at the long-term performance, right? Why, then, when you sign up to a tipster you get infuriated when a losing run hits in your first month. All of a sudden your mindset has gone from looking at the figures to now focusing on the lack of winners. It’s that mindset that needs to be shifted in order to profit in the long-term.

Of the 4 or 5 bets that I place in a day, I get my money down and don’t even check the results until the end of the day. I don’t watch the races, check my phone or even think about the bets that I’ve placed. I get my money down, lose all attachment to that day’s investment and then check results at the end of the day. I then tot up winners and losers, add them to my accounts and start thinking about the next day. Lose, win or draw, I’ve removed that obsession of focusing on the winners and concentrate on the ongoing ROI of my daily investments.

It’s a tough one and some would say that it’s a rather boring approach, but it works for me and a few others I know. Lose that mindset to looking at the winners and focus on the monetary value of your ongoing investment.

For me, when I set out on the journey of becoming a professional bettor, it was always going to be in sickness and in health and ALWAYS for better or for worse!

There are two selections for the Turbo Winner System -

13:45 Southwell - Intimate Art

14:55 Southwell - Tasaaboq

Trainers To Look For Including A Very Hot McCain - By High Roller Racing

Three trainers it may pay to follow over the coming week are two are the subject of my article this week. One of them is hotter than hot and that is Donald McCain who seems to be in the best form of his career since he started training.

So when I think of Bangor or Sedgefield my first reaction is to look for Donald McCains entries and of late he is in terrific form. Obviously he has runners throughout the UK but those two tracks are high percentage for Donald. A week ago he had a treble at Bangor and the forthcoming week presents a whole host of entries from his yard. Pinch of Ginger and Tailor Tom should be thereabouts yet again. Swashbuckle is a useful flat horse now with McCain and the horse made a decent debut but it seems stamina will prove the key to this animals success... look for him. Knock robin and Ofcourseiwill are two others from this yard to look for. Another fact for McCain is that his horses seem to go on soft or heavy ground and with conditions like they are then we must consider all of his horses.

John Gosden also has his string in fine form on the all weather and his winning percentages are very good... Wolverhampton he had 36 per cent winners to runners... 22 per cent at Kempton... 19 per cent at Lingfield. John also does well at Newcastle. Although he has a number of quality horses to run he sometimes lets out his better one's at this time of year with Enable being one example. You need to closely scrutinise all entries and runners from the Gosden yard at this time of year... Wilfred Owen, Sophie Gray and Middle Creek amongst the entries this week.

Tom Lacey at the time of writing has saddled twenty winners this season and only needs one more to equal last seasons tally of winners. Tom is an upcoming trainer, a hard working guy looking to build and progress his yard. Tom had six winners in December and has multiple entries over the coming week. Valdosta Forte looks set to come good sooner than later for the yard after encouraging performances of late. He cost £78,000 and the owners are looking to recoup some of that. Sir Egbert and Trippas also have entries and make appeal. Consider Tom's horses as he has big priced winners on a regular basis.

My service High Roller has had a quiet few days with not much luck going for us after our very good last few months. I am confident we can come good this week as I have several planned bets. You can join us free of charge and you pay just £10 is the selection wins... just a tenner for a winning selection. Follow the link below and join us for a profitable week then if you like us you can stay and it's still free with only winners paid for... no upfront money required on my service.

Simply follow the link below...

For the best bets each day from High Roller Racing [CLICK HERE!](#)

Today's Sports Betting Preview - By Rick Elliott

The City Of Bristol Can Score Against The City Of Manchester

Bristol City have already knocked out one of the Manchester giants from the EFL Cup and tonight they embark on trying to eliminate the other with the away leg of their semi-final tie with City. On first glance it's a no-brainer that the outcome will be a convincing home win but there is evidence to suggest this actually could be a tight encounter that Bristol City may not lose by a cricket score. The Manchester club and champions-elect average almost four goals at home in the league but the visitors can restrict the margin of defeat to less than two goals tonight. Bristol City have beaten more Premier League clubs than West Brom this season.

The key to this fixture is the quality of Man City's starting 11. Pep Guardiola has become respectful of English football but he would probably swap 10 League Cups for one Premier League or Champions League. The coach does have history of sending out weakened teams in certain circumstances and a two-legged tie is one of those. You would fancy his first string to overturn a defeat in the second leg and a draw tonight would not be the worst result in the world. Bristol City have already dispatched four Premier League clubs in the EFL Cup and have scored in all of their last 11 matches in the competition. The best way to benefit from an unexpectedly close match is to back BOTH TEAMS TO SCORE at [23/20 with William Hill](#).

The cold weather has not relented but Taunton passed an inspection and Doncaster seems safe. It would be ironic if the All Weather fixture at Southwell was lost but it looks like there will be a full programme of racing today but the sport is typical Tuesday fare. There might not even be one man and a dog at the tracks in person. Amongst a lot of average racing the listed mares' chase at Doncaster (2pm) stands out like a beacon. You can double your money by backing Rene's Girl at Evens and the horse is best at the weights. However, TWENTY EIGHT GUNS has decent form on soft going and is a more speculative bet at 13/2.