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TODAY'S FREE SPORTS BETTING TIPS...

[Declan O'Donoghue - Irish Racing](#)
Win Bet - Clonmel 1525 - Pack Your Bags @ 2/1

[The Master Plan](#)
Win Bet - Newcastle (A.W) 16:05 - Loud And Clear @ 11/8

[Early Odds](#)
Win Bet - Kempton (A.W) 17:20 - Multitask @ 11/2

Race In Focus: Gold Cup - By Ian Hudson

Cheltenham Friday March 15th 2019 - Three miles two and a half furlongs chase for horses aged five and older with 22 fences.

Description

The Gold Cup is known as the Blue Riband of steeple chasing and the most prestigious race of the four day meeting. It was first run in 1819 but at the time the race was run over three miles on the flat. In 1924 the race first appeared on the calendar in its current format. The Cheltenham Gold Cup after the Grand National is the race anybody connected with the sport would like to win rather than any other. The race is always run on the last day of the Festival. Only one horse (Golden Miller in 1934) has won the Gold Cup and Grand National in the same season. The gap between the two races and the framing of the National weights means more horse now run in both races than in the past. Even o the last horse to complete the double was L'Escargot who won the Gold Cup in 1971 and the National four years later.

Winners Since 2009

Year	Horse	Jockey	Trainer	SP
2009	Kauto Star	Ruby Walsh	Paul Nicholls	7/4F
2010	Imperial Commander	Paddy Brennan	Nigel Twiston-Davies	7/1
2011	Long Run	Sam Waley-Cohen	Nicky Henderson	7/2F
2012	Synchronised	AP McCoy	Jonjo O'Neill	8/1
2013	Bobs Worth	Barry Geraghty	Nicky Henderson	11/4F
2014	Lord Windermere	Davy Russell	Jim Culloty	33/1
2015	Coneygree	Nico de Boinville	Mark Bradstock	7/1
2016	Don Cossack	Bryan Cooper	Gordon Elliott	9/4F
2017	Sizing John	Robbie Power	Jessica Harrington	7/1
2018	Native River	Richard Johnson	Colin Tizzard	5/1

Trends

The average price of the winner was almost 8/1.

The SPs ranged from 7/4 to 33/1.

There were four winning favourites.

Only 1 winner started at double figure odds.

Nicky Henderson has had two winning favourites.

5 winners were priced from 5/1 to 8/1.

18 of the last 19 winners had previously won a Grade 1 chase.

19 of the last 20 winners had won a race previously in the season.

15 of the last 17 winners finished in the first 2 last time out.

3 winners were trained in Ireland.

Nicky Henderson is the only multiple winning trainer.

The winners in 2015, 2016 and 2017 did run the following year.

Records

Golden Miler has the record with 5 wins (1932 to 1936).

The leading jockey is Pat Taaffe with four wins (1964 to 1968)

The leading trainer is Tom Dreaper in five wins (1946 to 1968)

Leading Contenders

Odds correct as at February 20th 2019 and subject to change.

NATIVE RIVER (6/1 with **Betfair**) won the race last year so is a course and distance winner who is proven on the track. PRESENTING PERCY (7/2) won the RSA Chase last season in impressive style but is not proven at this level. CLAN DES OBEAUX (9/2) has emerged as a leading contender and won the King George. BELLSHILL (14/1 with **William Hill**) was a narrow winner at the Dublin Racing Festival and could give Willie Mullins his first Gold Cup winner. THISTLECRACK (16/1 with **Betfair**) was second in the King George and is another potential winner. MIGHT BITE (16/1 with **Ladbrokes**) was second behind Native River in the race last year. KEMBOY (10/1 with **Betfair**) is an improving horse for Mullins.

Tip: Bellshill at 14/1 with William Hill.

Next Week's Race

Betway Bowl

Previous Tips

Supreme Novices' Hurdle - Tornado Flyer at 16/1 (now 33/1).

Arkle Challenge Trophy - Lalor at 5/1 (now 11/2).

Champion Hurdle - Laurina at 4/1 (now 5/1).

RSA Chase - Topofthegame at 8/1 (now 7/1).

Champion Chase - Altior at 4/7 (now 1/2).

Ryanair Chase - Waiting Patiently 7/1 (now 7/1).

Paisley Park - Stayers Hurdle 9/4 (now 9/4).

Triumph Hurdle - Sir Erec 6/4 (now 6/4).

Today's Sports Betting Preview - By Rick Elliott

Chelsea Are Moving In The Right Direction

There are no matches in England or European competitions this evening after the midweek fixtures in the Premier League. It is now a two horse race for the title but its any two from four for the remaining Champions League qualification places. Arsenal, Chelsea and Manchester United won their matches but Tottenham were the odd men out after suffering a defeat against Chelsea which does not bode well for their chances of finishing third. The momentum is with the three other teams chasing that place.

Harry Kane seemed too fired up and there was a bizarre own goal. Two damaging defeats mean Tottenham can not win the Premier League which is now between Liverpool and Manchester City. CHELSEA have come through a crisis and the manager has asserted his authority so they look a good bet at Evens with bet365 to finish in the top four. TOTTENHAM are 7/2 to finish fifth or worse.

If Salford played St Helens in football it would be a fixture involving two non-league sides in the north west of England. In rugby league it's a top flight match in the hotbed of the sport. Most traditional rugby league teams are in Lancashire and Yorkshire despite enclaves in the south of England and Spain.

Salford would be big favourites in football but St Helens are one of the superpowers of the 13 man game. The Saints have won their first three matches, scoring 73 points and conceding 52. That's an average winning margin of 7 points but when you take home advantage into consideration the bet is SALFORD +8 at 11/10 with **Coral**.

Ludlow is the epitome of a countryside track and it is in farming community. The racing never takes place on market day as the pubs would be too packed. The catering facilities at the track are modest but you can get a pie and pint for less than a diver. Ludlow has put on a decent handicap chase over three miles at 3.35. Uhlan Bute has solid form claims and finished second over the course and distance off the same weight last week. However, TOMMY SILVER from the Paul Nicholls stable has better prospects and is preferred at 9/4 with **Ladbrokes**.