

THE RAPID GROWTH SYSTEM

RULES

- 1/ Operates from the DAILY MIRROR**
- 2/ Works all year round INCLUDING National Hunt, Flat and All Weather Racing**
- 3/ Operates on both Handicap and Non Handicap races**
- 4/ Non Handicaps must be GRADE 4 or lower; in other words no grade 1, 2, or 3 races**
- 5/ Handicap races must be GRADE 5 or lower; in other words no grade 1, 2, 3, or 4 races**
- 6/ Selections must comply with the following rules:-**
 - a/ Must be CLEAR favourite in the betting forecast**
 - b/ Must have run within the past SEVEN days**
 - c/ Must have been placed 1st or 2nd last time out**
 - d/ Must be either (F) , (SF) or Spotform Horse**
- 7/ Do not bet in the following types of races**

SELLING RACES

AUCTION RACES

CLAIMING RACES

LADIES RACES

AMATEUR RIDERS RACES

- 8/ If the horse is in a HANDICAP and is carrying top weight then it MUST be ridden by a claiming jockey**

The Rapid Grow System Results (Note 4/1 or bigger backed E/W)

29/5	Pinchbeck	Ripon 9.10	W 5/6
30/5	Haydens Field	Wetherby 6.40	W 6/5
	Another Victim	Ayr 2.55	W 9/2 (E/W)
31/5	Tight Squeeze	Nottingham 5.0	W 9/2 (E/W)
1/6	Sentinel	Lingfield 7.10	W 4/6
	La Landiere	Market Rasen 7.30	W 8/11
	Tickton Flyer	Market Rasen 9.0	W 15/8
7/6	Gargoyle Girl	Perth 9.20	W 7/4
9/6	Jaboune	N Abbott	W 4/9
12/6	Ocean Tide	Kempton 8.35	Lost
13/6	Broadoak Lass	Uttoxeter 7.45	W 10/11
	Jenny Rocket	Uttoxeter 9.20	W 8/11
14/6	Xhosa	Wolverhampton 2.25	W 11/4
	Material Witness	Goodwood 8.20	Lost
17/6	Kathies Pet	Brighton 3.15	W 7/4
	Henry Island	Warwick 8.50	Lost
19/6	Dispol Foxtrot	Hamilton 3.30	W 2/1
26/6	Froglet	Carlisle 4.20	W 11/10
28/6	Elegria	Folkstone 4.20	W 3/1
1/7	Oldenway	Mussleburgh 8.55	W 4/6
2/7	Full Spate	Hamilton 4.15	W 3/1
	Miss Opulence	Hamilton 4.45	W 6/4
3/7	Champion Lion	Kempton 9.0	W 8/15
5/7	Scotts View	Beverley 8.15	W 7/4
7/7	Blair	Redcar 5.10	W 7/4
	Yorkshire	Market Rasen 3.55	W 1/6
10/7	Taming	Worcester 6.45	W 4/6
11/7	Jewel of India	Southwell 3.0	W 1/1
13/7	Yorkie	Salisbury 3.25	Lost
15/7	I Love Turtle	Ayr 2.45	Lost
18/7	Chivalry	Hamilton 3.10	W 8/13
	Danakil	Epsom 7.55	W 4/1 (E/W)
19/7	Blue Mantle	Carlisle 4.20	Lost
	Amused	Pontefract 8.05	Lost
	Kings Crest	Hamilton 8.15	W 6/5
23/7	Pie High	Ayr 3.45	W 7/4
24/7	Old Marsh	Worcester 2.40	W 8/15
25/7	Mystic Man	Hamilton 8.40	W 4/9
26/7	Evangelist	Wolverhampton 3.30	W 6/4
29/7	Be My Tinker	Folkstone 4.0	W 11/4
31/7	Sharp Secret	Carlisle 4.40	Lost
1/8	Tap Dance	Sedgfield 4.0	Lost
2/8	Dadeland	Ayr 7.55	W 7/4
5/8	Epicure	N Abbott 3.30	Lost
9/8	Deferlant	Perth 4.40	W 8/11
	King Plato	Worcester 7.0	W 1/1
11/8	Yorkie	Windsor 5.0	Lost
14/8	Coalition	Beverley 5.0	W 4/9
	Detention	Hamilton 7.25	Lost
16/8	Affaire D'Amour	Wolverhampton 2.50	W 10/11
	Coalition	Newcastle 3.0	W 4/9
17/8	Red Halo	Bangor 1.35	W1-2
22/8	Barrantes	Folkstone 5.0	W 15/8
23/8	Sunley Sense	Bath 6.55	W 4/7
	Deeper in Debt	Bath 7.25	W 4/1 (E/W)

26/8	Absinther	Folkestone 4.25	W 6/4
27/8	Oriental Express	Ripon 4.40	W 11/4
28/8	Esatto	Brighton 4.10	W 6/5
	Tychy	Brighton 4.40	W 11/4
30/8	East Cape	Ayr 2.55	Lost
2/9	Loyal Tycoon	Hamilton 5.20	W 5/4
5/9	Repeat	Redcar 2.30	Lost
	Wind Chime	Salisbury 5.10	W 11/2 (E/W)
11/9	Tiger Grass	Hereford 4.45	W 11/8
13/9	Shellin Hill	Southwell 2.25	W 9/4
16/9	Four Jays	Warwick 3.30	W 4/7
23/9	Joint Statement	Leicester 4.50	W 5/6
24/9	Eton	Beverley 4.0	W 11/10
	Parting Shot	Beverley 5.0	Lost