

# **SFBF SYSTEM**

## Rules

Newspaper required DAILY MIRROR + RACING POST ( Online can be used )

- 1/ The selection must be SF ( Strongly fancied ) In the Mirror.
- 2/ The selection must be BF ( Beaten favourite )
- 3/ The selection must have finished 2<sup>nd</sup> or 3<sup>rd</sup> last time out
- 4/ The selection must be quoted first or second favourite in the betting forecast. Preferably the Racing Post betting forecast.
- 5/ The horse must be running with 30 days of it's last run.
- 6/ Spotlight ( Racing Post ) must give a positive comment regarding the horses chances on the day.
- 7/ The horse must be running in the same grade or lower than it was beaten in last time out.

## RACES TO CONSIDER LEAVING ALONE.

The higher grade the race the more competitive it will be. Consider not having a bet in Group or listed events. Saturday racing is also competitive and throws up strange results.

## STAKING

The system makes good level stakes profit, but a staking plan can be introduced. Using a bank of 55 points will cover 10 losers 1,2,3,4,5,6,7,8,9,10. After a loser increase your stake accordingly. After a winner your stake drops back to 1 point. Divide your bank by 55 each time to arrive at your next unit stake.

## THEORY OF THE METHOD

The horse was made favourite on it's last run, so the stable put their money down thinking the horse was capable of winning that particular race. This could have been for various reasons. Because the horse failed does not mean it won't win another race and you generally find the stable will strike while the iron is hot.

## Results

Date	Course	Selection	W / L SP	Level Stakes	Running Total	Staking Plan	£550 Bank
3/7	Wind	Relkida	W 6/4	1	+1.5	10	565
		Cusoon	W 5/2	1	+4	10	590
4/7	Hamil	Middlemarch	L	1	+3	11	579
	South	Borehill Joker	W 4/1	1	+7	22	667
5/7	Strat	Monsieur	W 7/2	1	+10.5	12	709
6/7	Hayd	Pirouetting	L	1	+9.5	13	696
	Yarm	Alasoun	L	1	+8.5	26	670
	Perth	Amazing Valour	W 5/6	1	+ 9.33	39	702.5
	Epsom	Yo Pedro	L	1	+ 8.33	13	689.5
7/7	South	Hernando Royal	W 5/2	1	+10.83	26	754.5
9/7	Brigh	Tenecendur	W 2/1	1	+12.83	14	782.5
	Ayr	Yorkshire Blue	W 9/4	1	+15.08	14	817.5
10/7	Bath	Fleeting Memory	W 1/1	1	+16.08	15	832.5
		Libor	W 11/4	1	+18.83	15	873.75
	Muss	Montillia	L	1	+17.83	16	857.75
11/7	Wolv	Warsaw Pact	W 8/15	1	+18.36	32	874.82
12/7	Catt	Key Time	W 2/5	1	+18.76	16	881.22
13/7	Newm	Hoh Mike	L	1	+17.76	16	865.22
		Mountain High	L	1	+16.76	32	833.22
	Folk	Millfield Dreams	L	1	+15.76	48	785.22
14/7	Ham	Baby Barry	W 11/4	1	+18.51	64	961.22
16/7	Hay	High Class Problem	L	1	+17.51	17	944.22
17/7	N Abb	Burren Moonshine	L	1	+16.51	34	910.22
	Winds	Faith and Reason	L	1	+15.51	51	859.22
	Wolvs	Band	L	1	+14.51	68	791.22
19/7	Catt	Toy Top	L	1	+13.51	85	706.22
20/7	Leic	Louphole	W 0/30	1	+16.84	102	1046.22
21/7	South	La Bandido	W 5/4	1	+18.09	19	1069.97
23/7	N Abb	Alrafid	L	1	+17.09	19	1050.97
25/7	Ayr	Queens Composer	L	1	+16.09	38	1012.97
	Yarm	My princess	L	1	+15.09	57	955.97
26/7	Sand	Mister Right	L	1	+14.09	76	879.97
		Misaro	L	1	+13.09	95	784.97
28/7	Thirsk	Mashair	L	1	+12.09	114	670.97
	Ascot	Gringo	L	1	+11.09	133	537.97
29/7	Newmk	Quatum	W 11/4	1	+13.84	152	955.97
	Pont	Alhaajes	L	1	+12.84	19	936.97
30/7	Newm	Quantum	W 11/4	1	+15.59	38	1014.47
	Pont	Alhaejes	L	1	+14.59	19	995.47
1/8	Perth	Field Roller	L	1	+13.59	38	957.47
	Worc	Cross the Highman	L	1	+12.59	57	900.47
		Modaffa	L	1	+11.59	76	824.47
2/8	Leic	Dowlleh	L	1	+10.59	95	729.47
	Kemp	Dear Gracie	W5/1	1	+15.59	114	1299.47
	Leic	Lady Lucky	L	1	+14.59	24	1275.47
3/8	Epsom	Otranto	L	1	+13.59	48	1227.47
4/8	Notts	Uno	L	1	+12.59	72	1155.47
		Holiday		1			
14/8	South	Kivitos	W 15/8	1	+14.47	96	1335.47
16/8	Sals	Pictavia	W10/11	1	+15.37	24	1357.29
	Sand	Whatizzit	L	1	+14.37	25	1332.29
17/8	Sals	Endless night	L	1	+13.37	50	1282.29
18/8	New	Silca Chiave	W 1/2	1	+13.87	75	1319.79
21/8	Ayr	Gazbooloo	L	1	+12.87	25	1294.79
		Megla Maniac	L	1	+11.87	50	1244.79
22/8	Worc	Hero Again	L	1	+10.87	75	1169.79
		Father Tom	L	1	+9.87	100	1069.79
	Perth	South Bronx	L	1	+8.87	125	944.79

24/8	Muss	Smokin Beau	W6/4	1	+10.37	150	1169.79
25/8	Sals	Kilbara	L	1	+9.37	25	1144.79
	Chest	Scrummage	L	1	+8.37	50	1094.79
28/8	Warw	Primondo	W2/1	1	+10.37	75	1244.79
		Uno	L	1	+9.37	25	1219.79
30/8	Wolv	Warsaw Pact	L	1	+8.37	50	1169.79
31/8	Sals	Collier Hill	L	1	+7.37	75	1094.79
3/9	Ling	Baltic Belle	L	1	+6.37	100	994.79
		Gimasha	W11/4	1	+9.12	125	1338.54