

The Triple Method Proofing for July 2026 - all information is proofed to Best Odds and Advised Stakes
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Type	Date	Course	Selection	Odds	Stake	Res	Pos	Pts	Total
Single	31st	18:35 Galway	Thread Of Gold	6.50	1.00	Win	1	5.50	17.34
Single	31st	17:05 Newcastle	Travis	5.00	1.00	Loss	3	-1.00	11.84
Single	31st	14:10 Newcastle	Inspiring Speeches	7.50	1.00	Loss	4	-1.00	12.84
Single	30th	19:50 Epsom Downs	Credit Forgedd It	3.00	1.00	Loss	3	-1.00	13.84
Single	30th	16:35 Wolverhampton	A Lott Of Kane	4.00	1.00	Win	1	3.00	14.84
Single	30th	14:10 Galway	Seven Nation Army	3.50	1.00	Win	1	2.50	11.84
Single	29th	20:20 Galway	Cock And Bull	7.00	1.00	Win	1	6.00	9.34
Single	29th	18:40 Galway	Funiculi Funicula	6.00	1.00	Loss	15	-1.00	3.34
Single	29th	18:05 Galway	Samba Train	7.00	1.00	Loss	U	-1.00	4.34
Single	28th	14:25 Goodwood	Al Hudaiba	3.00	1.00	Loss	3	-1.00	5.34
Single	28th	20:30 Ffos Las	Diamondsinthesand	3.75	1.00	Loss	6	-1.00	6.34
Single	28th	19:00 Ffos Las	Knightmare	2.63	1.00	Loss	2	-1.00	7.34
Single	27th	20:20 Galway	Power Of Knowledge	3.25	1.00	Loss	5	-1.00	8.34
Single	27th	17:10 Galway	Witches Familiar	2.90	1.00	Win	1	1.90	9.34
Single	27th	14:15 Ayr	Little Lady Karen	2.75	1.00	Loss	4	-1.00	7.44
Single	26th	16:42 Uttoxeter	Ras Kassar	7.50	1.00	Loss	2	-1.00	8.44
Single	26th	14:12 Uttoxeter	Salkadan	4.00	1.00	Loss	3	-1.00	9.44
Single	26th	16:12 Uttoxeter	Paddy De Pole	12.00	1.00	Loss	4	-1.00	10.44
Single	25th	16:45 Ascot	Grizedale	5.00	1.00	Loss	6	-1.00	11.44
Single	25th	15:35 Ascot	Benvenuto Cellini	6.00	1.00	Loss	3	-1.00	12.44
Single	25th	20:00 Lingfield	Debrief	3.75	1.00	Win	1	2.75	13.44
Single	24th	20:46 Chepstow	City Escape	6.00	1.00	Loss	6	-1.00	10.69
Single	24th	17:18 Chepstow	Havananother	5.00	1.00	Loss	4	-1.00	11.69
Single	24th	20:25 York	Dolos Dream	4.50	1.00	Loss	2	-1.00	12.69
Single	23rd	19:30 Wexford	Avandra	6.50	1.00	Loss	3	-1.00	13.69
Single	23rd	18:55 Wexford	Sidiriya	5.00	1.00	Loss	5	-1.00	14.69
Single	23rd	18:20 Wexford	Phildante	5.00	1.00	Win	1	4.00	15.69
Single	22nd	18:40 Lingfield	Tiny Riot	3.75	1.00	Loss	5	-1.00	11.69
Single	22nd	17:05 Worcester	Mancero	4.50	1.00	Win	1	3.50	12.69
Single	22nd	15:10 Catterick	Vince Le Prince	5.00	1.00	Loss	2	-1.00	9.19
Single	21st	21:00 Wolverhampton	Brave Empire	5.00	1.00	Loss	10	-1.00	10.19
Single	21st	20:30 Wolverhampton	Positive Thoughts	5.00	1.00	Loss	6	-1.00	11.19
Single	21st	14:45 Nottingham	Spaceage Love Song	4.50	1.00	Loss	6	-1.00	12.19
Single	20th	20:20 Windsor	Super Hit	4.33	1.00	Win	1	3.33	13.19
Single	20th	17:00 Ayr	Golden Havana	5.50	1.00	Loss	2	-1.00	9.86
Single	20th	16:47 Cartmel	Aill Dubh	5.00	1.00	Win	1	4.00	10.86

Type	Date	Course	Selection	Odds	Stake	Res	Pos	Pts	Total
Single	19th	17:00 Curragh	Seven Nation Army	9.00	1.00	Loss	2	-1.00	6.86
Single	19th	13:40 Curragh	Litmus Test	5.50	1.00	Loss	7	-1.00	7.86
Single	19th	17:22 Newton Abbot	No More No	6.50	1.00	Loss	6	-1.00	8.86
Single	18th	20:25 Doncaster	Palmarian	12.00	1.00	Loss	2	-1.00	9.86
Single	18th	18:45 Doncaster	Yorkshire	5.00	1.00	Loss	2	-1.00	10.86
Single	18th	13:40 Curragh	Stooked	4.50	1.00	Loss	2	-1.00	11.86
Single	17th	18:40 Hamilton	Brandenburg	2.70	1.00	Win	1	1.70	12.86
Single	17th	20:43 Newmarket	Born A Rebel	4.00	1.00	Loss	4	-1.00	11.16
Single	17th	15:18 Wolverhampton	Korbut	4.33	1.00	Loss	2	-1.00	12.16
Single	16th	15:03 Thirsk	Simba's Pride	3.50	1.00	Loss	4	-1.00	13.16
Single	16th	16:25 Chepstow	Tomarlo	7.50	1.00	Loss	5	-1.00	14.16
Single	16th	20:40 Epsom Downs	Piazza	6.50	1.00	Loss	7	-1.00	15.16
Single	15th	20:00 Killarney	Alto Sax	5.00	1.00	Loss	5	-1.00	16.16
Single	15th	18:30 Killarney	Kalir	4.33	1.00	Win	1	3.33	17.16
Single	15th	17:30 Killarney	Minaun View	4.50	1.00	Win	1	3.50	13.83
Single	14th	18:25 Wolverhampton	Waakabb	4.50	1.00	Loss	3	-1.00	10.33
Single	14th	17:14 Ffos Las	Liveinthelight	3.75	1.00	Win	1	2.75	11.33
Single	14th	16:23 Beverley	Barmyblade	5.50	1.00	Loss	10	-1.00	8.58
Single	13th	20:10 Lingfield	Henfield	5.50	1.00	Win	1	4.50	9.58
Single	13th	19:10 Lingfield	Autumn Affair	5.00	1.00	Loss	3	-1.00	5.08
Single	13th	14:30 Ayr	Curious Rover	5.00	1.00	Win	1	4.00	6.08
Single	12th	15:25 Sligo	Mickey Cohen	9.50	1.00	Loss	4	-1.00	2.08
Single	12th	16:20 Dundalk	Celtic Druid	6.00	1.00	Loss	2	-1.00	3.08
Single	12th	15:45 Dundalk	Bella Colombia	5.50	1.00	Loss	3	-1.00	4.08
Single	11th	14:15 Newmarket	True Test	5.50	1.00	Loss	3	-1.00	5.08
Single	11th	17:32 Chester	Mudita	8.50	1.00	Loss	3	-1.00	6.08
Single	11th	17:00 Chester	Nibras Gold	8.50	1.00	Win	1	5.50	7.08
Single	10th	14:10 York	Goldmoyne	5.50	1.00	Loss	3	-1.00	1.58
Single	10th	16:55 Ascot	Coul Angel	6.50	1.00	Loss	6	-1.00	2.58
Single	10th	14:00 Ascot	Newfangled	7.50	1.00	Loss	6	-1.00	3.58
Single	9th	17:40 Doncaster	Bayraat	7.00	1.00	Loss	2	-1.00	4.58
Single	9th	17:05 Doncaster	Alpha Capture	4.50	1.00	Loss	2	-1.00	5.58
Single	9th	18:52 Newbury	Strike	5.00	1.00	Win	1	4.00	6.58
Single	7th	16:30 Uttoxeter	Teleleo	5.00	1.00	Loss	4	-1.00	2.58
Single	7th	15:30 Uttoxeter	Buxted Reel	5.00	1.00	Loss	3	-1.00	3.58
Single	7th	15:48 Pontefract	Clipsham Noble	5.50	1.00	Loss	6	-1.00	4.58
Single	6th	20:30 Wolverhampton	Midnight Media	3.75	1.00	Win	1	2.75	5.58
Single	6th	17:00 Ayr	White Ladder	5.50	1.00	Win	1	4.50	2.83
Single	6th	15:00 Ayr	Rumbustious	8.00	1.00	Loss	10	-1.00	-1.67
Single	5th	15:25 Market Rasen	Matoury	7.00	1.00	Win	1	6.00	-0.67
Single	5th	16:50 Southwell	Premier	7.50	1.00	Loss	3	-1.00	-6.67
Single	5th	14:02 Southwell	Lillie Margot	10.00	1.00	Loss	3	-1.00	-5.67
Single	4th	20:00 Nottingham	Phaedra	4.33	1.00	Loss	5	-1.00	-4.67
Single	4th	17:40 Beverley	Hood Wink	3.75	1.00	Loss	4	-1.00	-3.67
Single	4th	15:20 Leicester	Kameel	4.50	1.00	Loss	4	-1.00	-2.67
Single	3rd	17:35	Kraar	5.00	1.00	Loss	5	-1.00	-1.67

Type	Date	Course	Selection	Odds	Stake	Res	Pos	Pts	Total
		Bellewstown							
Single	3rd	15:10 Doncaster	Dyonisos	4.33	1.00	Win	1	3.33	-0.67
Single	3rd	14:35 Doncaster	Al Muqdad	4.00	1.00	Loss	5	-1.00	-4
Single	2nd	20:30 Newbury	Thanos	3.25	1.00	Loss	3	-1.00	-3
Single	2nd	20:00 Newbury	Best Rate	5.00	1.00	Loss	4	-1.00	-2
Single	2nd	19:43 Kempton	Bulletin	4.00	1.00	Loss	4	-1.00	-1

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