

Dashboard

Use the daily overview to decide where your research time is most valuable.

Minimum plan	Free
Where to find it	Dashboard in the application navigation

IN THIS GUIDE

- Choose the racing day
- Find active trainers and jockeys
- Use Regressive Watch carefully
- A five-minute Dashboard routine
- Related guides

Choose the racing day

The Dashboard opens on the current racing day. In a development or demonstration environment, a populated historical date may be shown instead.

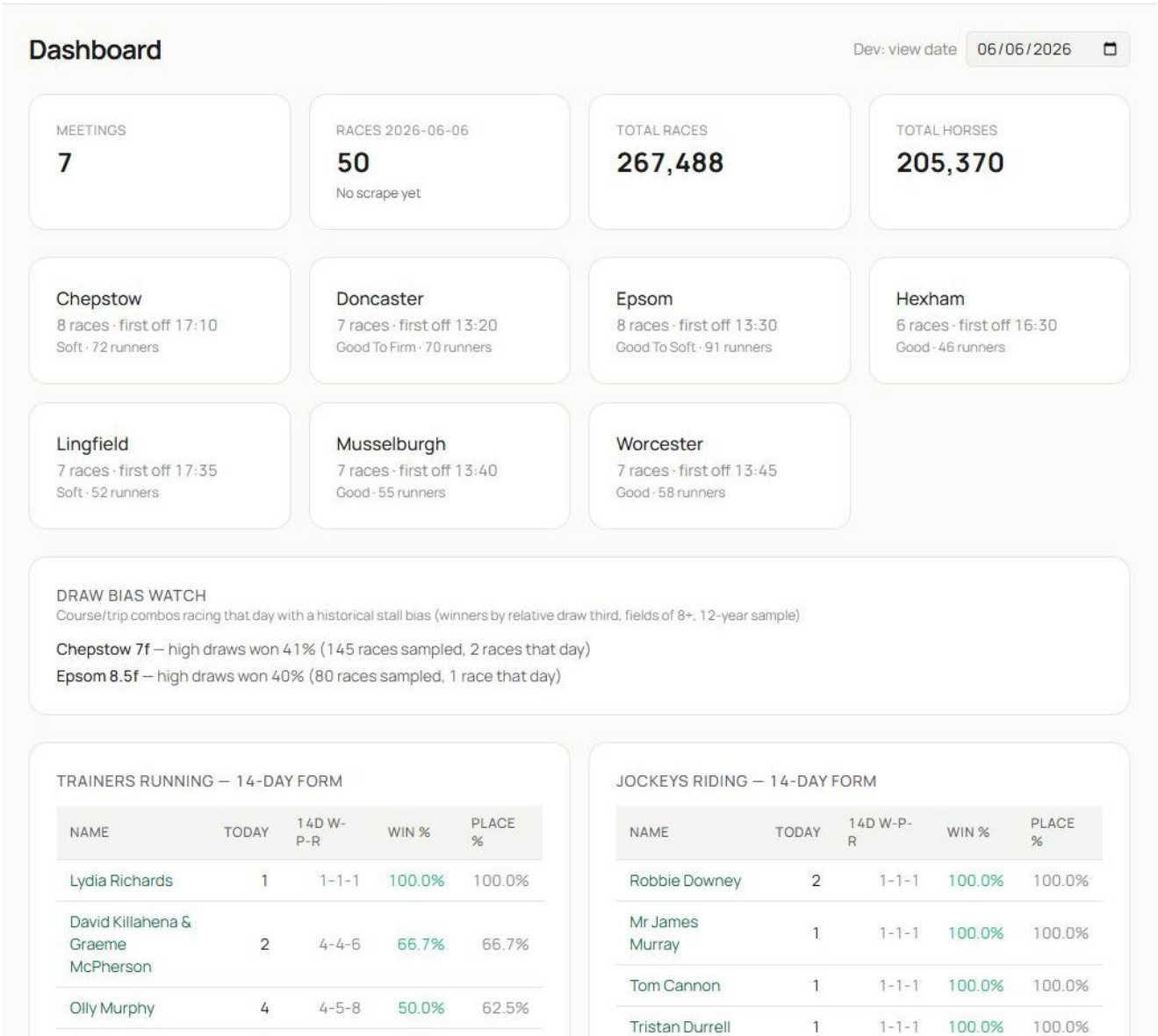


Figure 1. The populated Dashboard showing the date, totals, meeting cards and Draw Bias Watch.

1. Use the date control to move to another available card.
2. Read the summary tiles first: number of meetings, races and horses. These tell you the size of the day before you begin.
3. Meeting cards show the course, race count, first-off time and surface or going. Select a meeting to continue into its races.
4. **Draw Bias Watch** highlights courses and trips where the historical sample points to a stall advantage. Treat it as a research prompt, not a standalone selection rule.

When a day has no published card, the summary remains empty. Move to another date or return when declarations are available.

Find active trainers and jockeys

Scroll below the meeting overview for short-term connection form and the main figure watchlists.

DRAW BIAS WATCH

Course/trip combos racing that day with a historical stall bias (winners by relative draw third, fields of 8+, 12-year sample)

Chepstow 7f – high draws won 41% (145 races sampled, 2 races that day)**Epsom 8.5f** – high draws won 40% (80 races sampled, 1 race that day)

TRAINERS RUNNING – 14-DAY FORM

NAME	TODAY	14D W-P-R	WIN %	PLACE %
Lydia Richards	1	1-1-1	100.0%	100.0%
David Killahena & Graeme McPherson	2	4-4-6	66.7%	66.7%
Oilly Murphy	4	4-5-8	50.0%	62.5%
D J Jeffreys	1	1-1-2	50.0%	50.0%
Dan Horsford	1	2-2-4	50.0%	50.0%
James Tate	1	3-3-6	50.0%	50.0%
Michael Wigham	1	1-1-2	50.0%	50.0%
Mike Murphy	1	1-1-2	50.0%	50.0%
Dan Skelton	3	9-11-20	45.0%	55.0%
David Pipe	1	3-5-7	42.9%	71.4%
Hamad Al Jehani	1	3-3-7	42.9%	42.9%
Dianne Sayer	1	2-3-5	40.0%	60.0%
Christopher Mason	1	2-2-5	40.0%	40.0%
David Loughnane	4	2-3-6	33.3%	50.0%
Oliver Greenall & Josh Guerriero	1	3-4-9	33.3%	44.4%

JOCKEYS RIDING – 14-DAY FORM

NAME	TODAY	14D W-P-R	WIN %	PLACE %
Robbie Downey	2	1-1-1	100.0%	100.0%
Mr James Murray	1	1-1-1	100.0%	100.0%
Tom Cannon	1	1-1-1	100.0%	100.0%
Tristan Durrell	1	1-1-1	100.0%	100.0%
Dylan Browne McMonagle	2	1-2-2	50.0%	100.0%
Tom Bellamy	1	1-2-2	50.0%	100.0%
Harry Skelton	2	10-12-20	50.0%	60.0%
Pat Dobbs	1	2-4-5	40.0%	80.0%
Paul OBrien	1	2-2-5	40.0%	40.0%
Toby Wynne	1	2-2-5	40.0%	40.0%
Benoit De La Sayette	1	3-4-8	37.5%	50.0%
William Buick	3	3-3-8	37.5%	37.5%
Clifford Lee	2	7-11-19	36.8%	57.9%
Jack Hogan	1	2-3-6	33.3%	50.0%
Myla Coppins	1	2-3-6	33.3%	50.0%

TOP RATED RUNNERS (TSR)

Best Trackside Rating from each horse's last 3 rated starts – higher is better

HORSE	RACE	BEST	LAST
Miss Kingston (IRE)	16:15 Worcester	100	100
Lambourn (IRE)	14:40 Epsom	99	89
Calandagan (IRE)	14:40 Epsom	96	96
Another Baar (GB)	15:15 Epsom	96	77
Havana Pusey (GB)	15:28 Musselburgh	96	72
Golden Mind (IRE)	13:30 Epsom	95	95
Jan Brueghel (IRE)	14:40 Epsom	94	94
Witness Stand (GB)	13:30 Epsom	94	80
Moonhall Lass (IRE)	13:20 Doncaster	94	80
Birthday Angel (IRE)	17:35 Lingfield	93	93

EAPF STANDOUTS

Best EAPF from each horse's last 3 rated starts – lower is better

HORSE	RACE	BEST	LAST
Another Baar (GB)	15:15 Epsom	2	13
Pioneer Pete (GB)	16:15 Worcester	4	9
Alcantor (FR)	13:30 Epsom	5	5
Jan Brueghel (IRE)	14:40 Epsom	5	6
Pina Sonata (GB)	14:05 Epsom	5	7
Lambourn (IRE)	14:40 Epsom	5	8
Galeron (IRE)	16:25 Doncaster	5	9
Witness Stand (GB)	13:30 Epsom	5	14
Halphea Soleil (FR)	17:40 Hexham	6	6
Golden Mind (IRE)	13:30 Epsom	6	6

Figure 2. The Dashboard form and figures section showing trainer form, jockey form, TSR leaders and EAPF standouts.

- Trainers Running — 14-day form** ranks trainers represented on the card using their recent results.
- Jockeys Riding — 14-day form** does the same for riders. Use runs, win rate and place rate together; a perfect percentage from one runner is not the same evidence as a strong rate across many runners.
- Top Rated Runners (TSR)** shows the best recent Trackside Ratings among horses running that day. TSR is higher-is-better.
- EAPF Standouts** shows the strongest recent EAPF figures. EAPF is lower-is-better, so the smallest number is the stronger performance.

Names and race times are links into deeper research. Open a horse, trainer, jockey or race when a row deserves context.

Use Regressive Watch carefully

Birthday Angel (IRE)	17:35 Lingfield	93	93	Golden Mind (IRE)	13:30 Epsom	6	6
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REGRESSIVE WATCH						
Runners that set a career-best EAPF last time out – likely to regress						
HORSE	RACE	LAST (NEW TOP)	PRIOR BEST	REGRESS %	PHASE	
Nutcracker (GB)	19:55 Chepstow	11	16	85%	peak	
Magic Music (GB)	17:00 Doncaster	8	14	75%	recovering	
Bold Impact (IRE)	18:53 Chepstow	8	13	75%	peak	
Theatre Tom (IRE)	16:50 Worcester	10	13	75%	peak	
Holy Legend (GB)	14:55 Worcester	9	13	70%	recovering	
Magical Merlot (GB)	16:10 Musselburgh	10	14	70%	peak	
Takeitorleaveit (IRE)	18:05 Lingfield	11	14	70%	peak	
Pixie Diva (GB)	20:10 Lingfield	8	11	70%	peak	

Figure 3. The Regressive Watch table showing runners whose latest figure may represent a regression risk.

1. Regressive Watch surfaces horses whose latest EAPF was a career-best or notably strong effort and may be difficult to reproduce immediately. The table compares the latest figure with the prior best and reports a regression percentage or cycle phase.

This is a risk flag, not a prediction that the horse must run poorly. Check recovery time, race conditions, age, trainer pattern and the horse speed sheet before drawing a conclusion.

A five-minute Dashboard routine

1. Confirm the date and number of meetings.
2. Note any course in Draw Bias Watch.
3. Scan trainer and jockey form, paying attention to sample size.
4. Open the leading TSR and EAPF runners in separate tabs.
5. Review Regressive Watch for possible short-priced risks.
6. Continue to Today's Card and inspect the races around the most interesting signals.

Related guides

Use **Today's Card** to open a racecard, **Race Browser and Race Details** for a result view, and **Speed Figures and Speed Sheets** before interpreting TSR or EAPF in depth.