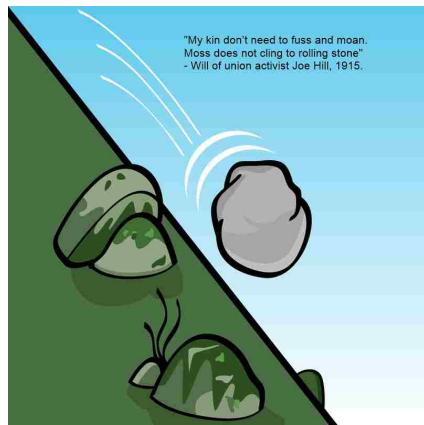




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The user of this book needs to be aware of the importance of a fast and reliable Internet connection to make best use of the method presented.

Any form of betting is speculative and you should never bet with money that you cannot afford to lose. Sensible betting

involves the creation of a “betting bank” that is kept separate from other monies.

See also <http://www.gambleaware.co.uk> for advice and guidance on responsible betting.

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FOREWORD

I wonder - is the reason so many punters lose so much money down to the fact they tend only to 'walk away from the table' at the bottom of a betting cycle?

After all, you read on **so** many betting sites that a good system has 'stopped working' because, allegedly, all systems have 'a limited shelf life' and will inevitably 'stop working after a while.'

Personally, I think this is monumental drivel, but you may disagree.

Whatever the merits of this viewpoint (and, as a minimum, it certainly looks like a sweeping generalisation to me), it serves only to strengthen the questionable case that you should bail out when you're losing.

One thing I'm pretty sure of is that, if you're using a proven system, bailing out when you're losing is usually a lousy idea. It is counter-intuitive but an indisputable fact that winning systems lose money a lot of the time. And if you allow your emotions to govern your decision-making, I promise you will lose money no matter what system you pick.

This truth doesn't just apply to betting, but to any style of investing.

For instance, I have a very good friend who spent the last decade talking about the value of gold as a long-term investment. And as we all now know, she called the market absolutely correctly. The ongoing debasement of western currencies has driven gold to new heights as its appeal as a safe haven has increased. I'm no economist but it's obvious to even me that it's a lot easier to print more banknotes than it is to dig increasing amounts of gold out of the ground.

But here's the rub. My friend is a jittery sort. And she recently admitted to me she'd scarcely made a bean out of gold!

I was astonished. How could it be so when she had consistently and correctly tipped it for almost a decade?

Answer - it turns out she'd only really been buying when her confidence was high, and then she'd sold again whenever she'd had a wobble, fearing the bull run was over.

So what had triggered these periodic bouts of confidence and fear?

You guessed it - Mr. Market.

Yes indeed, even though her own judgment had correctly shown her the long-run case for gold, she'd been swayed by her emotions at a day-to-day level, just like everybody else.

The practical upshot was that she'd invariably bought when the market had broadly agreed with her that gold was on its way up, and had sold again whenever its price had slipped a bit, and commentators were starting to question whether gold was on the turn.

So she'd picked the correct asset class, but then bought on the peaks and sold in the troughs. Which of course had severely limited her growth potential, because it's self-evident she should have done the exact opposite.

Now before we scoff at my friend... when we think about sports betting, how many of us do precisely the same thing?

We buy some sexy new betting system when it's suddenly in vogue, and everybody's talking about it. Then we ditch it when we hit our first really lousy run, and are losing money.

We have no plan to take our money off the table when we are ahead, but we certainly don't hesitate to do so once we start losing.

If we only ever exit the game when we are losing, it follows we can only ever lose!

And people wonder why bookmakers make money!

To be successful then, I propose that we really have to put three things in place before we start.

- a) Proven betting systems that we are prepared to stick with in the long term.
- b) Pre-defined profit targets that, we promise ourselves solemnly, will be the points at which we will take our seed capital off the table.
- c) 'Red lines' on the debit side of the equation which, when we cross them, will trigger a temporary suspension of the failing betting system (but not, critically, its total abandonment!) followed by a period of 'bank recovery' using proven, slow bank-building techniques (which I shall refer to as Duck & Cover systems).

Simply by adopting this strategy we can ensure we will always be able to:

- bank profits when we are ahead
- recover losing balances (and our emotional equilibrium) when things don't go so well.

More generally, this approach will give us confidence that **there isn't a situation we won't be able to deal with**, so we can approach the betting markets in a positive frame of mind, and thereby not respond emotionally to the daily roller coaster.

Please read [this article by an investment banker called Stu](#), who also argues for a portfolio-based, risk-balanced approach. In particular, scroll to the section near the end called, "*Finally – It Will Go Wrong!*" where he explains that long, losing runs are such a mathematical certainty that faked experimental data can be spotted simply by their absence!

In short, occasional long, losing runs are normal and inevitable.

The trick is learning what to do about them.

Lucy Collins, January 2013.

1. Welcome to Rollingstone

"I'm interested in making serious money via sports betting, but where on earth should I start?"

I am asked this a lot.

What I would like to propose in this manual is a route through the betting minefield.

Rather than just diving in and buying whichever betting system seems most to appeal to you when you happen to land on their sales page, Rollingstone argues for a structured approach to help you move as quickly as possible from novice to expert.

There are lots of reasons why it's good to have such a plan.

1. A structured approach will build patience, so you won't feel like immediately throwing in the towel when events take a turn for the worse.

There is a serious risk of system hopping when you're a beginner, particularly if you sense deep down you don't know where to start.

Taking a map with you will give you the confidence you're heading in the right direction even on the slow days. And confidence is essential with any betting system, so you don't just give up when you experience your first significant setback.

Losing, as we have seen, is, paradoxically, part of winning. But don't panic, there are things we can do about it as we shall discuss below.

2. If you start the right way, you will be able to use other people's money to build your betting bank.

This is self-evidently preferable to using your own savings, and will increase your confidence that the chances you occasionally have to take are not quite so life-threatening after all.

3. Some systems are better suited to the betting exchanges (like Betfair and Betdaq), whereas others exploit bookmaker services.

In practice, you will almost certainly start your betting career at the bookmakers, and, if/when you are successful, end up working primarily at the exchange.

I propose using bookmakers for two things: extracting value from their bonuses to create a betting bank at the start of our journey, and as backup for those occasions when things go wrong (as they certainly will at some point).

The backup systems work by exploiting technical aspects of the bookies' services, to provide us with a very low-risk recovery mechanism.

4 . Ultimately though, the engine for betting bank growth is the exchange. All roads eventually lead to Betfair.

And Rollingstone will show you the best way there.

2. A System Of Systems

Rollingstone is a “system of systems” grouped into three categories, **Start Up**, **Ramp Up**, and **Duck and Cover**, which work together to grow your betting bank.

2.1 Start Up

As its name suggests, we will only normally use this type of system at the start of our project. Specifically, we will exploit bookmaker and casino bonuses to grow our betting bank, then add our own seed capital to extend the balance to a workable amount.

We will also design our portfolio in such a way that the risks to the *added* capital are greatly minimised: i.e. we will aim to restrict our risk to the bonus cash only, and use the added monies purely as working capital.

2.2 Ramp Up

Ramp Up provides *capital growth* systems selected from those services I have personally found to be profitable, either by trialling them on my website or in daily use.

Ramp Up systems can always be used exclusively at betting exchanges. If they can't be, I won't admit them to the Ramp Up portfolio.

The inventory of systems within this category will vary over time as new products come to market and are successfully trialled.

We should always be looking to replace good systems with great ones.

2.3 Duck and Cover

Duck and Cover contains *recovery* systems drawn from my personal portfolio of low-risk / slower growth vehicles.

Duck and Cover recovery systems are less likely to be replaced than Ramp Up ones, though of course if some exciting new approach to recovery can be identified, I will naturally consider its inclusion.

The role of Duck and Cover systems is critical but ultimately secondary. It is critical because they help you deal with the almost inevitable losing runs that strike every single growth system from time to time. Their job is to provide an ultra-low risk recovery mechanism in the event of poor Ramp Up system performance.

Duck and Cover typically includes techniques that exploit loopholes in bookmaker strategies, so we will tend to minimise their day-to-day use.

Having weapons to fight back with will reduce the emotional impact of losses. In my opinion, managing your emotions is as important (maybe *more* important) than managing your bank.

2.4 The Journey From Novice To Expert

The journey varies for everyone but in principle looks something like this.

1. Exploit bookmaker bonuses to create a betting bank.

As any regular reader of my website will tell you, my recommended product for this is [Mike Cruickshank's Bonus Bagging](#) service. It's almost zero risk, ridiculously cheap and incredibly good.

It also pays for itself in a day or two, and is ultra-simple to use. You can [read the whole trial thread on my site here](#).

Most new users find they can make around £1,000 by Bonus Bagging. This figure represents 40% of our proposed total Rollingstone bank of £2,500.

- 40% will prove to be a significant percentage (see below), as a loss of this size on any one Ramp Up sub-system will trigger the use of a Duck and Cover recovery mechanism.
- *Thus, in a very real sense, we only really use the bookies' own money when operating the (comparatively risky) Ramp Up systems.*

I should also note a happy side-effect of Mike's Bonus Bagging process is that it leaves us with a large number of bookmaker accounts. They will all come in handy when we move into Duck and Cover mode.

2. Once we have created a betting bank, we start growing it via the use of Ramp Up systems.

As discussed, I will propose a portfolio of systems, rather than rely unduly on any particular one. The systems selected are usually those which have performed best in long-term trials on my website.

I generally recommend high strike rate systems to reduce the likelihood of long, losing runs.

I also believe trading has a vital role, as it depends more on acquiring and using valuable skills, than on someone's ability to predict the future.

3. If all goes well with Ramp Up, that's it, there is nothing else to do.

(But meanwhile, back in the real world.....).

As we have seen, it's a mathematical certainty there will be setbacks along the way.

And when they occur on any particular system within our portfolio, we will invoke a Duck and Cover service to recover the associated betting bank.

We won't wait for the whole portfolio bank to slump however, but instead we'll manage a series of sub-banks within our portfolio, so that when any one falls to a pre-defined trigger level, we use Duck and Cover to rebuild it.

All this time the successful betting banks of other performing systems will be moving forwards unaffected.

4. You eventually get to a point where you don't need Duck And Cover.

I'm not joking about this.

Once you've removed all your seed capital from the table, and banked some profits as well, you will find it much easier to deal with the ups and downs of betting.

I have personally left behind all the emotional distress I used to associate with betting. My portfolio has grown steadily over the longer term, so that significant accumulated winnings cushion me against the impact of inevitable, temporary setbacks.

I therefore now only ever use Ramp Up systems, and thus can trade happily on the exchanges, without ever worrying about the risk of my accounts being limited by a bookmaker.

I also am able to ratchet my stakes very slowly over time, as my betting bank reaches specific targets. This in turn delivers compound growth, which is the overall goal of Rollingstone.

3. Portfolio Betting

3.1 Basic Principles

Portfolio Betting involves running multiple betting systems in parallel, each with its own allocated betting bank (or “sub-bank”). We maintain top-level and sub-bank balances, and review progress regularly.

Each sub-bank may be quite modest, but, if and when its balance falls below a pre-defined stop loss point, it must be replenished by a return to Duck and Cover.

There are three basic rules.

1. No sub-bank may be cross-subsidised from any other.
2. All failing sub-banks must be replenished in Duck And Cover.
3. There are no exceptions to rules 1 and 2!

3.2 Portfolio Betting Example

I propose we begin with a total Portfolio Bank of £2,500, split as follows -

- £500 assigned to Ramp Up Straight Betting System 1
- £500 assigned to Ramp Up Straight Betting System 2 or 3 (the different options are explained below)
- £500 assigned to Ramp Up Trading System 1
- £500 assigned to Ramp Up Trading System 2
- £500 reserved for Duck and Cover use only.

Now imagine that, after 1 month, the balances on our Portfolio have moved on thus:

- £575 – Straight Betting System 1
- £544 – Straight Betting System 2/3
- £298 – Trading System 1
- £734 - Trading System 2
- £500 - still untouched and reserved for Duck and Cover.

It follows that our new portfolio total = £2,651, so overall we are ahead. We have progressed from a balance of £2,500 to £2,651, which represents monthly growth of just over 6%.

- If we were to maintain this level of performance for a whole year, and ratchet up our betting stakes accordingly every month, we would in fact double our bank (see [Six% with Lucy for the maths!](#)).
- I therefore regard this level of growth as my approximate monthly target.

However, although in my example, from an overall perspective, we are on track, we do still need to take action. **For our Trading System 1 bank balance is down by just over 40%.**

- This is my red line amount, because, as we noted above, we aim to derive approximately 40% of our original Rollingstone bank from [Bonus Bagging](#).

Once a given sub-bank is down to less than 60% of its starting value, we add its remaining balance (in this case, the £298 of our Trading System 1 fund) to our Duck and Cover fund (here set at £500).

We then suspend Trading System 1, and replace it with a Duck and Cover system.

Specifically, we would now employ our working capital of £798 in Duck and Cover mode. And we continue to work patiently with the new sub-bank until it has increased in value from £798 to £1,000.

Once we have reached our £1,000 target, we simply extract the original £500 Duck and Cover money for future recovery operations, and restart Trading System 1 with a renewed pot of £500, as at the outset.

The other three sub-banks (the Straight Betting Systems, and Trading System 2 in this example) would be unaffected during the recovery period. Instead, they would continue to be used throughout in the normal way.

Only the failing system (Trading System 1) has been suspended, fixed and restarted.

3.3 What do you do if more than one system loses more than 40% of its value?

Unlucky!

You simply add the outstanding balances for all failed sub-banks to your Duck and Cover pot, and suspend every failed system until its bank has been replenished.

Thus if you lose 40% of your bank across two Ramp Up systems, you would be working with a combined Duck and Cover fund of £1,100. You would then need to trade your way to a total of £1,500, at which point you would once again extract your £500 Duck and Cover capital, and restart the suspended Ramp Up systems with £500 each.

3.4 Setting Targets For Growth

It is almost inevitable that if you adopt this approach, your overall Portfolio Bank will grow.

Once it has increased by 50% (i.e. progressed from £2,500 to £3,750), all sub-banks should be instantly reset, as at the start, to 20% of our new balance. *This includes any sub-banks currently in Duck and Cover mode.*

This means that our five new balances would each be reset to £750.

We then start again as at the outset.

Once we have doubled our starting bank (i.e. reached a Portfolio Bank total of £5,000), we may choose to remove our original seed capital.

However, if we had built our original bank by [Bonus Bagging](#), we may not even feel the need to do this.

3.5 Why not just use Duck and Cover all the time?

Because it can be time-consuming, and, if you do it too often and too successfully, it may also eventually attract the unwanted attention of your not-so-friendly bookmaker.

Our aim with Duck and Cover is simply to have a back-up plan to preserve our capital (and emotional wellbeing). Our ultimate goal, as explained in step 4 of the plan in paragraph 2.4, is to exit bookmaker trading altogether.

This is perfectly achievable, once your seed capital has been taken off the table, and your Portfolio Bank is big enough to withstand temporary setbacks.

3.6 “I’m not sure I have the time for all this..”

Yes, portfolio betting does involve effort, especially at the start, but the prize is worth it. Long-term capital growth is our goal, and patience, rather than panic, follows from having a robust strategy.

If you really want to waste time, try system hopping. There really is no bigger waste of time than a string of losing bets.

Eventually, you will remove your seed capital from the table, and move beyond Duck and Cover. Then the effort required reduces; stakes can slowly be increased; and compounding, which is where the action really is, can start. ☺

4. Subsystems

As we have seen, Rollingstone is constructed from a selection of:

- A *Start Up* system, supplemented by additional seed capital
- *Ramp Up* systems
- *Duck and Cover* systems

The next step is therefore to select the subsystems you wish to use.

This section lists those systems I currently recommend. I will add more in over time, as I identify winning systems on my website.

The various subsystems are summarized over the following few pages in a tabular format, to allow you to compare their relative merits and construct your personal portfolio. There are also links back to my website, to allow you to examine the related systems trials in more detail.

The complete list of approved subsystems is currently as follows:

<u>Start Up System</u>	<u>System</u>
SU1 - Start Up 1	Mike's Bonus Bagging
<hr/>	
<u>Ramp Up Systems</u>	<u>System</u>
TS1 - Trading System 1	Total Football Trading
TS2 - Trading System 2	Tradeshark Tennis
SBS1 - Straight Betting System 1	Little Acorns
SBS2 - Straight Betting System 2	Lucrative Racing Trust's Place Bets
SBS3 - Straight Betting System 3	GGL Sports
<hr/>	
<u>Duck & Cover Systems</u>	
D&C1 - Duck & Cover 1	SkewTrader Pro
D&C2 - Duck & Cover 2	Lucy's 8th Pillar
D&C3 - Duck & Cover 3	Lucy's Football Arbs*

*"Lucy's Football Arbs" is a bonus system that comes free with either SkewTrader Pro or Lucy's 8th Pillar.

The following paragraphs give more detail.

4.1 The StartUp System – Bonus Bagging

If you've never worked through [Mike's Bonus Bagging](#), I strongly recommend you use it to construct your portfolio betting bank.

System	 Mike's Bonus Bagging
Sport	Mainly football, but largely irrelevant
Rollingstone Category	Start Up
Type	Bookmaker Bonus Bagging
Exchange or Bookies	Bookmaker and Exchanges
Lay Back & Get Rich Rating	Passed
Lay Back & Get Rich Trial Thread	Click here
Price	£27
Value For Money	Superb
Subscription or One-off Fee?	One-off
System Description	A slick tool for exploiting bookmaker bonuses. Mike does all the work for you, so all you have to do is follow instructions. Ultra-low risk. This is a proven way of creating your betting bank before moving on to other growth systems. As a rather pleasant bonus, Mike continues to supply "re-loads" and other opportunities on an ongoing basis, at no further charge.
Any drawbacks?	None whatsoever. Everyone should do this.
Time of use	Any time.
Support	Excellent. Customer service is of the highest order and deservedly receives regular rave reviews. Responses to questions are quick, and even occasionally instantaneous - though you won't have many as it's so straightforward to use.
Warranty	60 days, backed by Clickbank
Where Can I Get It?	Click here

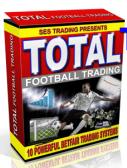
4.2 Ramp Up Systems

There are five at the moment.

You may wish to start with the first three, as they can be purchased for a one-off cost, and are relatively low risk.

The fourth ([Lucrative Racing Trust's Place Bets](#) service) is a subscription product, but potentially produces high returns.

The fifth is an extraordinary product called [GGL Sports](#) that I recommend you use only one half of, but which you might find leaves everything else trailing in its wake!

System	 <p>Discover The Secrets To Football Trading!</p> <p>Learn The Strategies That Earn The Professionals over £100K per year!</p> <p>Total Football Trading</p>
Sport	Football
Rollingstone Category	Ramp Up
Type	Betfair Trading
Exchange or Bookies	Exchange Only
Lay Back & Get Rich Rating	Passed
Lay Back & Get Rich Trial Thread	Click here
Price	£62 approx (varies with \$ rate)
Value For Money	Very Good
Subscription or One-off Fee?	One-off
System Description	<p>A complete football trading system, containing ten different strategies for trading football matches. Carefully structured into beginner / intermediate /advanced.</p> <p>TFT is very professionally put together, and beautifully presented. The techniques have been thoroughly researched, and all explanations are clear and straightforward.</p>
Any drawbacks?	Probably not a product to use if you cannot stand football!
Time of use	Predominantly outside M-F 9-5 , though some pre-match strategies can involve intra-day trading
Support	Excellent. Quick responses to questions, plus a lively forum
Warranty	60 days, backed by Clickbank
Where Can I Get It?	Click here

System	
Tradeshark Tennis	
Sport	Tennis
Rollingstone Category	Ramp Up
Type	Betfair Trading
Exchange or Bookies	Exchange Only
Lay Back & Get Rich Rating	2012 Betting Oscars Overall Winner & Trading Category Winner
Lay Back & Get Rich Trial Thread	Click here
Price	£29
Value For Money	Superb
Subscription or One-off Fee?	One-off
System Description	A complete tennis trading system, containing lots of strategies for different levels of user. There are plenty of support videos, occasional webinars, and a frequently updated blog. Paul Shires is a professional tennis trader, so there is a strong 'enthusiast's feel' to the whole product. He is in the trading trenches with you, providing daily insight via his blog and webinars on tennis trading issues and opportunities.
Any drawbacks?	Not a product to use if you cannot stand tennis! Also tennis is a 24 hour sport, as tournaments move around the globe. Trading the Australian Open, for instance, can be very anti-social!
Time of use	Can be almost any time day or night, owing to the way tennis tournaments are played around the world. Particularly can be an issue if the game you want to trade consistently gets delayed e.g. by weather or preceding matches over-running. Tennis tournaments now run all year (except in December).
Support	Excellent. Quick responses to questions, plus a lively forum
Warranty	None, but then it's only £29!
Where Can I Get It?	Click here . Please include a comment "layback" with the payment. ☺

System	 <p>Little Acorns</p>
Sport	Horse Racing
Rollingstone Category	Ramp Up
Type	Laying System
Exchange or Bookies	Exchange Only
Lay Back & Get Rich Rating	Passed
Lay Back & Get Rich Trial Thread	Click here
Price	Around £97 (varies with \$ rate)
Value For Money	Good
Subscription or One-off Fee?	One-off
System Description	<p>A mechanistic system for laying horses in the UK. Rules-based and therefore can be automated if required via optional use of BetAngel or similar. If traded manually, requires attendance at Betfair screen in run-up to race. Otherwise 'set and forget' in the morning.</p> <p>Slow burner, designed to grow capital over the long term. Been around for a very long time - proven and popular.</p>
Any drawbacks?	The staking system provided is somewhat risky, therefore I strongly advise level staking , which still proved very profitable in my trialling.
Time of use	Either automate via BetAngel /Geek's Toy, or operate manually prior to horse race. Therefore may involve intra-day activity M-F.
Support	Fine, but you won't need much as it's very straightforward.
Warranty	30 day warranty
Where Can I Get It?	Click here

System	<p>Lucrative Racing Trust's Place Bets Service</p>  <p>LUCRATIVE RACING TRUST <small>Creating wealth through profitable investment</small></p>
Sport	Horse racing
Rollingstone Category	Ramp Up
Type	Backing System
Exchange or Bookies	Exchange And Bookmakers
Lay Back & Get Rich Rating	Passed
Lay Back & Get Rich Trial Thread	Click here
Price	£2.99 30 day trial followed by £40 per month
Value For Money	Excellent
Subscription or One-off Fee?	Subscription
System Description	<p>A tipping service run by a professional outfit called the Lucrative Racing Trust.</p> <p>Email advices are issued every morning, listing tips for the afternoon. The selections are all back bets in the Place market, with a minimum price of 1.15. Naturally, this both requires – and produces – a high strike rate, which makes for a pretty comfortable ride.</p> <p>It's very easy to stipulate a price floor at Betfair, by putting on your bets at Betfair SP, with a guaranteed minimum price of 1.15.</p> <p>This service has a good track record that is likely to continue in future, and thereby should deliver extremely satisfactory long term returns.</p>
Any drawbacks?	Place market liquidity is limited, which means there must come a point when Lucrative will close this service down, in order to protect existing members.
Time of use	Selections are normally issued by 11am, so there is plenty of time to place your bets at leisure.
Support	So far, so very good. Lucrative appears to be a very professionally run organisation.
Warranty	There is a 30 day free trial which comes without strings, and allows you to make your mind up and cancel if, for any reason, you decide it is not for you. Cancellation is possible without reference to LRT: you just cancel the recurring subscription at Paypal.
Where Can I Get It?	Click here

System	 GGL Sports
Sport	Horse Racing & Golf, but use of the Golf selections is not recommended!
Rollingstone Category	Ramp Up
Type	Tipster service advising back bets only
Exchange or Bookies	Can be used in either exchange only or bookmaker mode
Lay Back & Get Rich Rating	Horse Racing component earned the system a Pass. Use of Golf tips is however not advised.
Lay Back & Get Rich Trial Thread	Click here
Price	£100 for 3 months. 1 week taster @ £13.97.
Value For Money	Excellent
Subscription or One-off Fee?	Subscription
System Description	<p>Two discrete services in one package, one covering horse racing and the other golf.</p> <p>In trialling on my site, the horse racing selections produced the best return I have ever seen. The sheer number of selections, combined with the extraordinary returns achieved, gives high potential for serious bank growth.</p> <p>In contrast, the golf tips were poor, and are not recommended.</p>
Any drawbacks?	<p>The golf tips!</p> <p>To be fair, historic review of previous results suggests the golf selections may have long-term value, but many users will not have the patience. And, given that the horse racing service proved so successful, I see little point in persisting with the golf.</p>
Time of use	Tips are received around noon each day, allowing bets to be placed far in advance of race-time.
Support	Pretty good so far – though you won't need it much as the service is extremely simple to use.
Warranty	None.
Where Can I Get It?	Click here

4.3 Duck And Cover Systems

There are three of these at present.

System	 SkewTrader Pro
Sport	Horse Racing
Rollingstone Category	Duck and Cover
Type	Horse Racing Trading System
Exchange or Bookies	Exchange & Bookmakers
Lay Back & Get Rich Rating	Passed
Lay Back & Get Rich Trial Thread	N/A
Price	£59.00
Value For Money	Great :)
Subscription or One-off Fee?	One-off
System Description	<p>A trading system that exploits a loophole that is "hard-wired" into the horse racing markets. Trading support screens provide ultra-fast assistance to assess opportunities and decide on best approach to exploiting them.</p> <p>Contains a range of strategies to respond to different situations in a flexible way.</p> <p>Strategies range from almost zero risk to low risk.</p> <p>Comes with Lucy's Football Arbs (see below) as a free bonus.</p>
Any drawbacks?	Very few, apart from a general one about my not liking bookmakers much! This isn't a problem when used in Duck & Cover mode, but it's not recommended for very long term Ramp Up use.
Time of use	Can be used 7 days a week on UK & Irish racing
Support	<p>Lots from me personally. I will issue new customers with daily pre-race spreadsheets for at least three weeks, advising them of that afternoon & evening's best opportunities. In fact, I have been doing this almost every day since March 2012.</p> <p>I answer all queries within 24 hours.</p>
Warranty	45 day warranty
Where Can I Get It?	Click here

System	 <p>Lucy's 8th Pillar</p>
Sport	Football
Rollingstone Category	Duck and Cover
Type	Football Trading System
Exchange or Bookies	Exchange & Bookmakers
Lay Back & Get Rich Rating	Passed
Lay Back & Get Rich Trial Thread	N/A
Price	£39
Value For Money	Great :).
Subscription or One-off Fee?	One-off
System Description	<p>A sophisticated trading system that exploits pricing opportunities in a number of football markets. Sets up risk-free bets with potentially serious upside without resorting to conventional arbitrage. Utilises an alarm mechanism to highlight and calculate size of potential opportunities.</p> <p>Comes with Lucy's Football Arbs (see below) as a free bonus.</p>
Any drawbacks?	As with SkewTrader Pro, there is a general dependency on bookmaker accounts that prohibits very long-term Ramp Up use, but isn't an issue in Duck and Cover mode.
Time of use	Can usually be used several days ahead of the actual game, therefore providing the user with a lot of flexibility.
Support	<p>Lots from me personally. I have set up an advanced (passworded) question and answer page on www.laybackandgetrich.com.</p> <p>I answer all queries within 24 hours.</p>
Warranty	45 day warranty
Where Can I Get It?	Click here

System	 <p>Lucy's Football Arbs and Middles</p>
Sport	Football
Rollingstone Category	Duck and Cover
Type	Football Arbitrage Betting ("Sure Bets")
Exchange or Bookies	Exchange & Bookmakers
Lay Back & Get Rich Rating	Passed
Lay Back & Get Rich Trial Thread	Click here
Price	Free with SkewTrader Pro or Lucy's 8th Pillar
Value For Money	Can't argue with "free" 😊
Subscription or One-off Fee?	One-off
System Description	<p>An automated system that highlights arbitrage opportunities in football across the globe.</p> <p>Also includes sophisticated handicap arbs and middles.</p>
Any drawbacks?	No. But you do need to learn how to work round bookies' palpable error clauses .
Time of use	Can usually be used several days ahead of the actual game, therefore providing the user with a lot of flexibility.
Support	<p>There is a lot of free information on the Arb of the Week thread, explaining, for instance, how to construct handicap arbs and middles.</p> <p>I also am happy to provide personal assistance, and answer all queries within 24 hours.</p>
Warranty	N/A (free!)
Where Can I Get It?	Click here to get it free with SkewTrader Pro

5. Portfolio Management In Action

As we have seen, Rollingstone is constructed from a selection of subsystems, all of which need to be managed together.

You can of course track progress via any mechanism you like, however I recommend use of a free Microsoft Excel spreadsheet called the Rollingstone Betting Tracker, which is designed to support the Rollingstone system.

5.1 The “Rollingstone Betting Tracker” Spreadsheet

The spreadsheet helps you manage your Rollingstone betting performance *by subsystem*. The idea is to monitor how each of the subsystems is faring, and invoke Duck and Cover mode if and when any of the sub-banks fall in value by 40% or more.

It therefore doesn't therefore matter what your balance is at any particular bookmaker or exchange. All we care about is how each subsystem, and associated sub-bank, is doing.

The spreadsheet was originally developed and made available by a wonderful Australian website called www.aussportsbetting.com, to which I am greatly indebted. I have however drastically simplified it to create my own variant that incorporates all the components of Rollingstone, and nothing else. You can download it by clicking [here](#).

My version is therefore much simpler than theirs, as I've stripped a lot out, in order to leave only those settings and features needed to start operating Rollingstone immediately. You don't need to set up anything to get going.

5.2 Using the “Rollingstone Betting Tracker” Spreadsheet

Begin with the ‘Introduction’ tab, as it explains:

1. how the spreadsheet is designed
2. what you must do to get up and running (which, in practice, is likely to be nothing at all)
3. how to handle bets at Betfair, including commission (which can be a little awkward when placing paired bets in the same market – see cell B28 for more).

Please don't be put off by the fact there are four tabs. You will probably only ever key anything into one of them (“Bets”), in order to list your wagers.

On the Bets tab, you simply enter one row for every bet you place. Trades will typically involve entering two rows: one for the backing component, and a second for the matching lay.

There are a number of principles to bear in mind.

- The spreadsheet does not track bonus bagging activity, as I regard bank-building as a one-off task that should precede use of the system proper. You should start using the spreadsheet once you have built up the required system bank balance.
- Each subsystem is assigned a default sub-bank of £500 at the top of the Rollingstone Performance worksheet (see cell J8). If you wish to change the sub-bank size (e.g. your overall bank has grown 50% so you wish to increase your sub-banks to £750, as discussed in paragraph 3.4), all you have to do is modify this cell.
- When you go into Duck and Cover mode for a particular subsystem, you should still record your bets on the Bets worksheet **against the suspended subsystem**.
 - For instance, if you are using SkewTrader Pro to recover a Total Football Trading sub-bank, **you should still record the SkewTrader Pro bets against Total Football Trading in the Bets tab**. The only difference would be that you use a Bet Type of 'Duck and Cover' to highlight the fact you're in recovery mode, as follows:

Date	Selection	Bet Type	Subsystems	Event
01-Jan-13	Lucy's Favourite Nag	Duck and Cover	Total Football Trading	2.30 Musselburgh

- This might seem strange (as, in this case, we are logging a horse racing result against a football system), but, by recording your bets in this way, you will ensure that Duck and Cover winnings are correctly attributed to the right subsystem. This in turn will help you track the failed subsystem back up to its original starting level. Once it gets there, you simply revert to normal Ramp Up activity.

The **Rollingstone Performance** tab summarizes your overall performance. This is where you check how each sub-bank is doing.

6. Conclusion

I believe portfolio betting is the only sensible way to bet. It provides control and reassurance that you always have a Plan B. And, as discussed, over time you should find that the need for that Plan B slowly recedes, so you eventually leave Duck and Cover systems behind.

There are several other subsystems I am considering for inclusion in Rollingstone. However, I've adopted a conservative approach for now, in order to get you started. I will of course be in touch as soon as new winning systems become available.

In the meantime, all the very best with Rollingstone, and your new portfolio-based approach to sports investment!

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