

How to Use Punt Form Pro's Fast Form Effectively

<https://puntformpro.com/fast-form/>

Understanding Ratings Limitations

Tipsters and ratings providers face a tough gig. Some races - or even whole meetings - just aren't worth betting on. Still, they're expected to provide tips regardless of the race quality. The same applies to any ratings software, including Punt Form Pro.

Judging the tool solely on bad days is short-sighted. Even respected analysts and racing commentators can sometimes come up empty. That's racing. The key is learning how to use Fast Form strategically - and knowing which races to avoid.

Races to Avoid with Fast Form









1. Limited Data

- Avoid maiden and 2-year-old races with runners that have few or no starts.

#	▲	▲	Name	▲	Fixed	WT	FM	RP	1U	2U	SM	PR	RT	TK	DS	TD	TC	CW	CL	WP	FF	FS	RS	WU
3	▲	▲	LATIN BOSS (4) J: Jamie Mott	▲	7.50 2.00	56.5	f8x41	3	0	100	LDR	77	96				33	0	up	33	2	6.0	4	□
4	▲	▲	BURLINGTON ARCADE (6) J: Luke Currie	▲	6.50 1.90	55.5	0	1			BM	25	0						eq	0	-4	0.0		□
5	▲	▲	I AM ADONIS (5) J: Patrick Moloney	▲	13.00 2.80	55.5	0	1			BM	14	0						eq	0	-2	0.0		□
6	▲	▲	MASTER ZOUS (7) J: Jeff Stanley	▲	81.00 12.00	55.5	0	1			BM	-7	0						eq	0	-2	0.0		□
7	▲	▲	MILLENNIUM BLADE (5) J: Luke Cartwright	▲	9.50 2.30	52.5	0	1			BM	19	0						eq	0	-2	0.0	3	□
8	▲	▲	PRINCE TYCOON (2) J: Daniel Moor	▲	2.00 1.18	55.5	0	1			BM	44	0						eq	0	-3	0.0	1	□
10	▲	▲	ALZARO (8) J: Declan Bates	▲	12.00 2.70	54.0	f2	2	0		LDR	61	97					0	up	0	-1	1.5		□
11	▲	▲	ROSANGELA (1) J: Beau Mertens	▲	7.50 2.00	54.0	f5x2	2	0		LDR	46	100	0			0	0	up	0	0	6.0	2	□

It is very difficult calculate ratings and pick consistent winners with limited form reference.

- A Punt Form Pro rating below 60 usually points to poor-quality or inconsistent horses - especially common in provincial meets.

#	▲	▲	Name	▲	Fixed	WT	FM	RP	1U	2U	SM	PR	RT	TK	DS	TD	TC	CW	CL	WP	FF	FS	RS	□	WU
1			CAPRICORNUS (1) J: McKenzie Apel		2.70 1.26	56.5	f35	3	0	0	LDR	62	100	0	0	0		0	eq	0	3	0.0		□	
3			SECRET BOOM (6) J: Ashley Butler		21.00 3.80	58.0	978x2	2	0	0	MID	17	75	0	0	0	0	0	dn	0	0	-2.0	3	□	
4			DIAMOND CODE (3) J: Raul Silveira Olivera		26.00 4.40	56.0	x843x	1	0	0	MID	1	20				0	0	up	0	-2	4.0	2	□	
5			IM STELLAR (8) J: Emma Bell		13.00 2.70	56.0	8x25x	1	0	0	LDR	25	67	0	0	0	0	0	up	0	2	1.5	1	□	
6			LITTLE IFY (5) J: Gabrielle Semmens		5.00 1.60	56.0	744x2	2	0	0	LDR	44	85	0	0		0	0	eq	0	-1	0.0	4	□	
7			NEVADA SUN (7) J: Justin Stanley		5.00 1.60	56.0	0	1			BM	32	0						eq	0	-1	0.0		□	
8			RISING RUBY (4) J: Erin Molloy		101.00 14.00	54.0	64477	7	0	0	LDR	-7	34	0	0	0	0	0	up	0	-4	5.0		□	
9			SPIRITED (2) J: Ron Stewart		3.50 1.40	56.0	57x47	3	0	0	MID	55	87	0	0	0	0	0	dn	0	2	-9.0		□	







2. Unstable Betting Markets

- Steer clear of races where the odds are wide and there's little difference between the top contenders. This usually means the market is uncertain and should be avoided.

#	▲	▲	Name	▲	Fixed	WT	FM	RP	1U	2U	SM	PR	RT	TK	DS	TD	TC	CW	CL	▲	WP	FF	FS	RS	▲	□	WU
3			TANGO JEWEL (6) J: Ryan Houston		7.00 2.10	57.5	09x31	3	0	25	LDR	88	99		29		25	13	eq		21	5	-0.5	1		□	
7			CATAHOULA (5) J: Blake Shinn		3.20 1.45	58.5	025x2	2	0	33	MID	81	100		13		15	25	eq		12	1	0.0	4		□	
6			THUNDER AWARD (7) J: Zac Spain		3.60 1.50	59.0	242x2	2	33	0	BM	76	88		25		20	0	eq		10	-1	0.5	2		□	
2			GLORY MISSION (4) J: Daniel Ganderton		15.00 3.40	60.5	21125	7	50	0	LDR	71	84		20		40		eq		38	1	0.5			□	
1			THANKFUL HEART (8) J: Jamie Mott		8.00 2.30	61.0	2570x	1	33	0	LDR	62	74		17		30		up		23	-3	4.5			□	
4			INEXORABLE (3) J: Tom Prebble		6.00 1.95	56.5	4222x	1	33	0	MID	61	88	0	50		8	0	eq		7	-2	0.5	3		□	
8			VOLATILE (2) J: Luke Cartwright		17.00 3.70	55.5	x65x1	2	25	0	MID	60	95		0		25		up		14	-3	8.5			□	
5			TESSATORI (1) J: Kobzy Jennings		19.00 4.00	59.5	11x6x	1	0	0	MID	43	80		0		0	0	up		29	-6	2.0			□	

3. Overrated Horses

- Don't rely blindly on the top-rated runner. Adjust ratings based on deeper insights that can often be revealed by the form factors like race class, distance suitability, and betting movement.
- Fast Form benchmarks each horse against all others in the race for each metric, with green being above average, grey average, and red below average.

#	▲	▲	Name	▲	Fixed	WT	FM	RP	1U	2U	SM	PR	▼	RT	TK	DS	TD	TC	CW	CL	WP	FF	FS	RS	□	WU
9			FIRST MISSION (8) J: Zac Wadick		4.00 1.70	53.5	212x1	2	50 (2:1-0)	0 (1:0-1)	LDR	126		96		0 (1:0-1)		100 (1:1-0)		up	40 (5:2-2)	1	4.5		□	
5			FLYING EMBERS (7) J: William Stanley		3.30 1.55	53.5	1x121	4	33 (3:1-0)	0 (2:0-2)	MID	111		98		100 (1:1-0)		50 (2:1-1)		up	43 (7:3-2)	5	3.5		□	
1			HELLFIRE EXPRESS (2) J: Chad Schofield		15.00 3.90	59.5	51x52	3	25 (4:1-0)	25 (4:1-2)	LDR	71		94	0 (1:0-0)	50 (4:2-0)	0 (1:0-0)	50 (2:1-1)	0 (4:0-1)	up	29 (17:5-4)	0	5.0		□	
11			STRAWBERRY IMPACT (11) J: Braith Nock		7.00 2.30	53.0	52122	6	0 (1:0-0)	0 (1:0-1)	MID	59		93		50 (2:1-1)		0 (1:0-1)		up	20 (3:1-3)	1	2.0		□	
10			DANISH PRINCE (10) J: Jace McMurray		11.00 3.10	52.5	749x5	2	0 (8:0-1)	14 (7:1-3)	LDR	52		91	0 (1:0-0)	0 (12:0-3)	0 (1:0-0)	11 (9:1-5)	12 (17:2-5)	eq	9 (54:5-16)	-1	1.0		□	
16			ALLEGRO MISS (4) J: Winona Costin		34.00 7.00	52.0	8x541	4	0 (4:0-1)	33 (3:1-0)	BM	47		90		0 (1:0-1)		50 (2:1-1)		up	22 (9:2-2)	-5	6.0		□	
14			BEND THE KNEE (6) J: Jay Ford		15.00 3.90	54.0	34713	9	11 (9:1-3)	0 (7:0-3)	MID	43		90	0 (3:0-2)	13 (16:2-5)	0 (4:0-2)	14 (7:1-4)	0 (6:0-3)	eq	9 (35:3-12)	-5	1.0		□	

Even though First Mission was rated above Flying Embers, the latter looked the better overall bet and took a nice win.






Proven Strategies with Fast Form

1. Dutch Betting

Dutching involves backing multiple runners in the same race to either hit a profit target or get the best return from a fixed outlay. Fast Form users should consider:

- Backing 3-4 horses when the race meets key criteria.
- Using a tool such as aussportsbetting.com to calculate your betting amounts based on what you are willing to risk.

Look for races where the top 4 or 5 runners dominate the ratings - these are ideal for Dutching.

#	▲	▲	Name	▲	Fixed	WT	FM	RP	1U	2U	SM	PR	▼	RT	TK	DS	TD	TC	CW	CL	WP	FF	FS	RS	□	WU
5			QUEEN OF TUSCANY (6) J: Sheridan Clarke		3.90 1.65	58.5	44222	7	0	0	MID	72		100	14	27	17	21	0	dn	17	4	-3.0	1	□	
1			SEYDOUX (10) J: Tianni Chapman		10.00 2.90	61.0	7x995	4	0	0	MID	67		89				25	50	dn	34	5	-4.5		□	
3			INDIAN JEWEL (12) J: Luke Cartwright		7.00 2.30	59.0	215x0	2	0	33	MID	60		67	0	0	0	13	33	dn	25	-2	-4.0	3	□	
12			LOWLANDS (5) J: Jaylah Kennedy		3.50 1.60	55.0	x4823	5	0	0	MID	59		90	0			0	0	up	11	-4	2.5	2	□	
2			THE MAGGSTAR (3) J: Olivia East		17.00 4.20	57.5	0x591	4	25	25	MID	54		84	0	17	0	20	0	up	20	0	7.0		□	

Here we might Dutch the first 3-4 runners based on the Punt Form Pro Rating (column PR).

Selections & Profits	Values
Selection 1 wager	\$32.66
Selection 2 wager	\$12.74
Selection 3 wager	\$18.20
Selection 4 wager	\$36.40
Profit if Selection 1 wins	\$27.37
Profit if Selection 2 wins	\$27.40
Profit if Selection 3 wins	\$27.40
Profit if Selection 4 wins	\$27.40
Profit if no selection wins	\$-100.00

Using the aussportsbetting.com Dutch Bet Calculator, Dutching the top 4 would return a \$27 profit for a \$100 investment, if any of the selected runners win.

Selections & Profits	Values
Selection 1 wager	\$51.36
Selection 2 wager	\$20.03
Selection 3 wager	\$28.61
Profit if Selection 1 wins	\$100.30
Profit if Selection 2 wins	\$100.30
Profit if Selection 3 wins	\$100.27
Profit if no selection wins	\$-100.00

Dutching the top 3 would return a profit of \$100 for a \$100 investment, if any of the selected runners win.

Dutching can be a very profitable strategy, but you have to put some work into exploring different combinations of runners and deciding what level of risk you're comfortable with.

2. Laying Bets (Back to Lose)

Betfair allows you to lay runners (bet against them). While risky, it can be profitable with the right race and horses. Fast Form users can quickly identify potential lay bet scenarios by sorting a race by odds (either fixed or tote) and looking for runners that match the following criteria:







- The horse should **be one of the top two favourites**.
- You consider the horse to be too short in the market despite **recent poor form or negative factors such as performance at the race distance**.

- It should ideally be **drifting in the betting market**.

Other factors to consider include:

- Poor strike rate (overall, track, distance, conditions)
- Long time since last win
- Unfavourable race mapping







In the following example, Watermelon jumped as the favourite despite some mixed recent form, and was beaten by Papal Miss. Another sign that Watermelon would have possibly made a good lay bet – this run was his 18th for the campaign (column RP).

#	▲	▲	Name	▲	Fixed	WT	FM	RP	1U	2U	SM	PR	▼	RT	TK	DS	TD	TC	CW	CL	WP	FF	FS	RS	▲	□	WU
1			WATERMELON (9) J: Adin Thompson		3.20 1.55	63.0	81314	18	0	0	LDR	68		96	38	50	50		0	dn	17	3	-15.0	3		□	
2			GOT YOURSELF A GUN (7) J: Jai Williams		4.40 1.80	59.5	35230	9	0	50	MID	55		95	0	0	0		20	eq	11	2	-0.5	2		□	
7			PAPAL MISS (6) J: Georgina Cartwright		6.00 2.10	57.5	01906	9	0	0	MID	42		88	17	20	33		18	eq	7	1	-0.5	1		□	
6			GLENRAY'S MATE (3) J: Colleen Krahen		9.50 2.90	55.0	67214	8	0	0	LDR	41		86	50					up	7	0	1.5			□	
3			GREEN MEADOWS (2) J: Danny Pelsley		15.00 3.90	59.0	43x10	3	33	0	LDR	38		87	100					dn	17	6	-9.0	4		□	
10			BORN TO BE ALIVE (10) J: Fiona Sandkuhl		14.00 3.70	52.0	446x2	2	0	0	LDR	30		94	0	0			0	up	6	-5	5.0			□	

With proper filtering, you can usually find a few solid lay bets across major metro meetings each week, which, combined with Dutching, can generate consistent weekend profits.

Finding the Standout Bet

Sometimes a runner ticks all the boxes: high rating, strong form, positive betting signals, etc. These “green across the board” horses are what you're looking for when browsing through race meetings.

#	▲	▲	Name	▲	Fixed	WT	FM	RP	1U	2U	SM	PR	▼	RT	TK	DS	TD	TC	CW	CL	WP	FF	FS	RS	▲	□	WU
1			SIR DELIUS (4) J: Tim Clark		1.75 1.16	60.0	3x28x	1	50	50	LDR	183		93				100	100	dn	50	7	-6.0	1		□	
11			MANZOJCE (8) J: Craig Williams		12.00 2.80	54.0	85802	7	0	17	BM	106		93		0		0	0	up	7	-4	6.0	3		□	
5			FLOATING (7) J: Jason Collett		7.50 2.10	56.0	55x07	3	0	0	MID	81		92		75		17	17	dn	21	3	-1.5	2		□	
7			ENCODER (6) J: Tyler Schiller		17.00 3.60	55.0	1x837	4	0	20	MID	77		93	0	0	0	0	20	dn	16	-4	-3.5			□	
2			ALEGRON (2) J: Rachel King		54.00 6.00	59.0	797x8	2	10	13	BM	71		88	0	20	0	0	13	dn	12	-8	-1.5			□	
9			CABOCHE (1) J: Jamie Melham		6.00 1.85	54.0	x6316	5	0	0	MID	66		100	50	18	50	0	0	up	14	0	2.0			□	

Sir Delius looked great on paper, with a 50% strike rate first up and above average ratings in every criterion. Deservedly short in the market, he claimed a nice 1.3L win. Betting selectively on races like this can significantly boost your strike rate and winnings.

By avoiding poor races, using ratings and form factors intelligently, and using structured betting strategies like Dutching and Laying, you'll get the most out of Punt Form Pro's **Fast Form**. Don't focus solely on the top-rated horse - use the broader information the system provides to build long-term profitability.