

What the expert says:



Peter Higgins, from The Betting Room in Southsea, says: 'For the inexperienced gambler there are the usual ways of looking for things, choosing the names of the horses you like or the successful jockeys.'

'In the past few years we have not had any winners outside of the top five in the betting.'

'The characteristics of the last 10 winners of the grand national has been aged eight to 12-years-old, carries a weight of over 10st stone 6lb and under 11 stone 5lb, has already won over a distance of three miles and has won a chase race worth at least £17,000.'

NEED MORE?

www.aintree.co.uk – website for Aintree, the racecourse for the Grand National

www.oddschecker.com – compares prices from different online bookmakers

For help with a gambling problem, call Gamblers Anonymous on 08700 508880

■ To view all the How To series go to www.portsmouth.co.uk and click on How to... in the popular links menu.

