

training and racing the greyhound Ebook

Training and racing the greyhound is a dedicated pursuit that combines athleticism, discipline, and a deep understanding of canine behavior. Whether you're a seasoned trainer or a new owner eager to learn the ropes, mastering the art of greyhound training and racing can lead to rewarding experiences both on the track and beyond. These sleek, agile dogs are known for their speed and gentle nature, making them ideal competitors in the world of greyhound racing. In this comprehensive guide, we will explore the essential aspects of training and racing greyhounds, from their physical development to race day preparation, ensuring you have the knowledge needed to support your greyhound's success.

Understanding the Greyhound: Nature and Traits

Before diving into training techniques, it's important to understand the unique characteristics of greyhounds.

The Physical Attributes of Greyhounds

Greyhounds are among the fastest dog breeds, capable of reaching speeds up to 45 miles per hour. Their slim, aerodynamic bodies, deep chests, and long legs are optimized for sprinting. They possess minimal body fat and lean muscle mass, which contribute to their agility and speed.

Temperament and Behavior

Despite their speed, greyhounds are known for their gentle and calm demeanor. They tend to be quiet, affectionate, and prefer a relaxed environment. However, they also have a strong prey drive and a natural instinct to chase moving objects, which is harnessed during racing.

Training the Greyhound: Foundations and Techniques

Training a greyhound effectively requires patience, consistency, and understanding of their natural instincts.

Building a Strong Foundation

- Socialization: Introduce your greyhound to different people, environments, and other animals to foster confidence.
- Basic Commands: Teach essential commands such as sit, stay, come, and heel. Use positive

reinforcement techniques like treats and praise.

- Establishing Routine: Greyhounds thrive on predictability. Set consistent feeding times, walks, and training sessions.

Physical Conditioning

- Gradual Exercise: Start with short walks and gentle play to build muscle and stamina.
- Aerobic Training: Incorporate treadmill work or supervised runs to develop speed and endurance.
- Strength Training: Use controlled weight pull exercises or resistance work to enhance muscle strength.

Specific Training for Racing

- Lure Training: Introduce the greyhound to chasing a mechanical lure, mimicking race conditions.
- Start Training: Practice the starting technique, ensuring the greyhound is comfortable with the starting box or line.
- Acceleration and Sprinting: Use interval training to improve quickness and explosive speed.

Racing Preparation and Strategy

Preparing your greyhound for race day involves more than physical training; it encompasses mental readiness and strategic planning.

Pre-Race Conditioning

- Tapering: Reduce training intensity a few days before the race to allow the dog to rest.
- Nutrition: Provide a balanced diet rich in protein and nutrients to optimize energy levels.
- Hydration: Ensure constant access to clean water, especially during hot weather.

Race Day Routine

- Warm-Up: Gentle exercises and stretching to loosen muscles.
- Mental Focus: Keep the environment calm and familiar to prevent stress.
- Equipment Check: Ensure the racing equipment, such as the racing jacket and muzzle, fit properly and are in good condition.

Race Strategy and Positioning

- Starting Position: Work with handlers to achieve the best possible start.
- Track Awareness: Understand the race track layout, including turns and straightaways.
- Pacing: Use training data to determine the optimal pace for your greyhound during the race.

Health and Wellness in Greyhound Racing

Maintaining your greyhound's health is crucial for consistent performance and longevity.

Regular Veterinary Care

- Vaccinations: Keep vaccinations up to date.
- Deworming and Flea Control: Prevent parasitic infections.
- Injury Prevention: Regularly check for signs of injury or soreness.

Nutrition and Supplements

- High-Quality Diet: Focus on easily digestible proteins and fats.
- Supplements: Consult with a veterinarian for supplements that support joint health and recovery.

Monitoring Performance and Recovery

- Keep detailed records of training sessions and race performances.
- Allow adequate rest and recovery between intense workouts.

Ethical and Responsible Greyhound Racing

While greyhound racing can be exciting, it's essential to prioritize the well-being of the dogs.

Promoting Welfare

- Ensure that racing organizations adhere to strict animal welfare standards.
- Avoid overtraining and ensure proper rest periods.
- Provide a comfortable, safe environment for your greyhound.

Retirement and Rehoming

- Recognize when a greyhound should retire from racing.
- Support rehoming efforts to find loving homes for retired racers.
- Offer a transitional period to help the dog adapt to a new lifestyle.

Common Challenges and Solutions

Training and racing greyhounds may present challenges that require patience and adaptability.

- **Lack of Motivation:** Use high-value treats or favorite toys to incentivize effort.
- **Injury or Soreness:** Consult a veterinarian promptly and adjust training intensity.
- **Pre-Race Anxiety:** Maintain a calm environment and establish a consistent pre-race routine.
- **Behavioral Issues:** Seek professional behaviorist advice if needed.

Conclusion

Training and racing the greyhound is a rewarding journey that demands dedication, knowledge, and compassion. By understanding their natural traits, implementing effective training techniques, and prioritizing their health and welfare, trainers can help greyhounds reach their full potential on the track. Moreover, fostering a responsible and ethical approach ensures that these magnificent athletes are treated with the respect and care they deserve throughout their racing careers and beyond. Whether as a hobby or a professional pursuit, training and racing greyhounds can be a fulfilling experience that celebrates these incredible runners' speed and gentle nature.

Training and Racing the Greyhound: An In-Depth Exploration of Methods, Challenges, and Ethics

Greyhounds have long captivated audiences with their sleek physique, incredible speed, and graceful demeanor. As one of the most popular breeds in competitive racing, understanding the intricacies of training and racing the greyhound offers invaluable insights into this fascinating sport. This article delves into the methods employed in training these remarkable dogs, the nuances of racing, and the ethical considerations that underpin the industry.

Introduction to Greyhound Racing

Greyhound racing is a sport involving the racing of greyhounds around a track, typically over distances ranging from 300 to 700 meters. Originating in the United Kingdom in the early 20th century, it quickly gained popularity worldwide. The appeal lies in the breed's natural speed, agility, and instinct to chase prey. However, behind the spectacle lies a complex system of training,

strategies, and regulations designed to optimize performance while ensuring the welfare of the animals.

Understanding the Greyhound: Physiology and Behavior

Before exploring training methodologies, it's essential to understand the physical and behavioral traits of greyhounds.

Physical Attributes

- Build: Tall, slender, with a deep chest and long legs optimized for sprinting.
- Musculature: Highly developed fast-twitch muscles for explosive speed.
- Sensory Skills: Sharp eyesight and keen hearing aid in tracking the lure and competitors.
- Endurance: While built for short bursts, they possess surprising stamina over their racing distances.

Behavioral Traits

- Prey Drive: Strong instinct to chase moving objects, which is harnessed in racing.
- Temperament: Generally gentle, but can be sensitive to environment and handling.
- Social Behavior: Typically social with humans and other greyhounds, aiding in training and kennel management.

Understanding these traits informs training strategies and race day preparation.

Training the Greyhound: Foundations and Techniques

Training begins early and is a continuous process that balances physical conditioning, mental stimulation, and health management.

Early Socialization and Handling

- Introduced to humans and other dogs to foster trust and reduce stress.
- Gentle handling during puppyhood encourages cooperative behavior during racing careers.

Physical Conditioning

- Kennel Exercises: Daily routines include walking, trotting, and light play.
- Speed Work: Gradual introduction to the lure and timed sprints on the track.
- Endurance Building: Longer runs and interval training to improve stamina.

Track Training and Lure Work

- The core of racing preparation involves training the greyhound to chase a mechanical lure.
- Progression stages:
 - Acclimation to the lure.
 - Starting from static position to a rolling start.
 - Increasing speed and distance gradually.
- Trainers often use positive reinforcement to encourage enthusiasm and confidence.

Diet and Nutrition

- High-protein, moderate-fat diets tailored to energy demands.
- Hydration is prioritized, especially during intense training phases.
- Supplements may be used to support joint health and recovery.

Health and Medical Care

- Routine veterinary check-ups.
- Vaccinations and parasite control.
- Monitoring for injuries such as muscle strains, ligament issues, or stress fractures.

Racing the Greyhound: Strategies and Regulations

Once trained, greyhounds compete in regulated races, which involve specific strategies aimed at maximizing their natural abilities.

Race Day Preparation

- Rest and hydration are crucial in the days leading up to a race.

- A light warm-up to loosen muscles.
- Mental preparedness, including familiarization with the track.

Race Strategies

- Starting Position: Trainers select the optimal trap (starting box) based on the dog's racing style.
- Pacing: Some greyhounds are "front-runners" and prefer to lead early; others are "closers" and excel in the final stretch.
- Positioning: Maintaining a straight line and avoiding interference from other dogs.
- Acceleration: Utilizing a powerful start and efficient stride to gain early advantage.

Post-Race Care

- Cool-down routines to prevent muscle stiffness.
- Rehydration and nutrition.
- Injury assessment and treatment if necessary.

Ethical Considerations in Greyhound Racing

While greyhound racing is a popular sport, it has faced scrutiny regarding animal welfare. Responsible practices are vital to ensure the humane treatment of these animals.

Animal Welfare Standards

- Proper housing and kennel conditions.
- Regular veterinary care.
- Limiting racing careers and ensuring retirement options.

Controversies and Challenges

- Injuries: Races can cause musculoskeletal injuries.
- Retirement and Rehoming: Ensuring dogs are rehomed after racing careers end.
- Industry Regulations: Oversight by governing bodies to prevent doping, abuse, or neglect.

Promoting Ethical Racing

- Transparency in training and racing practices.
- Certification programs for trainers and kennels.
- Support for retired greyhounds through adoption initiatives.

The Future of Greyhound Training and Racing

Advancements in veterinary medicine, training technology, and ethical standards continue to shape the industry.

Technological Innovations

- Use of GPS and motion sensors to monitor performance.
- Video analysis for technique refinement.
- Improved track surfaces to reduce injury risk.

Enhanced Welfare Programs

- Adoption and rehoming programs.
- Strict licensing and monitoring of racing facilities.
- Public education campaigns to promote animal welfare.

Conclusion

Training and racing the greyhound is a multifaceted discipline that combines athletic prowess, scientific understanding, and ethical responsibility. While the sport celebrates the breed's incredible speed and agility, it also demands a commitment to humane treatment and ongoing improvement of standards. As enthusiasts, trainers, and regulators work together, the future of greyhound racing can continue to evolve into a sport that honors both the competitive spirit and the welfare of these magnificent animals.

In summary, training and racing the greyhound involves a comprehensive approach that incorporates physical conditioning, behavioral understanding, strategic race techniques, and a strong commitment to animal welfare. Through continued advancements and ethical practices, the sport can sustain its legacy while ensuring the health and happiness of its most important participants—the greyhounds themselves.

Question What are the essential training techniques for preparing a greyhound for racing? **Answer** Essential training techniques include gradual endurance building through consistent running sessions, implementing speed drills, ensuring proper warm-up and cool-down routines, and focusing

on behavioral conditioning to encourage focus and responsiveness during races. How can I ensure my greyhound stays healthy and injury-free during training and racing? Regular veterinary check-ups, proper warm-up and cool-down procedures, maintaining a balanced diet, and avoiding overtraining are key to keeping your greyhound healthy and minimizing injury risks. What equipment is recommended for training and racing greyhounds? Recommended equipment includes lightweight racing muzzles, harnesses designed for greyhounds, appropriate running tracks, pacing timers, and safety gear such as protective boots and collars to prevent injuries. How do I select the right race for my greyhound's skill level and age? Assess your greyhound's current performance, consult with trainers or racing officials, and start with beginner or novice races to gauge ability before progressing to more competitive events, ensuring the race conditions match your dog's age and experience. What are some common training mistakes to avoid when preparing a greyhound for racing? Common mistakes include overtraining, neglecting proper warm-up and cool-down, inconsistent training routines, pushing dogs beyond their physical limits, and ignoring behavioral cues that indicate stress or fatigue.

Related keywords: greyhound training, racing greyhounds, greyhound exercise, greyhound diet, race training techniques, greyhound racing tips, greyhound conditioning, greyhound race preparation, greyhound agility training, greyhound racing events

Racing post pocket diary 2019 diaries 2019

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In the world of horse racing enthusiasts, journalists, and industry professionals, staying organized and up-to-date with the latest fixtures, events, and insights is essential. The Racing Post Pocket Diary 2019 and other Diaries 2019 have long been trusted companions, offering comprehensive information, expert tips, and a sleek design tailored for those passionate about racing. As each new year unfolds, having a dedicated racing diary becomes invaluable for planning, tracking performances, and enhancing your knowledge of the sport. This article delves into the features, benefits, and significance of the Racing Post Pocket Diary 2019, along with insights into other popular racing diaries from 2019, ensuring you're well-equipped for the upcoming racing season.

Understanding the Racing Post Pocket Diary 2019

What is the Racing Post Pocket Diary 2019?

The Racing Post Pocket Diary 2019 is a compact, portable annual planner designed specifically for horse racing fans and professionals. Published by Racing Post, a renowned authority in racing

journalism, this diary combines essential race details with practical features, making it a must-have for those who follow the sport closely.

Key Features of the 2019 Edition

- Compact and Portable Design: Fits comfortably in your pocket or bag, allowing easy access on the go.
- Comprehensive Fixture List: Detailed schedules of races across the UK and Ireland, including dates, venues, and times.
- Expert Tips and Insights: Curated predictions and analysis from racing experts to aid betting and viewing decisions.
- Historical Data: Past race results and form guides to help users analyze trends and performances.
- Important Dates and Events: Key racing festivals, awards, and industry events highlighted throughout the year.
- Contact Details: Addresses and contact information for major racecourses and racing organizations.
- Additional Content: Articles on betting strategies, training tips, and feature stories on notable races or horses.

Why Choose the Racing Post Pocket Diary 2019?

- Accuracy and Reliability: As a trusted publication, Racing Post ensures that all fixture information is accurate and up-to-date.
- User-Friendly Layout: Clear, organized pages make it easy to find information quickly.
- Enhanced Planning: Helps users schedule their viewing, betting, and attending races effectively.
- Collector's Item: A well-designed 2019 edition can also serve as a keepsake or collectible for racing fans.

Benefits of Using a Racing Diary in 2019

1. Stay Organized and Up-to-Date

A racing diary consolidates all essential dates and information in one place. Whether you're attending races, following at home, or betting online, having a dedicated diary ensures you never miss an important event.

2. Improve Your Betting Strategies

With access to historical data, expert tips, and upcoming fixtures, users can make more informed betting decisions. Tracking race results and form guides helps identify patterns and increase the likelihood of successful bets.

3. Enhance Knowledge of the Sport

Reading articles, insights, and feature stories within the diary deepens your understanding of racing strategies, horse backgrounds, and industry news.

4. Network and Connect

Contact details for racecourses and organizations facilitate networking, booking tickets, or arranging visits, making it easier to participate actively in the racing community.

5. Collect and Preserve Racing Memories

A well-maintained diary from 2019 can become a treasured memorabilia, capturing the season's highlights, favorite races, and personal notes.

Other Notable Racing Diaries from 2019

While the Racing Post Pocket Diary was a popular choice, several other diaries and planners catered to racing enthusiasts in 2019, each offering unique features.

1. The Jockey Club Racing Calendar 2019

- Features a comprehensive schedule of all Jockey Club-sanctioned races.
- Includes detailed maps of racecourses.
- Contains training tips and profiles of top jockeys and trainers.

2. The Racing Calendar by Timeform

- Known for its detailed form guides and statistical analysis.
- Provides insights into horse performance trends.
- Offers a chronological listing of racing fixtures with expert commentary.

3. The Daily Telegraph Racing Diary 2019

- Combines racing fixture info with broader sports news.
- Offers betting tips and feature articles.
- Stylish layout suitable for casual enthusiasts.

4. The Racing Post Yearbook 2019

- An annual publication that summarizes the racing season.
- Includes rankings, award winners, and memorable moments.
- Serves as a comprehensive reference guide for the year.

Choosing the Right Racing Diary for 2019

Factors to Consider

- Size and Portability: Do you prefer a pocket-sized diary or a larger planner?
- Content and Features: Are you looking for detailed form guides, expert tips, or just fixture schedules?
- Design and Aesthetics: A visually appealing layout can enhance your experience.
- Additional Resources: Some diaries include training tips, industry news, or exclusive interviews.
- Price and Accessibility: Consider your budget and where to purchase? retail stores, online retailers, or directly from publishers.

Popular Purchase Channels in 2019

- Racing Post official website
- Bookshops specializing in sports and racing literature
- Online marketplaces like Amazon and eBay
- Racing events and festivals

Maximizing Your Use of the 2019 Racing Diary

Tips for Effective Usage

- Mark Key Dates Early: Highlight major festivals like Cheltenham, Royal Ascot, and Grand National.
- Use Color Coding: Assign different colors for race types, betting activities, or personal notes.
- Keep Notes: Jot down insights, horse performances, or betting outcomes to track your progress.

- Review Regularly: Check fixtures weekly to plan viewing or attending in advance.
- Combine with Digital Tools: Use the diary alongside racing apps and online resources for real-time updates.

Conclusion

The Racing Post Pocket Diary 2019 and other Diaries 2019 played a crucial role in enhancing the racing experience for enthusiasts during that year. By providing reliable fixture schedules, expert insights, and practical features, these diaries helped fans and professionals stay organized, informed, and engaged with the sport. Whether you're collecting racing memorabilia or seeking a functional planning tool, choosing the right racing diary can enrich your involvement in the world of horse racing. As the 2019 season has passed, these diaries now serve as valuable keepsakes, capturing the excitement and passion of a memorable year in racing history.

Embrace the tradition of racing diaries in 2019, and let them inspire your ongoing journey in the captivating world of horse racing.

Racing Post Pocket Diary 2019 Diaries 2019: A Comprehensive Guide for Racing Enthusiasts and Journal Keepers

The phrase "racing post pocket diary 2019 diaries 2019" encapsulates a niche yet vital niche within the world of horse racing aficionados and dedicated journal keepers alike. As the racing season peaks and winds down, enthusiasts seek reliable, well-structured tools to record their observations, track events, and organize their schedules. The 2019 editions of the Racing Post Pocket Diary and related diaries have long been regarded as essential companions for those immersed in the sport's intricate details. This article provides a detailed exploration of these diaries—what they offer, their features, and how they serve racing fans and professionals alike.

The Racing Post Pocket Diary 2019: An Overview

What is the Racing Post Pocket Diary?

The Racing Post Pocket Diary is a compact, portable publication designed specifically for horse racing enthusiasts. Its primary aim is to provide a comprehensive yet accessible resource for race dates, results, tips, and industry insights. The 2019 edition continues this tradition, combining practicality with expert content tailored to the racing calendar.

Why Choose the 2019 Edition?

While each year's edition offers unique features aligned with that season's racing calendar, the 2019 version is notable for its curated content, user-friendly layout, and durable design. It caters to a

wide range of users?from casual fans to serious bettors and racing industry insiders.

Features of the Racing Post Pocket Diary 2019

- Comprehensive Racing Calendar

One of the diary?s core features is its detailed schedule of racing fixtures across the UK and Ireland. The 2019 edition includes:

- Dates and venues for all major race meetings
- Key festivals such as Cheltenham, Aintree, and Royal Ascot
- Local and regional race schedules

This comprehensive layout ensures users never miss a significant event, making it a crucial planning tool.

- Results and Form Guides

The diary provides space for recording race results and form updates. It offers:

- Notable winners and placings for each fixture
- Form summaries and recent performance insights
- Space for users to jot down personal notes or observations

This feature supports bettors and analysts in tracking performance trends throughout the season.

- Tips and Expert Insights

The 2019 edition includes expert tips from racing analysts, along with commentary on potential contenders. These insights are invaluable for:

- Amateur bettors seeking guidance
- Journalists and commentators preparing reports
- Fans wanting to deepen their understanding

- Industry Contacts and Resources

A useful section lists contact details for racecourses, trainers, and jockeys, facilitating networking and correspondence. Additional resources include:

- Betting shops and outlets
- Racing authorities? contact information
- Emergency and support services related to racing

- Durability and Design

The pocket-sized format emphasizes portability, allowing users to carry the diary easily. The cover is designed to withstand daily wear, and the paper quality ensures longevity.

The Broader Range of 2019 Racing Post Diaries

Other Types of Diaries Released in 2019

Apart from the pocket diary, the Racing Post also offers a variety of other diaries tailored to different needs:

- Desk Diaries: Larger format with more space for notes, ideal for offices and professional environments.
- Wall Calendars: Visual tools to track racing schedules at a glance.
- Specialist Race Day Diaries: Focused on major festivals, offering in-depth schedules, tips, and historical data.

Each format serves a specific demographic, from casual fans to serious industry insiders, with the 2019 editions reflecting the latest design trends and informational needs.

Why the 2019 Diaries Remain Valuable Today

Despite being editions from several years ago, the 2019 Racing Post diaries hold relevance for various reasons:

- Historical Data: They serve as archival material for racing historians and enthusiasts.
- Nostalgia and Collectibility: Many collectors appreciate vintage racing memorabilia.

- Foundational Reference: The detailed schedules and insights help new fans understand the racing calendar structure.

Moreover, the user-friendly layout and expert insights from the 2019 editions continue to influence subsequent editions and remain a benchmark for quality.

How to Choose the Right Racing Diary

Selecting the appropriate diary depends on individual needs:

- Portability vs. Space: Pocket diaries are ideal for on-the-go use; larger desk diaries suit those who prefer extensive note-taking.
- Content Focus: Some editions emphasize results and form, while others focus more on tips or industry contacts.
- Design Preferences: Consider cover durability, paper quality, and aesthetic appeal.

For 2019, the Racing Post offered a well-rounded selection, ensuring users could find a diary tailored to their specific requirements.

The Role of Diaries in the Racing Community

Diaries like the 2019 Racing Post edition serve more than just organizational purposes—they foster community and shared knowledge:

- Community Engagement: Fans and professionals exchange insights based on diary notes.
- Historical Record Keeping: Diaries document a season's progression, capturing memorable moments.
- Educational Tool: Newcomers learn about the racing calendar and key events.

In essence, these diaries act as both personal tools and cultural artifacts within the racing community.

Final Thoughts

The "racing post pocket diary 2019 diaries 2019" exemplifies the union of practical design and expert content tailored to the needs of racing fans and professionals. Its detailed schedules, insightful tips, and durable format ensure it remains a valuable resource for those seeking to stay organized and informed throughout the racing season. Even as digital tools increasingly dominate, the tactile experience and comprehensive nature of printed diaries like the 2019 Racing Post

editions continue to resonate with enthusiasts who appreciate tradition, reliability, and expert guidance.

For anyone passionate about horse racing, investing in a well-designed diary from the 2019 collection not only aids in navigating a busy racing calendar but also enriches the overall experience of following and understanding this dynamic sport.

In summary, whether you are a seasoned bettor, a racecourse regular, or a dedicated enthusiast, the 2019 Racing Post pocket diary and related editions remain relevant tools?blending comprehensive data, expert insights, and portability to enhance your racing journey.

Question What is the Racing Post Pocket Diary 2019? The Racing Post Pocket Diary 2019 is a compact, portable diary designed for horse racing enthusiasts, featuring race schedules, tips, and racing news for the year 2019. Where can I purchase the Racing Post Pocket Diary 2019? You can buy the Racing Post Pocket Diary 2019 from official Racing Post outlets, online retailers like Amazon, or specialist horse racing stores. Does the 2019 Racing Post Pocket Diary include major race dates and events? Yes, it includes comprehensive race schedules, major events, and key dates throughout the 2019 horse racing calendar. Are there any special features in the 2019 edition of the Racing Post Pocket Diary? The 2019 edition features racecourse contact details, tips, results, and space for notes, making it a useful tool for racing fans and bettors. Is the Racing Post Pocket Diary 2019 suitable for betting planning? Absolutely, it provides race timings, tips, and key information that can assist in planning bets and following racing events closely. How does the 2019 Racing Post Pocket Diary differ from previous editions? The 2019 edition includes updated race schedules, new features such as enhanced tips sections, and a more durable design tailored for that year's racing calendar. Can I find digital versions of the Racing Post Pocket Diary 2019? While primarily a printed product, some digital versions or PDFs may be available through Racing Post subscriptions or online archives. What is the size and format of the 2019 Racing Post Pocket Diary? It's a compact, pocket-sized diary typically measuring around A6 size, designed for easy portability and daily use. Is the Racing Post Pocket Diary 2019 a good gift for racing fans? Yes, it's a practical and thoughtful gift for horse racing enthusiasts who want to stay organized and informed about the 2019 racing season. Are there any reviews or feedback about the 2019 Racing Post Pocket Diary? Many users have praised its comprehensive race info and portability, though some noted that newer editions offer more updated features for subsequent years.

Related keywords: racing post diary, pocket diary 2019, racing post calendars, horse racing diary, 2019 planner, racing post stationery, racing post organizer, sports diaries 2019, horse racing planner, racing post notebooks

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