

Date	Market	Trade	Entry Price	Exit Price	Points W/L	£ Profit or Loss	Trading Bank
15/05/2017	FTSE 100	LONG	7435	7454	17	£3,373	£198,925
12/05/2017	FTSE 100	LONG	7396	7435	38	£11,392	£195,553
09/05/2017	FTSE 100	LONG	7322	7342	18	£4,357	£184,160
08/05/2017	Russell 2k	LONG	1397	1392	-58	-£4,622	£179,803
05/05/2017	FTSE 100	SHORT	7241	7297	-57	-£13,624	£184,426
04/05/2017	Russell 2k	SHORT	1386	1389	-28	-£2,283	£198,050
03/05/2017	Russell 2k	SHORT	1396	1391	44	£3,370	£200,333
01/05/2017	Russell 2k	LONG	1409	1407	-20	-£1,424	£196,963
28/04/2017	Russell 2k	SHORT	1414	1400	129	£11,336	£198,387
27/04/2017	Russell 2k	SHORT	1415	1417	-21	-£1,428	£187,051
26/04/2017	FTSE 100	LONG	7291	7289	-3	-£795	£188,479
21/04/2017	FTSE 100	LONG	7128	7115	-14	-£4,197	£192,811
21/04/2017	Russell 2k	SHORT	1376	1380	-38	-£3,537	£189,274
20/04/2017	FTSE 100	SHORT	7114	7119	-5	-£1,275	£191,743
20/04/2017	Russell 2k	LONG	1377	1384	71	£5,265	£197,008
19/04/2017	Russell 2k	LONG	1362	1367	43	£3,797	£193,018
18/04/2017	Russell 2k	LONG	1361	1362	3	£197	£189,221
14/04/2017	Russell 2k	SHORT	1345	1345	-3	-£190	£189,024
13/04/2017	FTSE 100	SHORT	7349	7328	20	£3,659	£189,214
12/04/2017	FTSE 100	SHORT	7357	7349	7	£1,108	£175,167
12/04/2017	Russell 2k	SHORT	1372	1359	122	£10,388	£185,556
11/04/2017	FTSE 100	SHORT	7337	7374	-37	-£13,101	£174,060
11/04/2017	Russell 2k	LONG	1377	1377	0	£0	£174,060
10/04/2017	Russell 2k	LONG	1368	1367	-7	-£613	£187,161
07/04/2017	FTSE 100	LONG	7317	7349	30	£4,149	£187,901
07/04/2017	Russell 2k	LONG	1365	1365	-2	-£127	£187,774
06/04/2017	Russell 2k	LONG	1361	1364	31	£1,934	£183,752
05/04/2017	FTSE 100	LONG	7325	7332	6	£1,406	£195,503
05/04/2017	Russell 2k	SHORT	1363	1378	-148	-£13,685	£181,818
04/04/2017	FTSE 100	LONG	7303	7322	18	£4,198	£194,098
03/04/2017	FTSE 100	SHORT	7323	7283	39	£7,654	£189,900
31/03/2017	FTSE 100	SHORT	7340	7323	16	£3,197	£180,157
31/03/2017	Russell 2k	LONG	1383	1386	26	£2,088	£182,246
30/03/2017	FTSE 100	SHORT	7359	7370	-11	-£3,097	£169,858
30/03/2017	Russell 2k	LONG	1373	1382	89	£7,102	£176,960
29/03/2017	FTSE 100	SHORT	7318	7374	-56	-£11,743	£170,989
29/03/2017	Russell 2k	LONG	1368	1372	34	£1,966	£172,955
28/03/2017	FTSE 100	LONG	7315	7343	27	£3,696	£193,374
28/03/2017	Russell 2k	SHORT	1355	1367	-125	-£10,642	£182,732
27/03/2017	FTSE 100	SHORT	7323	7294	28	£7,917	£189,678
24/03/2017	FTSE 100	LONG	7346	7337	-10	-£2,342	£185,014
24/03/2017	Russell 2k	SHORT	1349	1355	-55	-£3,253	£181,761
21/03/2017	FTSE 100	LONG	7434	7386	-48	-£12,139	£161,269
21/03/2017	Russell 2k	SHORT	1381	1347	342	£26,086	£187,356
17/03/2017	Russell 2k	LONG	1390	1392	14	£1,440	£173,408
16/03/2017	FTSE 100	LONG	7383	7416	31	£8,644	£171,968
15/03/2017	Russell 2k	LONG	1366	1383	167	£8,771	£163,323
14/03/2017	FTSE 100	LONG	7377	7358	-20	-£4,452	£154,553

13/03/2017	Russell 2k	LONG	1369	1370	9	£598	£159,005
10/03/2017	FTSE 100	LONG	7325	7343	17	£2,144	£157,072
10/03/2017	Russell 2k	LONG	1363	1365	17	£1,335	£158,407
09/03/2017	FTSE 100	SHORT	7316	7315	0	£0	£164,084
09/03/2017	Russell 2k	LONG	1371	1360	-110	-£9,155	£154,929
08/03/2017	FTSE 100	SHORT	7335	7335	0	£0	£158,208
08/03/2017	Russell 2k	SHORT	1374	1366	78	£5,876	£164,084
07/03/2017	FTSE 100	SHORT	7339	7339	-1	-£222	£158,208
06/03/2017	FTSE 100	SHORT	7354	7350	2	£496	£156,255
06/03/2017	Russell 2k	SHORT	1388	1384	34	£2,175	£158,429
03/03/2017	FTSE 100	SHORT	7373	7374	-2	-£534	£155,759
02/03/2017	Russell 2k	SHORT	1401	1396	54	£2,464	£156,293
01/03/2017	FTSE 100	LONG	7284	7383	97	£16,516	£145,430
01/03/2017	Russell 2k	LONG	1397	1414	165	£8,399	£153,829
28/02/2017	Russell 2k	SHORT	1401	1387	142	£8,662	£128,915
27/02/2017	FTSE 100	LONG	7258	7253	-5	-£411	£113,617
27/02/2017	Russell 2k	LONG	1395	1408	131	£6,636	£120,253
24/02/2017	FTSE 100	SHORT	7263	7244	18	£2,271	£114,028
23/02/2017	Russell 2k	SHORT	1401	1395	63	£4,162	£111,757
21/02/2017	FTSE 100	SHORT	7283	7275	7	£872	£107,595
20/02/2017	FTSE 100	SHORT	7289	7329	-41	-£8,049	£106,933
20/02/2017	Russell 2k	LONG	1400	1400	-3	-£210	£106,723
17/02/2017	FTSE 100	SHORT	7261	7300	-40	-£6,168	£114,982
15/02/2017	Russell 2k	LONG	1397	1404	67	£3,673	£121,150
13/02/2017	FTSE 100	LONG	7275	7279	3	£395	£117,059
13/02/2017	Russell 2k	LONG	1391	1392	8	£418	£117,476
10/02/2017	FTSE 100	LONG	7239	7259	19	£2,087	£116,664
09/02/2017	FTSE 100	LONG	7196	7230	32	£3,707	£114,576
08/02/2017	FTSE 100	SHORT	7179	7189	-10	-£971	£111,444
08/02/2017	Russell 2k	SHORT	1358	1359	-14	-£575	£110,870
07/02/2017	FTSE 100	SHORT	7165	7186	-22	-£2,781	£111,003
07/02/2017	Russell 2k	SHORT	1365	1361	32	£1,413	£112,416
06/02/2017	Russell 2k	SHORT	1368	1367	9	£366	£113,785
02/02/2017	FTSE 100	SHORT	7103	7141	-38	-£3,352	£116,366
02/02/2017	Russell 2k	LONG	1363	1357	-55	-£2,947	£113,418
01/02/2017	FTSE 100	LONG	7109	7108	-2	-£400	£119,718
31/01/2017	FTSE 100	LONG	7151	7099	-53	-£6,156	£119,942
31/01/2017	Russell 2k	LONG	1361	1362	6	£176	£120,118
30/01/2017	Russell 2k	SHORT	1366	1352	137	£8,138	£126,097
27/01/2017	FTSE 100	SHORT	7151	7184	-34	-£6,044	£115,844
27/01/2017	Russell 2k	SHORT	1375	1371	36	£2,115	£117,959
26/01/2017	FTSE 100	SHORT	7157	7161	-5	-£599	£126,014
26/01/2017	Russell 2k	LONG	1383	1376	-80	-£4,127	£121,887
24/01/2017	FTSE 100	LONG	7175	7150	-25	-£2,832	£126,613
23/01/2017	FTSE 100	SHORT	7194	7151	41	£7,926	£129,444
20/01/2017	Russell 2k	LONG	1352	1352	-7	-£334	£121,518
19/01/2017	FTSE 100	SHORT	7234	7208	24	£3,953	£131,023
19/01/2017	Russell 2k	LONG	1359	1347	-125	-£9,172	£121,852
17/01/2017	FTSE 100	SHORT	7320	7220	99	£16,031	£127,070
13/01/2017	Russell 2k	LONG	1367	1372	47	£1,254	£111,039

12/01/2017	FTSE 100	SHORT	7283	7292	-10	-£1,142	£109,785
10/01/2017	FTSE 100	LONG	7244	7275	30	£4,650	£110,927
09/01/2017	FTSE 100	LONG	7210	7238	26	£4,526	£101,505
09/01/2017	Russell 2k	SHORT	1367	1357	90	£4,772	£106,277
05/01/2017	FTSE 100	LONG	7190	7195	4	£814	£96,776
05/01/2017	Russell 2k	SHORT	1373	1372	7	£204	£96,979
04/01/2017	Russell 2k	SHORT	1362	1381	-197	-£7,223	£95,961
30/12/2016	FTSE 100	LONG	7120	7143	21	£2,785	£103,184
29/12/2016	FTSE 100	LONG	7109	7120	9	£1,117	£100,400
26/12/2016	Russell 2k	LONG	1372	1372	-3	-£164	£99,283
23/12/2016	FTSE 100	LONG	7064	7068	3	£365	£99,447
22/12/2016	FTSE 100	SHORT	7026	7064	-39	-£5,752	£93,268
22/12/2016	Russell 2k	SHORT	1375	1363	122	£5,814	£99,082
21/12/2016	FTSE 100	LONG	7045	7041	-4	-£409	£99,020
20/12/2016	FTSE 100	LONG	7026	7044	17	£1,932	£96,087
20/12/2016	Russell 2k	LONG	1376	1384	80	£3,342	£99,429
19/12/2016	Russell 2k	LONG	1366	1372	58	£2,565	£94,155
15/12/2016	FTSE 100	SHORT	6942	6989	-48	-£6,847	£90,966
15/12/2016	Russell 2k	LONG	1364	1366	20	£624	£91,591
14/12/2016	Russell 2k	SHORT	1373	1356	171	£6,229	£97,813
13/12/2016	FTSE 100	LONG	6922	6969	45	£3,141	£93,893
13/12/2016	Russell 2k	LONG	1380	1374	-72	-£2,308	£91,584
12/12/2016	FTSE 100	LONG	6962	6908	-55	-£6,831	£90,751
09/12/2016	FTSE 100	LONG	6938	6954	15	£1,442	£97,582
07/12/2016	FTSE 100	LONG	6785	6902	115	£8,058	£96,140
06/12/2016	FTSE 100	SHORT	6739	6780	-42	-£2,562	£88,083
05/12/2016	Russell 2k	LONG	1319	1338	181	£8,342	£90,645
02/12/2016	Russell 2k	LONG	1318	1314	-43	-£1,369	£82,303
01/12/2016	Russell 2k	SHORT	1321	1314	68	£1,984	£83,672
30/11/2016	Russell 2k	SHORT	1327	1322	43	£2,066	£81,688
29/11/2016	FTSE 100	SHORT	6770	6772	-3	-£184	£79,622
25/11/2016	FTSE 100	LONG	6831	6841	8	£714	£79,806
24/11/2016	FTSE 100	LONG	6819	6829	9	£589	£79,091
23/11/2016	FTSE 100	LONG	6851	6818	-34	-£1,978	£76,145
23/11/2016	Russell 2k	LONG	1335	1342	69	£2,358	£78,503
22/11/2016	FTSE 100	LONG	6821	6820	-2	-£119	£74,134
22/11/2016	Russell 2k	LONG	1324	1334	103	£3,989	£78,123
21/11/2016	Russell 2k	LONG	1316	1322	57	£2,389	£74,254
18/11/2016	FTSE 100	LONG	6799	6776	-23	-£1,481	£71,171
18/11/2016	Russell 2k	LONG	1313	1316	22	£694	£71,864
17/11/2016	Russell 2k	LONG	1305	1309	42	£1,361	£72,651
16/11/2016	Russell 2k	LONG	1304	1302	-24	-£532	£71,290
15/11/2016	FTSE 100	LONG	6814	6793	-22	-£913	£73,799
15/11/2016	Russell 2k	SHORT	1291	1302	-116	-£1,978	£71,822
14/11/2016	FTSE 100	LONG	6779	6753	-27	-£916	£74,713
10/11/2016	FTSE 100	SHORT	6877	6970	-93	-£5,692	£75,629
09/11/2016	FTSE 100	LONG	6849	6769	-81	-£6,582	£87,442
09/11/2016	Russell 2k	SHORT	1194	1209	-160	-£6,121	£81,321
07/11/2016	FTSE 100	LONG	6742	6807	64	£3,526	£94,024
03/11/2016	FTSE 100	SHORT	6845	6791	53	£3,401	£90,499

01/11/2016	FTSE 100	SHORT	6945	6917	27	£2,302	£93,653
01/11/2016	Russell 2k	LONG	1193	1181	-118	-£6,556	£87,097
31/10/2016	FTSE 100	SHORT	6991	6954	36	£3,916	£94,054
31/10/2016	Russell 2k	SHORT	1185	1191	-62	-£2,703	£91,351
28/10/2016	FTSE 100	SHORT	6972	6996	-24	-£2,185	£90,138
27/10/2016	FTSE 100	LONG	6988	6987	-2	-£108	£87,621
27/10/2016	Russell 2k	SHORT	1203	1190	128	£4,701	£92,322
26/10/2016	FTSE 100	SHORT	7002	6958	42	£2,470	£83,954
26/10/2016	Russell 2k	SHORT	1215	1205	97	£3,775	£87,729
25/10/2016	FTSE 100	LONG	7003	7018	13	£1,238	£81,484
24/10/2016	FTSE 100	SHORT	7011	6986	23	£1,828	£77,920
24/10/2016	Russell 2k	LONG	1220	1226	61	£2,327	£80,246
21/10/2016	FTSE 100	LONG	7048	7020	-28	-£2,256	£78,301
21/10/2016	Russell 2k	SHORT	1213	1218	-52	-£2,209	£76,091
20/10/2016	FTSE 100	LONG	7031	7027	-5	-£358	£80,556
19/10/2016	Russell 2k	LONG	1222	1223	1	£39	£80,915
17/10/2016	Russell 2k	SHORT	1212	1210	18	£530	£80,876
14/10/2016	FTSE 100	LONG	7001	7014	11	£535	£82,535
14/10/2016	Russell 2k	LONG	1220	1212	-83	-£2,190	£80,346
13/10/2016	FTSE 100	SHORT	7016	6978	37	£2,325	£78,632
13/10/2016	Russell 2k	SHORT	1224	1216	82	£3,368	£82,000
12/10/2016	FTSE 100	SHORT	7061	7024	36	£2,101	£76,307
11/10/2016	FTSE 100	SHORT	7071	7071	0	£0	£69,186
11/10/2016	Russell 2k	SHORT	1245	1228	170	£5,020	£74,206
10/10/2016	FTSE 100	LONG	7079	7098	17	£750	£66,883
10/10/2016	Russell 2k	LONG	1241	1251	90	£2,303	£69,186
07/10/2016	FTSE 100	SHORT	7000	7076	-77	-£4,966	£65,977
07/10/2016	Russell 2k	SHORT	1237	1237	5	£157	£66,134
06/10/2016	FTSE 100	SHORT	7024	7000	23	£1,350	£70,943
05/10/2016	FTSE 100	SHORT	7029	7033	-5	-£170	£69,593
04/10/2016	Russell 2k	SHORT	1241	1240	8	£261	£69,762
03/10/2016	FTSE 100	LONG	6909	6984	73	£2,193	£69,556
03/10/2016	Russell 2k	SHORT	1246	1246	-2	-£55	£69,501
30/09/2016	FTSE 100	SHORT	6884	6899	-15	-£724	£66,173
30/09/2016	Russell 2k	LONG	1247	1252	46	£1,190	£67,364
29/09/2016	FTSE 100	LONG	6878	6919	40	£1,756	£61,957
29/09/2016	Russell 2k	SHORT	1251	1238	131	£4,940	£66,898
28/09/2016	FTSE 100	LONG	6813	6849	35	£1,512	£57,674
28/09/2016	Russell 2k	LONG	1247	1256	82	£2,527	£60,201
27/09/2016	FTSE 100	LONG	6864	6808	-57	-£2,366	£57,520
27/09/2016	Russell 2k	SHORT	1241	1246	-59	-£1,357	£56,162
26/09/2016	FTSE 100	SHORT	6883	6818	63	£4,100	£59,885
23/09/2016	Russell 2k	SHORT	1255	1255	0	£0	£55,785
22/09/2016	FTSE 100	LONG	6880	6911	30	£1,603	£55,785
21/09/2016	Russell 2k	SHORT	1228	1242	-140	-£4,078	£54,183
20/09/2016	Russell 2k	SHORT	1229	1228	4	£85	£58,261
16/09/2016	FTSE 100	SHORT	6702	6710	-9	-£489	£59,312
16/09/2016	Russell 2k	SHORT	1219	1225	-55	-£1,136	£58,176
15/09/2016	FTSE 100	LONG	6720	6730	9	£467	£59,801
14/09/2016	FTSE 100	SHORT	6666	6673	-8	-£403	£59,334

13/09/2016	Russell 2k	SHORT	1227	1212	146	£3,296	£59,737
09/09/2016	FTSE 100	SHORT	6853	6777	74	£2,676	£42,964
09/09/2016	Russell 2k	SHORT	1255	1219	354	£13,477	£56,441
08/09/2016	FTSE 100	LONG	6856	6859	1	£41	£40,289
07/09/2016	FTSE 100	LONG	6853	6847	-7	-£217	£38,720
07/09/2016	Russell 2k	LONG	1254	1261	62	£1,528	£40,247
06/09/2016	FTSE 100	SHORT	6867	6826	40	£1,498	£38,936
02/09/2016	FTSE 100	LONG	6764	6895	129	£4,172	£37,439
01/09/2016	FTSE 100	SHORT	6780	6746	32	£1,076	£33,267
31/08/2016	FTSE 100	SHORT	6808	6782	25	£975	£32,190
30/08/2016	Russell 2k	LONG	1248	1246	-24	-£382	£31,215
29/08/2016	Russell 2k	LONG	1239	1245	55	£776	£31,597
26/08/2016	Russell 2k	LONG	1243	1232	-120	-£2,320	£30,821
25/08/2016	FTSE 100	SHORT	6825	6817	7	£277	£33,687
25/08/2016	Russell 2k	LONG	1243	1240	-31	-£546	£33,141
24/08/2016	Russell 2k	SHORT	1245	1237	70	£1,377	£33,409
23/08/2016	FTSE 100	LONG	6844	6869	23	£786	£32,032
22/08/2016	FTSE 100	SHORT	6841	6829	11	£518	£30,762
22/08/2016	Russell 2k	LONG	1237	1240	20	£484	£31,246
19/08/2016	Russell 2k	LONG	1237	1237	-3	-£50	£30,245
18/08/2016	FTSE 100	LONG	6877	6869	-8	-£267	£30,295
17/08/2016	FTSE 100	SHORT	6894	6859	33	£1,065	£30,562
16/08/2016	Russell 2k	SHORT	1236	1231	47	£768	£29,498
15/08/2016	FTSE 100	LONG	6931	6941	9	£314	£26,696
15/08/2016	Russell 2k	LONG	1232	1242	99	£2,033	£28,729
12/08/2016	Russell 2k	LONG	1231	1230	-14	-£249	£26,383
11/08/2016	FTSE 100	LONG	6866	6915	47	£1,220	£26,445
11/08/2016	Russell 2k	LONG	1227	1229	13	£187	£26,631
10/08/2016	FTSE 100	LONG	6863	6866	2	£46	£25,224
09/08/2016	FTSE 100	LONG	6829	6851	20	£494	£25,179
05/08/2016	Russell 2k	LONG	1219	1231	119	£1,695	£24,685
04/08/2016	FTSE 100	SHORT	6621	6692	-71	-£1,730	£22,990
03/08/2016	FTSE 100	SHORT	6631	6634	-4	-£84	£24,562
03/08/2016	Russell 2k	LONG	1211	1213	17	£159	£24,721
02/08/2016	Russell 2k	SHORT	1215	1202	119	£1,495	£24,646
01/08/2016	FTSE 100	LONG	6740	6694	-47	-£1,242	£23,287
01/08/2016	Russell 2k	SHORT	1219	1219	-9	-£136	£23,151
29/07/2016	FTSE 100	SHORT	6719	6724	-6	-£183	£26,374
29/07/2016	Russell 2k	SHORT	1214	1222	-79	-£1,846	£24,528
27/07/2016	FTSE 100	LONG	6745	6750	4	£141	£26,321
27/07/2016	Russell 2k	LONG	1217	1219	15	£236	£26,557
25/07/2016	FTSE 100	LONG	6736	6710	-26	-£547	£26,180
22/07/2016	FTSE 100	SHORT	6695	6730	-36	-£1,334	£26,727
21/07/2016	Russell 2k	LONG	1212	1204	-85	-£1,037	£28,061
20/07/2016	FTSE 100	LONG	6712	6729	16	£486	£31,288
20/07/2016	Russell 2k	SHORT	1199	1210	-114	-£2,190	£29,098
18/07/2016	FTSE 100	LONG	6669	6695	25	£714	£30,923
18/07/2016	Russell 2k	LONG	1208	1208	-6	-£121	£30,802
15/07/2016	FTSE 100	SHORT	6648	6669	-21	-£385	£30,804
15/07/2016	Russell 2k	SHORT	1202	1205	-37	-£595	£30,209

14/07/2016	FTSE 100	SHORT	6655	6742	-88	-£2,348	£31,189
13/07/2016	FTSE 100	SHORT	6664	6670	-7	-£238	£33,800
13/07/2016	Russell 2k	SHORT	1199	1201	-25	-£263	£33,537
12/07/2016	FTSE 100	LONG	6695	6681	-15	-£248	£32,409
12/07/2016	Russell 2k	LONG	1192	1206	135	£1,629	£34,038
11/07/2016	FTSE 100	LONG	6606	6683	76	£1,343	£32,658
08/07/2016	FTSE 100	LONG	6579	6591	10	£136	£28,984
08/07/2016	Russell 2k	LONG	1157	1177	201	£2,330	£31,314
07/07/2016	FTSE 100	LONG	6504	6534	28	£378	£28,703
07/07/2016	Russell 2k	LONG	1148	1150	15	£145	£28,848
06/07/2016	FTSE 100	LONG	6562	6464	-98	-£1,567	£28,359
06/07/2016	Russell 2k	LONG	1147	1147	-4	-£33	£28,326
05/07/2016	FTSE 100	SHORT	6515	6545	-31	-£455	£29,926
04/07/2016	FTSE 100	LONG	6587	6522	-66	-£1,022	£30,381
28/06/2016	FTSE 100	LONG	6060	6140	78	£737	£31,391
28/06/2016	Russell 2k	LONG	1107	1107	2	£12	£31,403
24/06/2016	FTSE 100	SHORT	6300	6139	159	£1,962	£27,176
24/06/2016	Russell 2k	SHORT	1162	1128	340	£3,477	£30,654
23/06/2016	Russell 2k	LONG	1152	1172	203	£2,710	£25,214
21/06/2016	Russell 2k	SHORT	1152	1154	-21	-£149	£22,504
17/06/2016	Russell 2k	SHORT	1148	1145	30	£546	£22,652
16/06/2016	FTSE 100	SHORT	5945	5950	-6	-£84	£22,106
15/06/2016	FTSE 100	LONG	5984	5967	-18	-£244	£22,190
10/06/2016	Russell 2k	SHORT	1178	1164	136	£1,400	£22,434
08/06/2016	Russell 2k	LONG	1184	1189	49	£545	£21,034
06/06/2016	Russell 2k	LONG	1167	1177	93	£731	£20,489
03/06/2016	FTSE 100	SHORT	6173	6233	-61	-£1,487	£19,758
02/06/2016	FTSE 100	LONG	6211	6186	-26	-£465	£21,245
01/06/2016	FTSE 100	SHORT	6230	6192	37	£746	£21,202
01/06/2016	Russell 2k	LONG	1159	1163	37	£508	£21,710
30/05/2016	Russell 2k	LONG	1150	1150	-3	-£31	£20,455
26/05/2016	FTSE 100	LONG	6270	6266	-5	-£94	£20,902
26/05/2016	Russell 2k	LONG	1143	1140	-33	-£416	£20,486
24/05/2016	FTSE 100	SHORT	6123	6197	-74	-£1,580	£20,997
20/05/2016	FTSE 100	LONG	6110	6156	45	£620	£21,485
20/05/2016	Russell 2k	LONG	1096	1112	159	£1,092	£22,577
19/05/2016	FTSE 100	SHORT	6116	6053	61	£1,091	£20,513
19/05/2016	Russell 2k	SHORT	1100	1095	49	£352	£20,865
18/05/2016	Russell 2k	LONG	1107	1103	-38	-£224	£19,422
17/05/2016	FTSE 100	LONG	6157	6168	9	£137	£18,777
17/05/2016	Russell 2k	SHORT	1110	1098	117	£869	£19,646
16/05/2016	FTSE 100	SHORT	6121	6151	-31	-£757	£17,736
16/05/2016	Russell 2k	LONG	1105	1116	105	£905	£18,641
13/05/2016	FTSE 100	LONG	6133	6139	4	£65	£19,167
13/05/2016	Russell 2k	LONG	1112	1102	-95	-£674	£18,493
12/05/2016	FTSE 100	LONG	6173	6113	-60	-£1,438	£19,102
10/05/2016	Russell 2k	LONG	1124	1129	48	£444	£20,540
09/05/2016	FTSE 100	SHORT	6121	6162	-41	-£1,494	£19,854
09/05/2016	Russell 2k	LONG	1115	1118	31	£242	£20,096
06/05/2016	Russell 2k	SHORT	1108	1115	-73	-£723	£21,348

05/05/2016	FTSE 100	LONG	6149	6117	-32	-£540	£21,897
05/05/2016	Russell 2k	SHORT	1110	1108	21	£174	£22,071
02/05/2016	Russell 2k	LONG	1135	1141	51	£399	£22,437
29/04/2016	FTSE 100	SHORT	6321	6242	78	£2,769	£22,038
28/04/2016	FTSE 100	LONG	6320	6235	-86	-£1,450	£19,269
27/04/2016	FTSE 100	LONG	6298	6320	21	£514	£20,449
27/04/2016	Russell 2k	LONG	1151	1154	30	£270	£20,720
26/04/2016	Russell 2k	LONG	1147	1151	30	£255	£19,935
25/04/2016	Russell 2k	LONG	1147	1138	-96	-£880	£19,680
21/04/2016	FTSE 100	LONG	6422	6381	-41	-£841	£20,560
20/04/2016	FTSE 100	LONG	6418	6410	-8	-£142	£21,870
20/04/2016	Russell 2k	LONG	1146	1142	-45	-£469	£21,402
18/04/2016	FTSE 100	SHORT	6328	6354	-26	-£609	£21,137
18/04/2016	Russell 2k	LONG	1132	1139	68	£875	£22,012
15/04/2016	Russell 2k	SHORT	1125	1131	-60	-£803	£21,746
12/04/2016	Russell 2k	LONG	1096	1106	92	£1,206	£22,549
11/04/2016	FTSE 100	SHORT	6171	6200	-30	-£556	£22,459
11/04/2016	Russell 2k	LONG	1106	1094	-120	-£1,116	£21,343
08/04/2016	FTSE 100	LONG	6149	6204	54	£1,037	£23,270
08/04/2016	Russell 2k	LONG	1100	1097	-33	-£255	£23,015
07/04/2016	FTSE 100	LONG	6162	6137	-25	-£398	£21,195
07/04/2016	Russell 2k	SHORT	1102	1093	93	£1,037	£22,232
06/04/2016	FTSE 100	LONG	6128	6162	32	£427	£23,111
06/04/2016	Russell 2k	SHORT	1095	1109	-138	-£1,519	£21,592
04/04/2016	FTSE 100	LONG	6160	6165	3	£36	£21,812
04/04/2016	Russell 2k	SHORT	1115	1109	64	£872	£22,684
01/04/2016	FTSE 100	SHORT	6150	6146	2	£47	£23,414
01/04/2016	Russell 2k	LONG	1118	1106	-123	-£1,639	£21,775
31/03/2016	FTSE 100	SHORT	6155	6175	-21	-£359	£23,795
31/03/2016	Russell 2k	LONG	1117	1114	-36	-£428	£23,367
30/03/2016	FTSE 100	LONG	6106	6203	95	£2,242	£24,154
29/03/2016	Russell 2k	LONG	1084	1109	243	£2,273	£21,912
25/03/2016	Russell 2k	LONG	1080	1080	-3	-£23	£19,640
23/03/2016	FTSE 100	LONG	6193	6199	4	£53	£19,662
22/03/2016	FTSE 100	SHORT	6154	6193	-39	-£689	£19,767
22/03/2016	Russell 2k	SHORT	1096	1097	-14	-£157	£19,610
21/03/2016	FTSE 100	SHORT	6186	6185	0	£0	£20,892
21/03/2016	Russell 2k	LONG	1103	1099	-47	-£435	£20,457
18/03/2016	FTSE 100	SHORT	6188	6190	-2	-£42	£20,892
17/03/2016	FTSE 100	LONG	6186	6201	13	£226	£19,846
17/03/2016	Russell 2k	LONG	1077	1091	144	£1,087	£20,933
16/03/2016	Russell 2k	LONG	1075	1075	-4	-£29	£19,620
15/03/2016	Russell 2k	SHORT	1080	1067	129	£1,258	£19,649
11/03/2016	FTSE 100	LONG	6092	6140	47	£503	£17,488
11/03/2016	Russell 2k	LONG	1069	1088	185	£902	£18,391
10/03/2016	FTSE 100	LONG	6175	6096	-79	-£1,375	£18,263
10/03/2016	Russell 2k	LONG	1074	1063	-119	-£1,278	£16,985
08/03/2016	FTSE 100	SHORT	6126	6125	0	£0	£17,970
08/03/2016	Russell 2k	SHORT	1088	1068	195	£1,669	£19,638
07/03/2016	FTSE 100	LONG	6204	6182	-22	-£281	£17,604

07/03/2016	Russell 2k	LONG	1088	1094	56	£365	£17,970
04/03/2016	Russell 2k	LONG	1076	1082	55	£431	£17,885
03/03/2016	Russell 2k	LONG	1066	1076	100	£668	£17,455
02/03/2016	FTSE 100	LONG	6154	6147	-7	-£71	£16,787
01/03/2016	FTSE 100	LONG	6105	6153	46	£502	£16,858
29/02/2016	Russell 2k	LONG	1040	1034	-61	-£574	£16,357
24/02/2016	FTSE 100	SHORT	5954	5867	86	£882	£17,876
24/02/2016	Russell 2k	SHORT	1012	1022	-102	-£945	£16,930
22/02/2016	Russell 2k	LONG	1011	1022	107	£725	£16,994
19/02/2016	FTSE 100	SHORT	5948	5950	-2	-£19	£16,851
19/02/2016	Russell 2k	SHORT	1002	1010	-79	-£582	£16,269
17/02/2016	FTSE 100	LONG	5881	6030	148	£1,489	£16,870
16/02/2016	FTSE 100	LONG	5845	5862	16	£95	£15,380
12/02/2016	FTSE 100	LONG	5605	5708	101	£537	£15,286
10/02/2016	FTSE 100	LONG	5661	5672	10	£69	£14,748
08/02/2016	FTSE 100	SHORT	5839	5689	149	£985	£14,680
05/02/2016	FTSE 100	LONG	5938	5848	-91	-£612	£13,695
04/02/2016	FTSE 100	LONG	5880	5899	18	£105	£14,580
04/02/2016	Russell 2k	SHORT	1010	1015	-51	-£274	£14,306
03/02/2016	Russell 2k	SHORT	1005	1010	-52	-£166	£14,476
02/02/2016	FTSE 100	SHORT	5994	5922	70	£416	£14,158
02/02/2016	Russell 2k	SHORT	1021	1009	114	£483	£14,641
01/02/2016	FTSE 100	SHORT	6008	6060	-53	-£374	£13,743
29/01/2016	FTSE 100	LONG	5961	6084	121	£764	£14,117
28/01/2016	FTSE 100	SHORT	5951	5932	18	£163	£13,352
27/01/2016	FTSE 100	SHORT	5894	5990	-97	-£1,000	£13,731
27/01/2016	Russell 2k	LONG	1020	1003	-170	-£541	£13,190
26/01/2016	FTSE 100	SHORT	5852	5911	-60	-£508	£14,731
21/01/2016	FTSE 100	LONG	5775	5774	-2	-£9	£15,312
21/01/2016	Russell 2k	SHORT	996	997	-20	-£73	£15,239
20/01/2016	FTSE 100	SHORT	5828	5674	153	£1,112	£16,475
20/01/2016	Russell 2k	LONG	1003	967	-360	-£1,153	£15,322
15/01/2016	Russell 2k	SHORT	1018	1008	101	£340	£15,363
14/01/2016	FTSE 100	SHORT	5945	5918	25	£213	£15,087
14/01/2016	Russell 2k	LONG	1028	1026	-25	-£65	£15,023
13/01/2016	Russell 2k	LONG	1045	1013	-324	-£1,120	£14,874
12/01/2016	FTSE 100	SHORT	5872	5976	-104	-£1,204	£15,990
12/01/2016	Russell 2k	LONG	1044	1045	1	£4	£15,994
11/01/2016	FTSE 100	LONG	5933	5872	-62	-£756	£17,193
06/01/2016	FTSE 100	SHORT	6115	6073	40	£560	£17,950
05/01/2016	Russell 2k	LONG	1121	1110	-112	-£468	£17,390
31/12/2015	FTSE 100	SHORT	6261	6263	-2	-£38	£16,797
31/12/2015	Russell 2k	SHORT	1149	1136	129	£1,061	£17,858
30/12/2015	FTSE 100	LONG	6315	6274	-41	-£588	£16,836
24/12/2015	Russell 2k	LONG	1153	1155	15	£102	£17,424
23/12/2015	FTSE 100	LONG	6091	6241	149	£1,976	£17,322
22/12/2015	FTSE 100	SHORT	6035	6083	-49	-£487	£14,841
22/12/2015	Russell 2k	LONG	1130	1138	69	£505	£15,346
21/12/2015	FTSE 100	SHORT	6052	6035	15	£184	£15,291
21/12/2015	Russell 2k	SHORT	1128	1128	4	£38	£15,328

18/12/2015	FTSE 100	SHORT	6082	6052	28	£207	£15,106
17/12/2015	FTSE 100	LONG	6089	6103	12	£114	£14,583
17/12/2015	Russell 2k	SHORT	1141	1135	57	£316	£14,899
15/12/2015	FTSE 100	LONG	5913	6018	103	£922	£13,965
15/12/2015	Russell 2k	LONG	1120	1132	115	£504	£14,469
11/12/2015	FTSE 100	SHORT	6080	5953	126	£1,478	£13,043
10/12/2015	FTSE 100	SHORT	6101	6088	12	£94	£11,703
10/12/2015	Russell 2k	LONG	1152	1149	-37	-£138	£11,565
09/12/2015	Russell 2k	SHORT	1151	1146	50	£219	£11,609
08/12/2015	FTSE 100	SHORT	6215	6135	78	£613	£11,390
07/12/2015	FTSE 100	SHORT	6220	6224	-5	-£44	£10,161
07/12/2015	Russell 2k	SHORT	1177	1164	124	£617	£10,777
04/12/2015	Russell 2k	LONG	1182	1183	14	£46	£10,204
02/12/2015	FTSE 100	LONG	6402	6421	17	£199	£10,923
02/12/2015	Russell 2k	LONG	1204	1194	-110	-£765	£10,159
01/12/2015	Russell 2k	SHORT	1197	1204	-72	-£541	£10,724
30/11/2015	FTSE 100	SHORT	6345	6356	-11	-£134	£11,705
30/11/2015	Russell 2k	LONG	1204	1198	-58	-£440	£11,265
26/11/2015	FTSE 100	LONG	6348	6393	44	£380	£11,839
25/11/2015	FTSE 100	LONG	6291	6338	45	£313	£11,459
24/11/2015	FTSE 100	SHORT	6267	6277	-11	-£93	£10,937
24/11/2015	Russell 2k	LONG	1184	1189	40	£208	£11,146
23/11/2015	Russell 2k	LONG	1179	1180	13	£68	£11,031
19/11/2015	FTSE 100	LONG	6284	6330	45	£392	£10,963
17/11/2015	Russell 2k	LONG	1156	1153	-33	-£122	£10,571
16/11/2015	FTSE 100	LONG	6148	6146	-3	-£21	£11,185
16/11/2015	Russell 2k	SHORT	1144	1156	-120	-£492	£10,693
11/11/2015	FTSE 100	LONG	6285	6297	10	£102	£11,757
11/11/2015	Russell 2k	LONG	1188	1178	-99	-£551	£11,206
10/11/2015	FTSE 100	LONG	6324	6252	-73	-£877	£11,655
09/11/2015	FTSE 100	SHORT	6333	6295	36	£364	£11,904
09/11/2015	Russell 2k	SHORT	1195	1184	101	£628	£12,532
06/11/2015	FTSE 100	SHORT	6358	6354	3	£29	£11,189
06/11/2015	Russell 2k	LONG	1192	1200	75	£352	£11,540
05/11/2015	FTSE 100	SHORT	6398	6365	32	£269	£11,446
05/11/2015	Russell 2k	SHORT	1185	1191	-55	-£286	£11,160
04/11/2015	FTSE 100	LONG	6384	6413	28	£359	£11,177
03/11/2015	FTSE 100	LONG	6364	6384	18	£197	£10,818
02/11/2015	FTSE 100	SHORT	6338	6362	-25	-£201	£10,621
30/10/2015	FTSE 100	SHORT	6358	6361	-3	-£22	£10,746
30/10/2015	Russell 2k	SHORT	1164	1162	20	£77	£10,822
29/10/2015	FTSE 100	SHORT	6402	6396	4	£35	£10,768
28/10/2015	FTSE 100	SHORT	6365	6441	-76	-£744	£9,880
28/10/2015	Russell 2k	LONG	1152	1179	265	£852	£10,732
27/10/2015	FTSE 100	SHORT	6405	6365	39	£379	£9,965
27/10/2015	Russell 2k	SHORT	1158	1145	119	£659	£10,623
26/10/2015	FTSE 100	SHORT	6410	6417	-7	-£41	£9,585
23/10/2015	FTSE 100	LONG	6387	6444	55	£409	£9,432
23/10/2015	Russell 2k	LONG	1160	1166	56	£195	£9,626
22/10/2015	Russell 2k	LONG	1154	1155	-2	-£6	£9,023

21/10/2015	FTSE 100	SHORT	6319	6348	-30	-£267	£8,503
21/10/2015	Russell 2k	SHORT	1159	1145	138	£527	£9,029
20/10/2015	FTSE 100	SHORT	6336	6345	-9	-£60	£8,964
20/10/2015	Russell 2k	LONG	1169	1163	-59	-£194	£8,770
19/10/2015	FTSE 100	LONG	6398	6352	-46	-£374	£9,024
16/10/2015	FTSE 100	LONG	6351	6378	25	£156	£9,398
15/10/2015	Russell 2k	SHORT	1136	1158	-217	-£696	£9,242
14/10/2015	FTSE 100	SHORT	6303	6270	32	£239	£9,938
13/10/2015	FTSE 100	SHORT	6351	6342	8	£57	£9,043
13/10/2015	Russell 2k	SHORT	1160	1148	114	£656	£9,699
09/10/2015	FTSE 100	LONG	6380	6416	34	£190	£8,975
09/10/2015	Russell 2k	LONG	1165	1165	4	£11	£8,986
08/10/2015	Russell 2k	LONG	1153	1163	103	£242	£8,785
07/10/2015	FTSE 100	LONG	6344	6336	-8	-£38	£8,542
06/10/2015	Russell 2k	SHORT	1129	1134	-52	-£124	£8,580
02/10/2015	FTSE 100	LONG	6173	6130	-43	-£161	£8,418
02/10/2015	Russell 2k	LONG	1099	1114	145	£285	£8,703
01/10/2015	Russell 2k	LONG	1102	1098	-46	-£127	£8,580
30/09/2015	Russell 2k	LONG	1087	1101	129	£340	£8,707
28/09/2015	FTSE 100	SHORT	6035	5959	75	£279	£8,367
25/09/2015	Russell 2k	SHORT	1125	1144	-199	-£609	£8,088
24/09/2015	FTSE 100	SHORT	5984	5961	21	£89	£8,710
24/09/2015	Russell 2k	SHORT	1137	1138	-4	-£14	£8,696
23/09/2015	FTSE 100	LONG	6022	6032	8	£31	£8,621
21/09/2015	Russell 2k	SHORT	1161	1161	-7	-£22	£8,590
18/09/2015	FTSE 100	SHORT	6183	6104	77	£502	£8,612
17/09/2015	Russell 2k	LONG	1176	1181	45	£176	£8,110
16/09/2015	FTSE 100	LONG	6158	6229	70	£212	£7,703
16/09/2015	Russell 2k	LONG	1167	1175	76	£230	£7,934
15/09/2015	FTSE 100	SHORT	6065	6138	-73	-£247	£7,491
14/09/2015	FTSE 100	SHORT	6113	6085	27	£159	£7,876
14/09/2015	Russell 2k	LONG	1158	1153	-47	-£137	£7,738
11/09/2015	FTSE 100	SHORT	6128	6118	8	£31	£7,717
10/09/2015	FTSE 100	SHORT	6188	6156	30	£101	£7,769
10/09/2015	Russell 2k	LONG	1155	1153	-27	-£83	£7,686
09/09/2015	FTSE 100	LONG	6196	6229	31	£110	£8,245
09/09/2015	Russell 2k	SHORT	1150	1170	-195	-£577	£7,668
08/09/2015	FTSE 100	LONG	6126	6146	19	£84	£8,135
07/09/2015	FTSE 100	LONG	6119	6075	-44	-£162	£8,051
04/09/2015	FTSE 100	SHORT	6139	6043	94	£379	£8,213
03/09/2015	Russell 2k	LONG	1146	1145	-11	-£25	£7,834
02/09/2015	FTSE 100	LONG	6153	6083	-70	-£186	£7,711
02/09/2015	Russell 2k	LONG	1138	1146	75	£147	£7,859
31/08/2015	FTSE 100	LONG	6248	6248	-1	-£3	£7,991
31/08/2015	Russell 2k	LONG	1163	1159	-38	-£93	£7,898
27/08/2015	FTSE 100	LONG	6030	6192	160	£420	£7,994
26/08/2015	FTSE 100	SHORT	5990	5979	9	£21	£7,366
26/08/2015	Russell 2k	LONG	1119	1132	132	£208	£7,574
25/08/2015	FTSE 100	LONG	6043	6081	37	£52	£7,592
25/08/2015	Russell 2k	LONG	1116	1104	-119	-£246	£7,345

21/08/2015	FTSE 100	SHORT	6360	6188	171	£1,088	£7,539
19/08/2015	FTSE 100	SHORT	6506	6403	101	£501	£6,452
18/08/2015	FTSE 100	LONG	6551	6526	-25	-£113	£5,902
18/08/2015	Russell 2k	SHORT	1217	1215	19	£48	£5,951
17/08/2015	FTSE 100	SHORT	6544	6550	-6	-£28	£5,752
17/08/2015	Russell 2k	LONG	1213	1225	120	£264	£6,016
14/08/2015	FTSE 100	LONG	6570	6551	-20	-£129	£6,046
14/08/2015	Russell 2k	SHORT	1204	1213	-93	-£266	£5,780
13/08/2015	FTSE 100	LONG	6618	6568	-50	-£173	£6,146
13/08/2015	Russell 2k	SHORT	1206	1205	10	£29	£6,175
12/08/2015	Russell 2k	SHORT	1206	1209	-34	-£83	£6,318
11/08/2015	FTSE 100	SHORT	6727	6665	61	£439	£6,402
10/08/2015	FTSE 100	SHORT	6718	6736	-18	-£145	£5,963
06/08/2015	FTSE 100	SHORT	6719	6747	-28	-£169	£6,568
06/08/2015	Russell 2k	LONG	1233	1222	-112	-£460	£6,108
05/08/2015	FTSE 100	LONG	6688	6752	63	£344	£6,737
04/08/2015	FTSE 100	SHORT	6668	6687	-19	-£144	£6,550
04/08/2015	Russell 2k	LONG	1235	1229	-65	-£157	£6,393
03/08/2015	FTSE 100	LONG	6705	6689	-17	-£100	£6,693
31/07/2015	FTSE 100	LONG	6697	6696	-2	-£10	£6,647
31/07/2015	Russell 2k	LONG	1233	1239	53	£146	£6,793
30/07/2015	Russell 2k	LONG	1232	1232	-5	-£14	£6,657
29/07/2015	FTSE 100	LONG	6569	6631	60	£304	£6,962
29/07/2015	Russell 2k	SHORT	1222	1230	-78	-£290	£6,671
28/07/2015	FTSE 100	LONG	6542	6555	11	£55	£7,159
28/07/2015	Russell 2k	SHORT	1212	1225	-132	-£501	£6,658
24/07/2015	FTSE 100	SHORT	6645	6580	64	£356	£7,104
23/07/2015	Russell 2k	LONG	1260	1245	-148	-£508	£6,748
22/07/2015	FTSE 100	SHORT	6759	6667	90	£742	£7,222
22/07/2015	Russell 2k	LONG	1257	1258	8	£34	£7,256
21/07/2015	Russell 2k	SHORT	1258	1255	34	£109	£6,480
20/07/2015	Russell 2k	SHORT	1264	1260	33	£108	£6,371
15/07/2015	FTSE 100	LONG	6754	6754	-1	-£6	£6,263
14/07/2015	FTSE 100	LONG	6743	6754	9	£38	£6,046
14/07/2015	Russell 2k	LONG	1266	1273	69	£223	£6,269
09/07/2015	Russell 2k	LONG	1234	1234	-1	-£3	£6,008
08/07/2015	FTSE 100	LONG	6484	6491	5	£21	£6,011
07/07/2015	Russell 2k	SHORT	1243	1248	-52	-£140	£5,990
06/07/2015	FTSE 100	SHORT	6572	6536	35	£168	£6,130
01/07/2015	FTSE 100	LONG	6571	6609	36	£142	£5,962
26/06/2015	FTSE 100	SHORT	6799	6754	44	£194	£5,873
26/06/2015	Russell 2k	SHORT	1279	1280	-15	-£53	£5,820
24/06/2015	FTSE 100	LONG	6856	6845	-12	-£91	£5,679
23/06/2015	Russell 2k	LONG	1293	1296	21	£102	£5,770
22/06/2015	FTSE 100	LONG	6759	6826	65	£276	£5,669
19/06/2015	FTSE 100	SHORT	6694	6746	-52	-£406	£5,393
18/06/2015	FTSE 100	SHORT	6666	6708	-42	-£200	£5,799
16/06/2015	Russell 2k	SHORT	1260	1269	-90	-£452	£5,999
15/06/2015	Russell 2k	SHORT	1262	1261	8	£45	£6,451
10/06/2015	FTSE 100	SHORT	6737	6827	-90	-£482	£6,406

09/06/2015	FTSE 100	SHORT	6782	6754	26	£170	£6,789
09/06/2015	Russell 2k	SHORT	1253	1250	27	£99	£6,888
08/06/2015	FTSE 100	SHORT	6785	6790	-5	-£23	£6,561
08/06/2015	Russell 2k	SHORT	1256	1254	17	£58	£6,619
05/06/2015	Russell 2k	LONG	1255	1261	57	£166	£6,584
04/06/2015	FTSE 100	SHORT	6939	6859	79	£358	£6,126
04/06/2015	Russell 2k	SHORT	1260	1251	81	£292	£6,418
03/06/2015	FTSE 100	LONG	6941	6950	8	£26	£5,768
02/06/2015	FTSE 100	LONG	6969	6888	-82	-£431	£5,730
02/06/2015	Russell 2k	LONG	1251	1252	6	£11	£5,741
01/06/2015	FTSE 100	LONG	7013	6954	-60	-£305	£6,155
01/06/2015	Russell 2k	LONG	1249	1250	2	£6	£6,161
29/05/2015	FTSE 100	LONG	7050	6987	-63	-£486	£6,460
28/05/2015	Russell 2k	SHORT	1248	1253	-57	-£218	£6,947
27/05/2015	FTSE 100	LONG	6990	7033	41	£211	£6,835
27/05/2015	Russell 2k	LONG	1243	1254	106	£329	£7,165
22/05/2015	FTSE 100	LONG	7026	7032	4	£38	£6,608
22/05/2015	Russell 2k	SHORT	1253	1252	4	£17	£6,624
21/05/2015	FTSE 100	LONG	7019	7013	-6	-£36	£6,742
21/05/2015	Russell 2k	LONG	1261	1257	-43	-£172	£6,570
20/05/2015	FTSE 100	LONG	7011	7007	-5	-£37	£6,779
18/05/2015	FTSE 100	SHORT	6937	6969	-32	-£158	£6,815
15/05/2015	FTSE 100	SHORT	6961	6960	0	£0	£7,080
15/05/2015	Russell 2k	LONG	1245	1242	-36	-£107	£6,973
13/05/2015	FTSE 100	LONG	6982	6950	-33	-£104	£7,112
13/05/2015	Russell 2k	SHORT	1232	1232	-7	-£31	£7,080
12/05/2015	FTSE 100	SHORT	7025	6934	90	£467	£7,216
11/05/2015	Russell 2k	LONG	1239	1236	-38	-£160	£6,749
08/05/2015	FTSE 100	LONG	6910	7047	135	£417	£6,909
06/05/2015	FTSE 100	LONG	6957	6934	-24	-£149	£6,491
01/05/2015	FTSE 100	LONG	6970	6986	14	£71	£6,640
28/04/2015	FTSE 100	SHORT	7087	7031	55	£325	£6,569
27/04/2015	FTSE 100	LONG	7103	7030	-73	-£431	£5,726
27/04/2015	Russell 2k	SHORT	1266	1253	132	£519	£6,244
24/04/2015	FTSE 100	LONG	7055	7071	14	£70	£6,163
24/04/2015	Russell 2k	SHORT	1268	1268	-2	-£7	£6,157
23/04/2015	FTSE 100	LONG	7046	7054	7	£32	£6,552
23/04/2015	Russell 2k	SHORT	1265	1273	-78	-£459	£6,093
22/04/2015	FTSE 100	SHORT	7058	7028	28	£147	£6,611
22/04/2015	Russell 2k	SHORT	1264	1265	-21	-£92	£6,520
20/04/2015	FTSE 100	LONG	7028	7052	23	£116	£6,296
20/04/2015	Russell 2k	LONG	1258	1265	65	£168	£6,464
17/04/2015	FTSE 100	SHORT	7058	6995	62	£322	£6,181
16/04/2015	FTSE 100	LONG	7112	7060	-52	-£312	£5,859
15/04/2015	FTSE 100	LONG	7086	7097	9	£63	£6,171
14/04/2015	FTSE 100	SHORT	7047	7075	-29	-£185	£6,108
13/04/2015	FTSE 100	SHORT	7053	7064	-12	-£66	£6,334
13/04/2015	Russell 2k	LONG	1266	1266	-7	-£41	£6,293
09/04/2015	FTSE 100	LONG	6950	7015	64	£566	£6,882
09/04/2015	Russell 2k	LONG	1264	1252	-126	-£482	£6,401

07/04/2015	Russell 2k	SHORT	1255	1253	17	£62	£6,316
01/04/2015	FTSE 100	LONG	6832	6810	-23	-£84	£6,254
31/03/2015	Russell 2k	SHORT	1252	1253	-8	-£25	£6,339
30/03/2015	FTSE 100	LONG	6875	6891	15	£87	£6,364
27/03/2015	Russell 2k	SHORT	1230	1240	-103	-£341	£6,277
26/03/2015	FTSE 100	SHORT	6984	6895	87	£544	£6,618
25/03/2015	FTSE 100	SHORT	7013	6991	20	£95	£4,971
25/03/2015	Russell 2k	SHORT	1262	1234	282	£1,103	£6,074
24/03/2015	FTSE 100	LONG	7038	7020	-18	-£95	£4,877
23/03/2015	FTSE 100	LONG	7024	7038	12	£50	£5,060
23/03/2015	Russell 2k	LONG	1267	1265	-28	-£89	£4,971
20/03/2015	FTSE 100	LONG	6983	7023	38	£174	£5,010
18/03/2015	FTSE 100	LONG	6847	6945	97	£425	£4,623
18/03/2015	Russell 2k	LONG	1243	1252	85	£213	£4,836
17/03/2015	Russell 2k	LONG	1241	1242	8	£23	£4,197
16/03/2015	FTSE 100	LONG	6751	6804	52	£168	£4,174
13/03/2015	FTSE 100	SHORT	6741	6741	0	£0	£4,068
13/03/2015	Russell 2k	SHORT	1229	1232	-33	-£61	£4,007
12/03/2015	FTSE 100	LONG	6739	6761	21	£86	£4,068
11/03/2015	Russell 2k	SHORT	1206	1216	-97	-£250	£3,982
09/03/2015	FTSE 100	SHORT	6912	6876	34	£145	£4,221
09/03/2015	Russell 2k	LONG	1223	1224	5	£11	£4,231
06/03/2015	FTSE 100	SHORT	6940	6912	27	£133	£4,076
04/03/2015	FTSE 100	LONG	6915	6919	3	£15	£3,948
04/03/2015	Russell 2k	SHORT	1231	1231	-2	-£5	£3,943
03/03/2015	FTSE 100	SHORT	6924	6889	34	£138	£3,848
03/03/2015	Russell 2k	SHORT	1238	1235	29	£85	£3,933
02/03/2015	FTSE 100	SHORT	6930	6941	-11	-£60	£3,989
02/03/2015	Russell 2k	SHORT	1233	1242	-88	-£279	£3,710
27/02/2015	FTSE 100	LONG	6950	6947	-4	-£27	£4,224
27/02/2015	Russell 2k	LONG	1239	1233	-61	-£175	£4,049
26/02/2015	Russell 2k	LONG	1237	1239	19	£64	£4,251
25/02/2015	Russell 2k	LONG	1236	1235	-14	-£46	£4,187
24/02/2015	Russell 2k	LONG	1232	1234	18	£44	£4,233
23/02/2015	FTSE 100	LONG	6921	6912	-9	-£55	£4,298
23/02/2015	Russell 2k	SHORT	1230	1232	-21	-£109	£4,189
20/02/2015	Russell 2k	LONG	1231	1221	-97	-£328	£4,353
19/02/2015	FTSE 100	SHORT	6876	6889	-13	-£72	£4,690
19/02/2015	Russell 2k	LONG	1228	1228	-3	-£9	£4,681
18/02/2015	FTSE 100	SHORT	6878	6898	-21	-£157	£4,747
18/02/2015	Russell 2k	LONG	1227	1228	4	£15	£4,762
17/02/2015	FTSE 100	SHORT	6852	6893	-41	-£369	£4,904
13/02/2015	FTSE 100	LONG	6855	6874	17	£110	£5,102
13/02/2015	Russell 2k	LONG	1216	1223	65	£171	£5,273
11/02/2015	FTSE 100	SHORT	6789	6818	-30	-£144	£4,992
10/02/2015	Russell 2k	SHORT	1195	1203	-80	-£168	£5,136
09/02/2015	FTSE 100	SHORT	6835	6837	-2	-£10	£5,182
09/02/2015	Russell 2k	SHORT	1202	1196	60	£122	£5,304
06/02/2015	FTSE 100	LONG	6870	6853	-17	-£73	£5,276
06/02/2015	Russell 2k	LONG	1210	1205	-47	-£84	£5,192

04/02/2015	FTSE 100	SHORT	6827	6860	-33	-£126	£5,445
04/02/2015	Russell 2k	LONG	1197	1191	-62	-£96	£5,349
03/02/2015	FTSE 100	LONG	6796	6872	75	£310	£5,572
02/02/2015	FTSE 100	SHORT	6749	6783	-34	-£106	£5,248
02/02/2015	Russell 2k	LONG	1174	1176	8	£13	£5,261
30/01/2015	FTSE 100	SHORT	6750	6749	0	£0	£4,961
30/01/2015	Russell 2k	SHORT	1184	1165	179	£393	£5,354
29/01/2015	Russell 2k	LONG	1188	1190	19	£24	£4,961
28/01/2015	Russell 2k	SHORT	1186	1175	107	£179	£4,937
27/01/2015	FTSE 100	LONG	6856	6812	-45	-£177	£4,760
27/01/2015	Russell 2k	SHORT	1195	1195	-1	-£2	£4,758
26/01/2015	FTSE 100	LONG	6842	6852	9	£50	£5,309
26/01/2015	Russell 2k	SHORT	1186	1198	-130	-£372	£4,937
23/01/2015	FTSE 100	LONG	6808	6833	23	£78	£5,258
22/01/2015	Russell 2k	SHORT	1162	1180	-178	-£390	£5,180
21/01/2015	FTSE 100	LONG	6640	6728	86	£351	£5,717
21/01/2015	Russell 2k	LONG	1175	1166	-87	-£146	£5,570
20/01/2015	FTSE 100	LONG	6599	6620	20	£82	£5,365
16/01/2015	FTSE 100	SHORT	6444	6550	-107	-£334	£5,152
16/01/2015	Russell 2k	LONG	1167	1177	91	£131	£5,283
15/01/2015	FTSE 100	LONG	6465	6499	32	£59	£5,038
15/01/2015	Russell 2k	SHORT	1173	1155	183	£448	£5,486
14/01/2015	FTSE 100	SHORT	6522	6388	132	£454	£4,979
13/01/2015	FTSE 100	SHORT	6501	6542	-41	-£136	£4,570
13/01/2015	Russell 2k	LONG	1184	1181	-31	-£46	£4,524
12/01/2015	FTSE 100	LONG	6536	6501	-35	-£81	£4,662
12/01/2015	Russell 2k	SHORT	1183	1180	26	£44	£4,707
09/01/2015	FTSE 100	SHORT	6495	6501	-7	-£15	£4,744
07/01/2015	FTSE 100	LONG	6392	6420	26	£74	£4,724
07/01/2015	Russell 2k	LONG	1172	1176	32	£35	£4,759
05/01/2015	FTSE 100	LONG	6557	6476	-82	-£350	£4,650

Starting Bank

£5,000