

*** TAB Daily Tipping Sheet - 28 March 2026



Bipot, PA, Pick 6, Jackpot pools TODAY (pool closing times on left):

SOUTH AFRICA

VAAL

Close	Bet/Races	Cost	Leg 1	Leg 2	Leg 3	Leg 4	Leg 5	Leg 6	Leg 7
12:45	Bipot (2-7)	R432	2	1, 7	1, 2, 9	3, 4, 5, 6, 8, 10	1, 2, 6, 9	1, 2, 4	
13:20	PA (3-9)	R192	1	1, 2	3, 4, 5, 10	1, 2, 6, 9	1, 4	1	1, 3, 5
13:55	Pick 6 (4-9)	R2016	1, 2, 9	3, 4, 5, 6, 8, 10, 11	1, 2, 6, 9	1, 2, 4	1, 8	1, 3, 4, 5	
14:30	Jackpot 1 (5-8)	R576	3, 4, 5, 6, 7, 8, 10, 11, 12	1, 2, 6, 9	1, 2, 3, 4	1, 5, 6, 8			
15:05	Jackpot 2 (6-9)	R600	1, 2, 4, 5, 6, 9	1, 2, 3, 4, 5	1, 5, 6, 8	1, 2, 3, 4, 5			

INTERNATIONAL

DONCASTER

Close	Bet/Races	Cost	Leg 1	Leg 2	Leg 3	Leg 4	Leg 5	Leg 6	Leg 7
15:50	PA (2-8)	R64	3, 9	8, 12	1	2, 9	8, 9	2, 4	8, 12
17:32	Jackpot (5-8)	R243	2, 9, 12	1, 2, 3, 4, 5, 6, 7, 8, 9	2, 4, 7	5, 8, 12			

SOUTHWELL

Close	Bet/Races	Cost	Leg 1	Leg 2	Leg 3	Leg 4	Leg 5	Leg 6	Leg 7
19:30	PA (2-8)	R243	1, 2, 7	1, 2, 3	2	3	2, 4, 10	4, 5, 6	3, 5, 8
21:00	Jackpot (5-8)	R240	3	2, 4, 10	1, 2, 3, 4, 5, 6, 7, 8, 9, 10	1, 2, 3, 4, 5, 6, 7, 8			

JACKPOT QUICKMIXES

Close	Bets/Races	Cost	Leg 1	Leg 2	Leg 3	Leg 4	Leg 5	Leg 6	Leg 7
11:30	J Quickmix 1	R132	5, 8, 9	1, 2, 3, 4, 5, 6, 7, 8, 9, 10, 11	4, 5, 6, 8	1			
16:50	J Quickmix 2	R120	1, 2, 3, 4, 5, 6, 7, 8, 9, 10	1, 4, 9, 11	2, 9, 12	1			
18:10	J Quickmix 3	R198	1	1, 2, 3, 4, 5, 6, 7, 8, 9	1, 2, 3, 4, 5, 6, 7, 8, 9, 10, 11	1, 2			
19:00	J Quickmix 4	R99	1, 2, 3, 4, 5, 6, 7, 8, 9, 10, 11	4	5, 8, 12	1, 2, 7			

BIPO T QUICKMIX

Close	Races	Cost	Leg 1	Leg 2	Leg 3	Leg 4	Leg 5	Leg 6	Leg 7
15:40	BP 1 - 6	R243	1, 2, 4	3, 7, 9	1	1, 2, 3	8, 12, 16	1, 3, 12	

PLACE ACCUMULATOR QUICKMIX

Close	Bet/Races	Cost	Leg 1	Leg 2	Leg 3	Leg 4	Leg 5	Leg 6	Leg 7
16:15	PA (1-7)	R243	1	1, 2, 3	8, 12, 16	1, 3, 5	1, 4, 9	2, 9, 12	1

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TIPS for TAB TOP 7 meetings you can bet on with TAB today

VAAL		KEMPTON		SOUTHWELL		BEST BETS	
RACE	COMPUTAFORM	RACE	BIG BEN	RACE	BIG BEN		
1	1 WITHIN REACH 4 MOANA 2 DOESYOURMOTHERKNOW	1	8 GOLDEN REDEMPTION 9 I'M WORKIN ON IT 5 EMINENCY	1	2 WESTGATE WARRIOR 3 HERAKLES 1 WOODHAY WHISPER	SWINGER	
2	2 PRAYERSANDPROMISES 1 DEAR DOC 6 MEGA AWESOME	2	8 ANNIVERSARY 5 BELGRAVIAN 2 BRASIL POWER	2	7 AMELIA'S JOY 2 RUSHEEN BOY 1 KAMAWAY	VAAL	
3	1 WISPINTHEWILLOW 7 GREENANDGOLD 8 HUMAIRA	3	7 RESPOND 4 EL BURHAN 10 GAMRAI	3	2 TAMASHAL 1 DAGGER STRIKE 3 KANISHKA	Race 8: 1+8	
4	1 HIGHWAYMAN HARRY 2 HAMMER BLOW 9 GEOSTORM	4	11 SURVIE 4 CATHEDRAL 9 PINA SONATA	4	2 AQPAN 6 AURA CHAMPAGNE 3 AY UP DUCK	DONCASTER	
5	3 THE LAST DUKE 4 GIMMETHEGOODLIFE 5 THE SPECIALIST	5	6 SPINNING LIZZIE 3 ESKIMO PIE 1 ELLUSIVE BUTTERFLY	5	3 GOLDEN MUSE 5 LA TOSCA 6 LITTLECOTE	Race 1: 1x4	
6	2 FRANGIPANI 9 MOCHA FRAPPE 1 UNSOLVED RIDDLE	6	3 KING'S TRAIL 4 SIN CITY 5 ARCHER ROYAL	6	4 BALQAA 10 REGAL GLORY 2 SHABU SHABU	QUARTET	
7	1 CHRONICLE KING 4 DON'T CRY FOR ME 2 DANCE KING	7	4 DURHAM CASTLE 1 FAST TRACK HARRY 3 KNEBWORTH	7	4 JACK ANDREA 5 CEZARRO 6 HIGHFIELD COMRADE	VAAL	
8	1 PRECOCIOUS 8 MYSTICAL MISS 5 BOSUM BUDDY	8		8	3 ROARING RALPH 5 DANEHILL STAR 8 BACK FROM DUBAI	Race 9: Float 1+3 with 2+4+5	
9	1 BLINDFIRE 3 TEMPRANILLO 5 KIA KAHA	9		9		DONCASTER	
DONCASTER		MEYDAN		UTTOXETER		Race 4: BANKER 1 x 2, 3, 4, 5	
RACE	BIG BEN	RACE	THE WIZARD	RACE	BIG BEN		
1	4 BLIXEN FORCE 1 A BEAR AFFAIR 7 DANCE A JIG	1	2 MURAAD 8 VIZHIR 3 FIRST CLASS	1	4 FOND FAREWELL 6 SACCARY 5 LAPLANDER	Bet TAB – you always get the full payout!	
2	9 MONTASSIB 3 SPYCATCHER 7 JASOUR	2	1 COMMISSIONER KING 7 DAVID OF ATHENS 9 DIAMOND DEALER	2	3 INISHCORKER 5 SOLID PERFORMER 4 LIMERICK STAR		
3	12 MEZCALA 8 DESPERATE DAN 16 LIR SPECIALE	3	4 CABALLO DE MAR 10 FAIRY GLEN 1 AL RIFFA	3	7 BLUE MARVEL 6 NO NO FIZZ 2 MERMAIDS CAVE		
4	1 DOCKLANDS 3 QIRAT 5 VOLTERRA	4	3 SIX SPEED 1 PYROMANCER 5 SALLOOM	4	5 AS LEGENDS HAVE IT 1 DAYTIME DREAMING 3 CAUGHTINYOURTRANCE		
5	2 LA BOTTE 9 ETERNAL FORCE 12 ROGUE DIPLOMAT	5	3 LUGAL 1 LAZZAT 2 REEF RUNNER	5	7 BANK ON FRANK 6 THE LONG POINT 1 TAITA HILLS		
6	9 VALENDAY 8 TURTY TREE 2 HIGH STORM	6	1 BENTORNATO 4 EL NASSEEB 9 AMERICAN STAGE	6	3 LIBRE DE CHOEUR 5 OH MY JOHNNY 1 GOODWIN		
7	2 MAO SHANG WONG 4 BOWNDER 7 UP THE JAZZ	7	1 OMBUDSMAN 2 GAIA FORCE 3 QUDDWAH	7	7 SEVEN AIRS 1 MOORE BRION 2 BARON DU BRIZAIS		
8	12 HASHTAGNOTIONS 8 GOLSPIE 5 ENDLESS WHISPER	8	1 CALANDAGAN 3 GIAVELLOTTO 2 ETHICAL DIAMOND	8			
9		9	2 MAGNITUDE 1 FOREVER YOUNG 4 MEYDAAN	9			

= BEST BET = BEST VALUE BET • Selections above supplied by independent tipsters in SA and internationally

TAB brings you the best racing daily – bet on it with TAB from 04:30 until late at night daily!

