

Portfolio Manager: Julian Dean-Brown

Portfolio Position

Date	Change in Portfolio Value	Mark to Market Equity	Net Profit and Loss	Maintenance Margin	Available Funds
2024-10-01	\$ 135	\$ 14,446	\$ 63	\$ 615	\$ 13,215
2024-09-24	\$ 0	\$ 14,311	\$ 0	\$ 0	\$ 14,311
2024-09-17	\$ 335	\$ 14,311	\$0	\$0	\$ 14,311
2024-09-10	\$ 3	\$ 13,976	\$ 9	\$ 435	\$ 13,109
2024-09-03	\$ 803	\$ 13,973	\$0	\$0	\$ 13,973
2024-08-27	\$ 97	\$ 13,170	\$ 98	\$ 1,229	\$ 10,712
2024-08-20	\$ 0	\$ 13,073	\$0	\$0	\$ 13,073
2024-08-13	\$ 861	\$ 13,073	\$ 0	\$ 0	\$ 13,073
2024-08-06	- \$ 53	\$ 12,212	- \$ 189	\$ 681	\$ 10,847
2024-07-30	- \$ 178	\$ 12,265	\$ 68	\$ 303	\$ 11,656
2024-07-23	\$ 23	\$ 12,443	\$ 246	\$ 303	\$ 11,835
2024-07-02	\$ 272	\$ 12,420	\$ 223	\$ 303	\$ 11,812
2024-06-25	- \$ 170	\$ 12,148	\$ 45	\$ 435	\$ 11,278
2024-06-18	- \$ 26	\$ 12,318	\$ 213	\$ 435	\$ 11,447
2024-06-11	\$ 995	\$ 12,344	\$ 448	\$ 704	\$ 10,938
2024-05-28	- \$ 1	\$ 11,349	- \$ 57	\$ 920	\$ 9,505
2024-05-21	\$ 54	\$ 11,350	- \$ 57	\$ 469	\$ 10,411
2024-05-14	- \$ 111	\$ 11,296	- \$ 110	\$ 269	\$ 10,757
2024-05-07	\$ 0	\$ 11,407	\$ 0	\$0	\$ 11,407

Trading for an Ultra

When we think of endurance sport, we immediately think of the elite. Farah, Kipchoge, Walmsley and co, breaking the tape and taking in the glory. What we possibly don't see are the thousands of amateurs who follow in their footsteps. Those with other jobs, families, and "real world" commitments that mean they will never have the freedom to put everything into the pursuit of the win. These people do, however, go through all the exact same processes as those who go home via the podium. They wake up early, run their laps, run long, run easy, and on the morning of the race pin on every bit the same race numbers as the elite.

That parallel is sure enough there to be found in the world of investment trading too. While there are those people out there with millions in spare change lying around, who go out giving speeches on what "success" is, there are those of us out there who go through all of the same steps in the dark rather than the limelight, plying our trade over vast periods of time with the shared goal of growth and improvement. If you are one of those people, we like to think you've come to the right place.

Of the portfolios I've worked on and traded, I started this one on Plus500 with a starting balance of \$1600, and at a time where trading financial markets was far from being an all-consuming goal. In the year and a half since then, it's grown to a value of \$9400 (with a few peaks and troughs, granted), and in that time I've worked in other industries, pursued my sporting goals, and done my own laundry along the way. And the way I've grown that portfolio is by following the same processes as we recommend all our other subscribers do.

Every morning, I skim through the signals, sift through the graphs and adjust my levels. Rinse. Repeat. The goal of this journal is to show the growth that a "part timer" can achieve from a relatively humble beginning/starting fund, and allow others in that same position to follow along in real time to see what goes on in the world of a trader.

The nuts and bolts: we have all used Plus500 as a result of its transparent billing and payment terms and its real-time deposit/withdrawal facility. Portfolio was opened on 27 October 2022.



Open Positions

Strategy	Instrument Name	Buy or Sell	Open Date	Open Level	Target Level	Position amount Leverage	Current Level	Net Profit / Loss	Performance Check	Course of Action
CADJPY	Canadian Dollar - Japan Yen	Buy	27 Sep 2024	106.000	108.200	CAD 10 500 @ 1:20	106.260	\$ 20.20	Strategy running in some early profit, no cause for concern or need for any intervention.	Maintain existing levels/positions
EURJPY	Euro - Japan Yen	Buy	27 Sep 2024	158.998	162.000	EUR 10 000 @ 1:30	159.359	\$ 26.50	Strategy running in some early profit, no cause for concern or need for any intervention.	Maintain existing levels/positions
USDJPY	United States Dollar - Japan Yen	Buy	24 Sep 2024	143.877	146.750	USD 8 000 @ 1:30	143.725	- \$ 4.10	Strategy as a whole running in some early profit, no cause for concern or need for any intervention.	Maintain existing levels/positions
USDJPY	United States Dollar - Japan Yen	Buy	24 Sep 2024	143.481	146.500	USD 10 000 @ 1:30	143.725	\$ 22.40	Strategy as a whole running in some early profit, no cause for concern or need for any intervention.	Maintain existing levels/positions

Recently Closed Positions

Strategy	Instrument Name	Buy or Sell	Open Date	Position amount Leverage	Close Date	Open Level	Close Level	Net P L	Close Reason
AUDJPY	Australian Dollar - Japan Yen	Buy	20 Aug 2024	AUD 9 000 @ 1:20	02 Sep 2024	98.490	99.490	\$ 65.00	Profit call
AUDJPY	Australian Dollar - Japan Yen	Buy	21 Aug 2024	AUD 15 000 @ 1:20	02 Sep 2024	97.850	99.000	\$ 123.30	Profit call
CADJPY	Canadian Dollar - Japan Yen	Buy	20 Aug 2024	CAD 13 500 @ 1:20	30 Aug 2024	106.800	108.500	\$ 161.10	Profit call
EURMXN	Euro - Mexico New Peso	Sell	04 Sep 2024	EUR 9 750 @ 1:20	13 Sep 2024	22.073	21.550	\$ 261.60	Profit call
EURMXN	Euro - Mexico New Peso	Sell	03 Sep 2024	EUR 6 000 @ 1:20	12 Sep 2024	21.850	21.600	\$ 76.40	Profit call
NZDJPY	New Zealand Dollar - Japan Yen	Buy	20 Aug 2024	NZD 17 000 @ 1:20	29 Aug 2024	89.350	90.500	\$ 142.10	Profit call
USDJPY	United States Dollar - Japan Yen	Buy	20 Aug 2024	USD 5 000 @ 1:30	02 Sep 2024	146.186	146.975	\$ 31.70	Manual close
USDJPY	United States Dollar - Japan Yen	Buy	20 Aug 2024	USD 12 000 @ 1:30	02 Sep 2024	145.750	146.974	\$ 111.50	Manual close
USDJPY	United States Dollar - Japan Yen	Buy	21 Aug 2024	USD 15 000 @ 1:30	02 Sep 2024	144.500	146.980	\$ 265.30	Manual close
USDJPY	United States Dollar - Japan Yen	Buy	24 Sep 2024	USD 5 000 @ 1:30	27 Sep 2024	144.194	146.262	\$ 71.35	Profit call

Orders Carried Over



Strategy	Instrument Name	Buy or	Order Date	Open Level	Target Level	Position	Current Level	Performance Check	Course of Action
		Sell				Amount			
						Leverage			

New Strategy Identification

Strategy	Instrumetn Name	Buy or Sell	Strategy Origin (Date)	Trade rating guidance AA AAA	Wise Owl rank 90 100	Factor324 ideal 170 (85 Acceptable)		9 vs 21 day (3 closing above 9 day)	Course of Action	New order level	Target level	Position amount leverage
AUDCHF	Australian Dollar - Switzerland Franc	Buy	Daily Fx Report 6/08	С	30	0	100		Remove from watchlist.			
AUDJPY	Australian Dollar - Japan Yen	Buy	Daily FX1 Report 10/09	В	50	-85	-99		Keep on watchlist			
CHFNOK	Switzerland Franc - Norway Krone	Sell	Daily FX1 Report 10/09	A	50	85	99		Remove from watchlist.			
EURGBP	Euro - United Kingdom Pound	Buy	Daily FX1 Report 1/10	С	30	0	-100		Add to watchlist			
EURMXN	Euro - Mexico New Peso	Sell	Daily FX 1 Report 1/10	AA	75	170	99		Add to watchlist			
GBPJPY	United Kingdom Pound - Japan Yen	Buy	Daily FX1 Report 10/09	С	50	-85	-88		Keep on watchlist			
NZDJPY	New Zealand Dollar - Japan Yen	Buy	Daily FX2 Report 10/09	В	50	-85	-94		Keep on watchlist			
PALL.C	Palladium	Sell	Daily FX3 Report 17/09	С	30	85	68		Add to watchlist			
USDCHF	United States Dollar - Switzerland Franc	Buy	Daily FX2 Report 1/10	AA	60	-170	-99		Add to watchlist			
USDSGD	United States Dollar - Singapore Dollar	Sell	Daily ComFX2 Report 6/08	С	30	0	99		Remove from watchlist.			
USDSGD	United States Dollar - Singapore Dollar	Buy	Daily FX2 Report 1/10	С	50	0	-100		Add to watchlist			