

Portfolio Manager : Julian Dean-Brown

Portfolio Position

Date	Change in Portfolio Value	Mark to Market Equity	Net Profit and Loss	Maintenance Margin	Available Funds
2025-03-18	\$ 645	\$ 16,700	\$ 67	\$ 558	\$ 15,582
2025-03-11	\$ 440	\$ 16,055	- \$ 417	\$ 706	\$ 14,643
2025-03-04	- \$ 615	\$ 15,615	- \$ 375	\$ 1,292	\$ 13,024
2025-02-18	\$ 480	\$ 16,230	\$ 332	\$ 907	\$ 14,416
2025-02-11	\$ 845	\$ 15,750	\$ 307	\$ 1,418	\$ 12,914
2025-01-28	\$ 0	\$ 14,905	\$ 0	\$ 0	\$ 14,905
2025-01-21	\$ 0	\$ 14,905	\$ 0	\$ 0	\$ 14,905
2025-01-14	\$ 78	\$ 14,905	\$ 0	\$ 0	\$ 14,905
2024-12-10	- \$ 24	\$ 14,827	- \$ 419	\$ 1,088	\$ 12,650
2024-12-03	- \$ 165	\$ 14,851	- \$ 396	\$ 1,088	\$ 12,675
2024-11-26	\$ 86	\$ 15,016	- \$ 189	\$ 878	\$ 13,260
2024-11-12	- \$ 59	\$ 14,930	- \$ 189	\$ 444	\$ 14,040
2024-11-05	- \$ 103	\$ 14,989	- \$ 130	\$ 230	\$ 14,529
2024-10-29	- \$ 28	\$ 15,092	- \$ 27	\$ 230	\$ 14,632
2024-10-22	\$ 0	\$ 15,120	\$ 0	\$ 0	\$ 15,120
2024-10-15	\$ 0	\$ 15,120	\$ 0	\$ 0	\$ 15,120
2024-10-08	\$ 674	\$ 15,120	\$ 0	\$ 0	\$ 15,120
2024-10-01	\$ 135	\$ 14,446	\$ 63	\$ 615	\$ 13,215
2024-09-24	#Error	\$ 14,311	\$ 0	\$ 0	\$ 14,311

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
AUDJPY	Australian Dollar - Japan Yen	Buy	20 Feb 2025	95.650	97.000	AUD 16 000 @ 1:20	95.340	- \$ 22.60	New trade, and it has taken a sharp regression since being opened. Investigating intervention methods is in order. Upon examining our indicators, we see our trendsum has started breaking down again and is sitting @ -30 after we executed the trade wit	Maintain existing levels/positions.
AUDSGD	Australian Dollar - Singapore Dollar	Buy	28 Jan 2025	0.845	0.855	AUD 10 000 @ 1:20	0.848	\$ 20.80	Trdaes previously running in profit, have now regressed and are running small (but meaningful) losses. For now we can leave the trade, but we track the instrument closely for opportunities to add a covering trade e.g. when the trandsum breaks out of	Maintain existing levels/positions.
AUDSGD	Australian Dollar - Singapore Dollar	Buy	29 Jan 2025	0.841	0.860	AUD 15 000 @ 1:20	0.848	\$ 68.30	Trdaes previously running in profit, have now regressed and are running small (but meaningful) losses. For now we can leave the trade, but we track the instrument closely for opportunities to add a covering trade e.g. when the trandsum breaks out of	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
AUDCAD	Australian Dollar - Canadian Dollar	Buy	04 Feb 2025	AUD 16 000 @ 1:20	06 Mar 2025	0.895	0.910	\$ 156.49	Profit call
AUDUSD	Australian Dollar - United States Dollar	Buy	28 Jan 2025	AUD 8 000 @ 1:30	14 Feb 2025	0.625	0.635	\$ 78.51	Profit call
AUDUSD	Australian Dollar - United States Dollar	Buy	03 Feb 2025	AUD 12 000 @ 1:30	11 Feb 2025	0.610	0.630	\$ 236.60	Profit call
CHFJPY	Switzerland Franc - Japan Yen	Buy	20 Feb 2025	CHF 8 000 @ 1:20	18 Mar 2025	166.760	170.002	\$ 157.82	Profit call
EURUSD	Euro - United States Dollar	Buy	28 Jan 2025	EUR 8 000 @ 1:30	14 Feb 2025	1.043	1.050	\$ 40.09	Profit call
EURUSD	Euro - United States Dollar	Buy	02 Feb 2025	EUR 12 000 @ 1:30	05 Feb 2025	1.024	1.043	\$ 224.50	Profit call
GBPJPY	United Kingdom Pound - Japan Yen	Buy	20 Feb 2025	GBP 10 000 @ 1:20	05 Mar 2025	188.990	192.001	\$ 210.87	Profit call

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
NZDCAD	New Zealand Dollar - Canadian Dollar	Buy	10 Feb 2025	NZD 15 000 @ 1:20	05 Mar 2025	0.808	0.820	\$ 123.70	Profit call
NZDUSD	New Zealand Dollar - United States Dollar	Buy	28 Jan 2025	NZD 10 000 @ 1:30	20 Feb 2025	0.566	0.575	\$ 85.81	Profit call
USDCHF	United States Dollar - Switzerland Franc	Sell	02 Feb 2025	USD 10 000 @ 1:30	14 Feb 2025	0.915	0.900	\$ 146.19	Profit call

Orders Carried Over

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

Strategy	Instrument Name	Buy or Sell	Strategy Origin (Date)	Trade rating guidance AA AAA	Wise Owl rank 90 100	Factor324 ideal 170 (85 Acceptable)	Defcon index levels (95 or 100)	9 vs 21 day (3 closing above 9 day)	Course of Action	New order level	Target level	Position amount leverage
CHFSEK	Switzerland Franc - Sweden Krona	Buy	Daily Fx1 Report 18/02		50	-85	-96		Execute buy order.	11.33	11.5	CHF 15 000 @ 1:20
EURAUD	Euro - Australian Dollar	Sell	Daily Fx1 Report 10/03		50	85	100		Keep on watchlist.			
EURHUF	Euro - Hungary Forint	Buy	Daily Fx1 Report 18/02		30	0	94		Execute buy order.	392	398	EUR 15 000 @ 1:20
EURSEK	Euro - Sweden Krona	Buy	Daily Fx1 Report 18/02		50	-85	99		Execute buy order.	10.85	11.1	EUR 15 000 @ 1:20
EURSGD	Euro - Singapore Dollar	Sell	Daily Fx1 Report 18/03		30	0	99		Add to watchlist.			
GBPSEK	United Kingdom Pound - Sweden Krona	Buy	Daily Fx2 Report 18/03		50	0	-98		Add to watchlist.			
SEKNOK	Sweden Krona - Norway Krone	Sell	Daily Fx1 Report 10/03		60	85	100		Remove from watchlist.			
USDHUF	United States Dollar - Hungary Forint	Buy	Daily Fx1 Report 10/03		50	-85	-93		Keep on watchlist.			
USDSEK	United States Dollar - Sweden Krona	Buy	Daily Fx1 Report 10/03		50	-85	-99		Keep on watchlist.			