



## BHA DEVELOPMENT AWARD WINNER

### ELISHA WHITTINGTON



**Age:** 26

**Based:** Newbury

**Race Riding Career:** 778 Rides, 48 Winners

**Personal Development Highlights:** Elisha's Personal Development plan challenged herself to break out of her usual routine and try something new wherever possible. She plays the piano, enjoys interior design, DIY, pottery and fishing and has recently set up her own hair extensions business to do alongside her riding. She also enjoys skipping to music and this is a large part of her social media content. She attended the Jockey Ambassador training programme in Newmarket and has volunteered at local schools to advertise the career paths within the racing industry and has raised nearly £200,000 for MND Association.

**Elisha said:** "I am really fortunate to travel to other countries riding and representing British racing though I think having other interests outside of racing is really important. I love volunteering at local schools to talk about the careers available, though I also enjoy having things completely unrelated. I am dedicated to my fitness and my career though just love helping other people whenever and wherever I can. I enjoy helping

people feel more confident about themselves with the hair extension training I completed, and I am excited for my future adventures.”

**JETS Support/Training Courses:**

- Communication and Media training
- JETS and GBR Jockey Ambassador Training
- Hair extension training



**IJF PROGRESS AWARD WINNER  
ALAN JOHNS**



**Age:** 35

**From:** Cardiff

**Dual Career:** Media

**Race Riding Career:** Alan has been riding for ten years and has had over 2000 rides and 200 winners including at the Cheltenham Festival, many for Tim Vaughan.

**Career Development:** Having a long-standing interest in communication and storytelling, Alan has spent the last two years advancing his media career alongside his riding. Two key events confirmed the direction he wanted to go in when he organised the first Welsh Jump Jockeys Derby where he scripted and produced a promotional video which was well received. He also attended a Jump Jockey

Ambassador Training course and was then invited by the Jockey Club to create a weekly video series for their social channels. With the help of JETS he has done a number of media training sessions to hone his skills both in front of and behind the camera, gaining a greater understanding of the broader media landscape and what content works well on different platforms. He has been proactive in creating opportunities and developing contacts in the media role and devising new ideas to broaden racing's appeal to new audiences both on TV and on social media.

**Alan said:** "During my first 10 years in racing, I didn't have a clue what I wanted to do afterwards. However, in the past two years, I've found my direction and put tremendous effort into pursuing a career in media. JETS has been pivotal in shaping my progress. Phil's advice has ranged from course recommendations to broader professional guidance, all of which have helped provide me with the skills and confidence to advance my media ambitions and continue my progress."

"Balancing my riding career while building a new one has proved difficult, but I've approached it with energy and determination which I hope will make my transition into another career successful."

**JETS Support/Training Courses:** JETS consultation, Training advice, Career Guidance. Jump Jockey Ambassador Training, Chamberlin Sports media training. Drone Training. Media & Interview techniques with Jon Bacon and Lydia Hislop. one service offering fitness advice, nutrition and skin treatments. I am really excited for what the future holds as a result of my training."



**THE JOCKEY CLUB ACHIEVEMENT AWARD WINNER 2024**

## SAM WELTON



**Age:** 34

**From:** York

**Second Career:** Civil Engineering

**Race Riding Career:** Sam rode as an amateur for three years and then as a Conditional for four years with around 50 rides and 5 wins in total. He went to France and also rode for Charlie Mann and David Pipe before he returned to Yorkshire where he rode for David Barron before he moved on to horse transport and pre-training.

**Career Development:** When Sam retired from race riding, he explored different careers in the racing industry but wanted to find something more sustainable which could open up a bigger range of career options. He had a long standing interest in the environment as well as construction in general and, in consultation with JETS, decided to pursue a Bachelors degree in Structural and Civil Engineering. He first had to complete an Access to Science course and after 5 years of study, assisted by a JETS scholarship, he graduated in 2023 with a 2:1 degree. He now works as a Site Manager for JN Bentley working on a £19m scheme in Harrogate. He has ambitions to take on a contract managerial role and is working towards chartership with the Institute of Chartered Engineers and possibly using his skills to pursue construction work within the racing and equestrian industries.

**Sam said:** “JETS have been an excellent support to me, leaving racing was a total lifestyle change and Lisa and Phil are always on the end of the phone for advice and assistance not only with academia and funding but also as listening ears in times of personal crisis too. I hope that my career journey can show others that through hard work and commitment we can all achieve and that we don't have to have done well in school or have had any academic prowess to embark on a journey of learning.”

**JETS Support/Training Courses:** JETS consultation, Training advice, Career Guidance, CV Preparation, Interview Technique. Masters in Civil Engineering, LGV Class 2.