



BHA DEVELOPMENT AWARD FINALISTS 2024

FRED DALY – Apprentice Jockey

MIA NICHOLLS – Apprentice Jockey

ELISHA WHITTINGTON – Apprentice Jockey

1. FRED DALY

Age: 22

Based: Cambridgeshire

Race Riding Career: 32 Rides, 3 Winners



Personal Development Highlights: Fred suffered some stress fractures in his lumbar spine shortly after being licensed. He saw this as an opportunity and utilised all aspects of the support available. Using Peter O’Sullivan House, the Injured Jockeys Fund rehabilitation centre in Newmarket, Fred utilised ice baths, the hydro pool, physiotherapy, the nutrition and the gym teams, which saw him return to work only 94 days later. He completed Media Training and accessed the £250 JETS Personal Development Grant to help pay towards the cost of driving lessons.

Fred said: “I was already engaged with my jockey coach and POSH, the IJF rehabilitation centre in Newmarket, prior to my injury however, the support I received during my injury was outstanding. I engaged with absolutely everything possible to

help myself physically and mentally. I was really keen to give something back and show my appreciation for the assistance I received. I volunteered to help sell merchandise on IJF stands at local Point to Points and ran the 'Big Half' in London for charity."

JETS Support/Training Courses:

- Presentation, Communication and Media Training
- JETS £250 Personal Development Grant – driving lessons

2. MIA NICHOLLS

Age: 20

Based: Oxford

Race Riding Career: 298 Rides, 28 Winners



Personal Development Highlights: Mia completed all her initial goals set out in her Personal Development Plan and continues to set goals for the future. Mia would like to be Champion Apprentice and is working extremely hard to achieve this. Mia attended the Jockey Ambassador Training two day programme in Newmarket hosted by JETS and GBR and feels that this gave her the confidence to increase her media presence and increase the content posted on her social media channels.

Mia said: "My background in gymnastics means I engaged in a professional athlete mentality from even before I was licensed as a jockey. Through my social media, I feel that there is an opportunity to promote myself as a jockey and as a person, promote my hard work in the gym and advertise myself as a professional athlete more than ever before. I think people are seeing many sides to jockeys and, going forward, we should embrace that."

JETS Support/Training Courses:

- JETS and GBR Ambassador Training – Newmarket

3. 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 FINALISTS 2024

ALAN JOHNS – Media

PAULA MUIR – Dog Grooming

RYAN TIMBY – NHS

1. 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.

2. PAULA MUIR

Age: 30

From: Thirsk

Dual Career: Dog Grooming



Race Riding Career: Paula has ridden as a Flat jockey for ten years, first as an Apprentice and then Claiming professional with 1160 rides and 83 winners with notably ten of those coming aboard The Armed Man for Chris Fairhurst.

Career Development: With a love for working with animals and using her experience riding horses and bringing pleasure to owners, Paula has chosen a career in dog grooming, eventually wanting to go on and run her own business in an industry which is growing year on year. In consultation with JETS and her PDM Phil Kinsella, Paula has been able to plan out what courses she's needed to do and manage them alongside her riding commitments. She is currently completing her Level 2 Professional Dog Grooming course at East Durham College and now has a dual career aim of qualifying as a Dog Groomer as well as riding out her claim as a Professional jockey. As well as running her own salon she also hopes one day to take part in competitive dog grooming events and is looking forward to being in charge of her own business to fit around other life commitments.

Paula said: "I am motivated and determined that this will be a career/business that sets me up for life. In a similar way to racing, by taking care of the welfare of an animal and having owners fully trusting you and interacting with those owners, I see dog grooming as a really satisfying career path. I feel proud of myself that I finally took the leap to pursue a different career."

JETS Support/Training Courses: JETS consultation, Training advice, Career Guidance. Job Search assistance. Level 2 Dog Grooming Assistant and Introduction to Dog Grooming. Lashes Technician.

3. RYAN TIMBY

Age: 32

From: Malton

Second Career: NHS (Facilities Operator, Phlebotomy & Aesthetics practitioner)



Race Riding Career: Despite living with Cystic Fibrosis, Ryan rode as an Apprentice jockey and had 53 rides and one winner.

Career Development: With the NHS playing such an important role in Ryan's life growing up with Cystic Fibrosis, he had always hoped to find a role there himself having experienced first-hand what a difference the nurses and people around the hospitals make to the patients and wanting to have the same positive impact on people in his work. After investigating different career paths with the help of Phil, he has used JETS funding to become a qualified phlebotomist and trained as an aesthetics practitioner, both requiring the use of needles, which he is doing alongside his day job as a facilities operator within the NHS at Malton hospital. With these qualifications, he hopes to eventually grow his aesthetics work into a business, helping others feel more confident in their appearance and also practice phlebotomy within the NHS.

Ryan said: "I get such a deep sense of achievement currently working in the NHS and just adore helping people in whatever area my job takes me to on that day. I would like to complete a nutrition course and still hope to complete a personal training qualification so long term I can bring together all of my experience and training into one service offering fitness advice, nutrition and skin treatments. I am really excited for what the future holds as a result of my training."

JETS Support/Training Courses: JETS consultation, Training advice, Career Guidance. Job Search assistance. Door Supervisor Training. Basic Phlebotomy Training. Aesthetics Practitioner Training.



THE JOCKEY CLUB ACHIEVEMENT AWARD FINALISTS 2024

MEGAN CARBERRY – Physiotherapy

KATIE O'FARRELL – Sports Psychology

SAM WELTON – Civil Engineering

1. MEGAN CARBERRY

Age: 30

From: Co.Meath, Ireland

Second Career: Physiotherapy



Race Riding Career: Megan rode 39 winners both on the Flat and over Jumps. She was Yorkshire Champion Apprentice and her biggest Flat win was on her first ride at York aboard Totalize for Brian Ellison. As a Conditional, her biggest win came on her favourite horse Dominada again for Ellison.

Career Development: Megan is a qualified Physiotherapist working with the Health Service Eire (HSE), After suffering injuries herself and receiving treatment at Jack Berry House, it sparked an interest in the whole rehabilitation process and with the help of a JETS scholarship and guidance on the most suitable courses, she completed a BSc degree course and then successfully gained a class 1 Masters degree in Sport and Exercise Therapy at St John University in York. She also carried out a two year placement at Jack Berry House which she managed alongside riding out and is now using all the experience and knowledge gained in her current role based in Ireland and is hoping to work within the racing industry in Ireland as her career develops.

Megan said: “All I have done since leaving school in 2011 is ride horses, so I found the prospect and the process of applying to university quite daunting but I’ve shown that with determination you can achieve anything in life especially when I’ve had to balance having a baby in my second year, family life, study and work over the past 5 years, still completing courses to date. Luckily I’m now in a sustainable career and am also hoping I can give back to the racing industry through my work.”

JETS Support/Training Courses: JETS consultation, Training advice, Career Guidance, CV Preparation, Recruitment/Work Placement. Bsc & Masters Degrees in Sports and Exercise Therapy MSc (Hon).

2. KATIE O’FARRELL

Age: 34

From: Co.Kilkenny, Ireland

Second Career: Sports Psychology



Race Riding Career: Katie rode for eleven years initially as an amateur before turning professional in late 2015 riding in Ireland and England. She had almost 500 rides in total across both licences with a total of 38 winners. Her biggest wins came aboard Low Sun trained by Willie Mullins and owned by Rich Ricci.

Career Development: Katie worked with a sport psychologist during her own career and developed an interest in how psychology can equip athletes with the skills to cope with challenges they face. During time off injured she consulted with JETS about further education and new pathways which led her to complete a Masters Degree in Sport and Exercise Psychology when she returned to Ireland after ending her riding career. Now qualified, she is working in a number of different roles across different sports and regularly attends research conferences in order to broaden her horizons and is now in a position where she can work in racing to improve jockey well-being, as well as furthering her knowledge and skills as a researcher.

Katie said: “It is hard to articulate how great a challenge it is to move away from a sport you love but I’m feeling very proud of my progress over the last two years and for holding strong through the uncertainty of change and the urge to return to what is familiar. I am enjoying combining my research whilst also working with major clubs and teams in GAA, swimming, and football and feel really excited about my future.”

JETS Support/Training Courses: JETS consultation, Training advice, Career Guidance. MSc in Applied Sport & Exercise Psychology.

3. 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.