

## DATES FOR THE DIARY

### LISA & PHIL ON COURSE

Jan 15 Wolverhampton (Phil)  
 Jan 16 Ludlow (Lisa)  
 Jan 23 Wetherby (Lisa & Phil)  
 Jan 31 Chepstow (Lisa)  
 Jan 31 Catterick (Phil)  
 Feb 6 Doncaster (Phil)  
 Feb 07 Kempton (Lisa)  
 Feb 12 Wetherby (Phil)  
 Feb 20 Sedgefield (Phil)  
 Feb 20 Southwell (Lisa)  
 Feb 27 Newcastle (Phil)  
 Feb 28 Newbury (Lisa)

### JETS DROP IN SESSIONS

#### Mondays 2-4pm

Lisa is at Oaksey House

#### Mondays 12 - 4pm

Phil is at Jack Berry House

Lisa will be at Peter

O'Sullivan House on

January 15 and February 12

### MEDIA TRAINING DAYS

14th January

Oaksey House, Lambourn

29th January

The Saddle Room, Middleham

25th February

POSH, Newmarket

Please contact Phil if you'd like to sign up for any of these dates.

### UPCOMING TRAINING COURSES

#### Feb 1-7

The Racing Industry Course TRIC (BRS)

#### Feb 10 - 14

Trainers Module 1 (BRS)

#### Feb 25 - 27

Racing Secretaries Course (BRS)

#### Mar 2 - 6

Trainers Module 2 (BRS)

#### Mar 10 - 12

Assistant Trainers Course (NHC)

#### Mar 17 - 18

Racing Secretaries Course (NHC)

#### Mar 23 - 26

Trainers Module 3 (BRS)

>> Don't forget that JETS can help you find the best course for you across any sector you're interested in so please get in touch to discuss further.

## NEW FORMAT MEDIA TRAINEESHIP

With so many jockeys interested in both pursuing careers in media and generally increasing their media experience, we decided to change the format of the RMG media traineeship to allow more jockeys to take part over a much shorter period to allow for their schedules. As a result, Racing TV were able to invite 17 former and current jockeys to their Ealing studios for a two day 'behind the scenes' introduction to some of the key aspects of media presenting and production as well as the opportunity to appear on the channel.

The jockeys received a tour of the studios before watching the production from each of the individual gallery positions. They also received coaching in presenting with Racing TV presenters Tom Stanley and Richard Hoiles. Combined with the studio experience, the jockeys then each had the chance to take part on Racing TV's racecourse productions, either trying their hand at presenting or working behind the camera.



“The new format for the RMG-JETS Training Course has worked well and hopefully has offered a rounded overview of what goes into a horseracing broadcast while offering a taste of what it's like to contribute to a live broadcast from the studio. We have been very impressed with the contributions the jockeys have made which will enhance Racing TV's relationship, and the media in general, with jockeys past and present, while potentially unearthing pundits or presenters for the channel.”

Seb Vance, Racing TV Director of Communications

“I was fascinated by all the behind the scenes preparation that goes into every production. I've always been interested in the media side of racing and how it can be used to attract new people to the sport and hopefully the insight I gained will stand me in good stead for the future.” Will Kennedy

“The training allowed me to see a completely different side to racing and I found it very interesting and enjoyable and the team were extremely welcoming. I particularly enjoyed the day on the racecourse and have since done a talk at Musselburgh where I felt much more comfortable speaking in front of people thanks to the media training.” Finian O'Toole



## SWITCHING SADDLES

### Jockey Story Case Study: Wilson Renwick

Former Jump Jockey Wilson Renwick rode over 450 winners before he was seriously injured in a fall at Market Rasen in 2015. Unfortunately, due to nerve damage in his arm he was not able to return to race riding. He had not given any thought to what he would do after riding but fell into professional cycling after he'd taken it up to maintain his fitness whilst injured.

Using connections he made through cycling competitions he has ridden for two professional cycling teams and was Scottish Time Trial Champion in 2017 and won the yellow jersey in the 2019 Tour de Guyana.

With the support of JETS he has gained his coaching qualifications and now has six cyclists on his books and JETS has also funded a Bike Repair course. Wilson is also developing some accommodation so in the summer, he can run cycling holidays from his home near Inverness. Commenting on his transition from racing he said, "The coaching has given me a lot of satisfaction to see the guys I coach having success. I wish I'd used JETS more when I was riding as everyone has to stop someday and when it's not on your own terms it's even tougher if you haven't planned ahead a bit."

>> For more on Wilson's story as well as a range of other case studies, visit 'Jockey Stories' on our website. >>

## FIVE YEAR FUNDING BOOST FOR JOCKEYS

Along with the PJA and IJF, we are delighted to have recently secured a tripartite five year grant from the Racing Foundation worth £2.3 million. The funding will allow us to build on the work already done to support jockeys in the areas of Jockey Coaching, Mental Health and Nutrition. The funding will secure the future of the roles of Coaching Development Manager Kevin Darley and Personal Development Manager Phil Kinsella and help build on the progressive working environment in which jockeys are regarded as elite athletes, comparable to other professional sports. >> Further details on precisely how the grant will help jockeys can be found in the News section of our website. >>



**NEW!** With the opening of Peter O'Sullivan House, Newmarket-based jockeys now have access to a host of world class facilities and services including advice and support from JETS. Lisa and Phil will be running drop in sessions at least once a month so keep an eye on Twitter for dates.



# RICHARD DAVIS

We were delighted to be joined by so many supporters of JETS at Cheltenham Racecourse on Sunday 17th November for the 22nd Richard Davis Awards. Hosted by 2015 winner Niall Hannity and with BHA Chair Annamarie Phelps kindly agreeing to be our Guest of Honour, the Awards once again showcased the diverse and successful careers jockeys go on to enjoy. This year's winners have all taken advantage of JETS funding, advice and guidance with their career development.



# AWARDS 2019



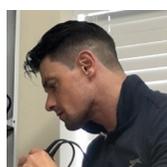
## THE JOCKEY CLUB

### THE JOCKEY CLUB ACHIEVEMENT AWARD WINNER (£3000 prize)

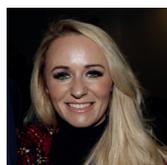


**AODHAGAN CONLON** rode as a Jump jockey for 9 years and had 36 winners under rules in the UK, mainly attached to Rebecca Curtis and Tom George. Always fascinated with the psychological aspect of racing, Aodhagán originally used JETS to help fund a Psychology degree course at Bath Spa University which he completed with first class honours. He has continued his education with a Masters in Sports and Exercise Psychology and is now studying for a PhD at the University of Bath alongside Stage 2 training with the British Psychological Society. Alongside his academic work, he is working in practical settings with a range of athletes across sport including delivering workshops at BHA jockey training workshops and as a Performance Consultant for the PJA.

### THE JOCKEY CLUB ACHIEVEMENT AWARD RUNNERS UP (£500 PRIZE EACH)



**ANTHONY FREEMAN** is a fully qualified Plumbing and Heating Engineer having started his training at Warwickshire College in 2015 gaining two Level 3 NVQ qualifications and finishing top of his class in each year of study. He uses many of his racing contacts to build up work, notably for Dan Skelton where he still rides out. He is now planning to employ an apprentice in 2020 and continue to grow his business.



**ADELE MULRENNAN** is a former finalist who has gone from strength to strength with her racecourse presenting role for Go Racing in Yorkshire. She has recently been offered a role working for ITV Racing in 2020 as well as carrying out a range of other hosting and presenting roles in racing and she's also a Trustee of the British Racing School.

### IJF PROGRESS AWARD WINNER (£2000 Prize)



Former Apprentice **EVA MOSCROP**, owner of Cortado Espresso Bar in Newmarket, rode for five years until 2016 before injuries and lack of opportunities led to her embarking on a completely new career, opening the coffee shop on Newmarket High Street in September 2018. With the support of JETS, Eva was able to develop a range of skills through various training courses and showed great determination to develop her experience in areas of accounting, technology, marketing and stock management. Her racing connections have helped her grow a loyal and supportive customer base and the coffee shop is now a thriving independent hub for the local Newmarket community.



### BHA CURRENT JOCKEY CPD AWARD (£1000)



Conditional Jockey, **AIDEN BLAKEMORE** won this Award which is exclusively for current jockeys and recognises those jockeys who are developing themselves in all areas, not just their riding skills, in order to enhance their racing careers and prepare them as well as possible for the future. As well as riding 8 winners, Aiden has demonstrated a fantastic attitude through his work with Jockey Coach Kim Tinkler and has shown a very proactive approach to personal development, completing a Level 3 in Racehorse Care and Management and Level 1 coaching qualification whilst also managing his fitness and nutrition very effectively too.



## QUOTES OF THE DAY

“ I was never able to have the level of success I wanted as a jockey but after what will be seven years of training, I feel that I'm well on my way to achieving my dream of being able to support athletes at an elite level. The skills that I've developed as a jockey have definitely helped me achieve the academic success and my experiences have helped inform all the work that I've done with jockeys and athletes from other sports ”  
AODHAGÁN CONLON

“ Every year we're impressed with the quality of entries for these Awards. This year's finalists have shown immense dedication to their chosen second careers, boosting their skill set in a range of different areas and showing complete commitment to developing themselves to their full potential. This has led them all to having great success and it is clear how rewarding they find their post riding lives. We are delighted to recognise their achievements and they are great role models for the career development of jockeys ”  
LISA DELANY

“ There was a particularly strong group of entries for this year's IJF Progress Award, however Eva stood out having demonstrated great initiative and an incredibly strong work ethic in setting up her own business. Eva has used the fantastic support and resources JETS can offer to her full advantage, resulting in an impressive skill set and in a short space of time is running a thriving and successful business. She is an incredibly deserving winner of this year's Award ”  
KAREN SHARPE,  
IJF ALMONER

## Drive Safe JOCKEY MATTERS Film

The most recent film in the Jockey Matters series was released in October and focuses on the important issue of road safety for jockeys. With so much time spent travelling in the car, jockeys are at an increased risk on the roads and the film features personal stories from a number of jockeys about their experiences of driving and offers important advice and tips on how to stay safe.

Thank you to All Sport Insurance, ERS and the Tom Maynard Trust for supporting this film.

Watch the film and all the others in the Jockey Matters series on our website [www.jets-uk.org/jockeymatters](http://www.jets-uk.org/jockeymatters)



Daryl Jacob



Liam Adams

### WHO'S TRAINING NOW

2019 saw record amounts of training applications from jockeys. It's been great to see so many current jockeys thinking ahead and taking advantage of injury or down periods to boost their skills and preparing themselves for the future. Here are just a few of the courses currently being undertaken.

Jennie Powell	Acrylic Nail/Dry Manicure & Gel Polish
Jay Harris	Tree Climbing & Aerial Rescue Training & NPTC Certification
Debbie England	Certificate III in Early Childhood Education and Care
Graham Carson	Plumbing Diploma Level 2 Evening Course
Wilson Renwick	Velotech Bronze, Silver & Gold Bike Repair Course
Chris Cogan	Level 2 Apprenticeship in Carpentry & Joinery
Liam Adams	Leather Restoration
Ed Barrett	Equestrian Coach Development
George Buckell	Boxing for Fitness Programme
Danielle Mooney	Level 3 Diploma in Racehorse Care and Management
Danny Burton	LGV Driver Training

>> If you would like to carry out some training this year, please get in touch.

### JETS – 2019 IN NUMBERS.....

**130+**  
TRAINING APPLICATIONS

**98%** OF CURRENTLY LICENSED JOCKEYS HAVE COMPLETED A PDP

**179** JOCKEYS HAVE COMPLETED A PDP SESSION SINCE OCTOBER 2018

**161** JOCKEYS HAVE BEEN SIGNPOSTED TO SUPPORT NETWORK VIA PDP

**£542**  
AVERAGE JETS TRAINING CONTRIBUTION

**177** CLAIMING JOCKEYS ENGAGED WITH THE JCP



Fergus Sweeney



Charlie Poste

### CONGRATULATIONS TO...

**Andrew Tinkler, Leighton Aspell, Charlie Poste, Ted Durcan, and Carol Bartley** who have all gained their Level 2 Coaching Qualification.

JETS Scholarship recipients **Aodhagan Conlon** (Psychology PhD), **Samuel Welton** (Civil Engineering) and **Megan Carberry** (Sport and Exercise Therapy).

**Fergus Sweeney** on securing a new role working for the BHA as a Stipendiary Steward.

**Adele Mulrennan** on her new presenting role for ITV Racing in 2020.

## CONTACT JETS



Follow us @JETS4Jockeys or like us!

It's the best way to stay in touch and maximise opportunities even if you're only starting out on your jockey career.



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