



BHA DEVELOPMENT AWARD WINNER

CONOR RABBITT

Age: 23

Based: North Yorkshire

Race Riding Career: 46 Winners, 436 Rides



Personal Development Highlights: Conor has addressed all aspects of his personal and professional development. Working with his Jockey Coach Brian Harding, he has also completed Jockey Ambassador training through JETS and presenter and pundit training. Recently during injury rehabilitation, he's focused on gaining education and experience in the bloodstock industry. He's shadowed bloodstock agents and has now started his own business, CR Bloodstock. Successful with his first three purchases, Conor also has a mare with a foal on the ground that he plans to break in and produce for the breeze up sales in the future.

Conor said: *"I really enjoyed all the training I've done and gaining bloodstock knowledge, not only at the races, but also in my role working with people at the sales. I was delighted to send horses to run at the Galway Festival and even more pleased they ran with such credit. Working in bloodstock and at the sales is a natural passion of mine and I love the challenge of finding suitable horses for owners and trainers alongside my riding."*

JETS Support/Training Courses:

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

IJF PROGRESS AWARD WINNER

TOMMY EYSTON

Age: 25

From: Devon

Second Career: Neuroscience



Race Riding Career: Tommy rode as a Conditional from 2022 before switching to a Cat B Amateur licence. She's had 140 rides with 14 winners.

Career Development: Tommy always had an interest in the sciences, completing a Chemistry degree before turning Conditional and is now pursuing a second career in neuroscience research, focusing specifically on treatments for psychiatric disorders such as depression, addiction and PTSD. She used JETS during injury periods to complete online courses and then after switching back to amateur status she started her Master's degree at the University of Exeter with the benefit of a JETS scholarship contributing towards tuition fees. She is now carrying out an internship with the Exeter Psychedelic Research group using ketamine-assisted therapy to treat alcohol use disorder and then hopes to get a job as a Research Assistant or undertake a PhD to open the door to a research career.

Tommy said: *"As a Conditional jockey, I suffered multiple significant injuries in a short space of time, I did not want to give up everything I had worked towards in racing but I was also aware that I was fortunate enough to have an education behind me which I did not want to put to waste either so as an amateur, I have the opportunity to continue race riding but also start on my second career path as a research scientist."*

JETS Support/Training Courses: JETS consultation, Training advice, Career Guidance. Interview Technique Training. MSc in Neuroscience and New Scientist Academy courses.

THE JOCKEY CLUB ACHIEVEMENT AWARD WINNER

THOMAS BROWN

Age: 33

From: Suffolk

Second Career: Ambulance Service



Race Riding Career: Thomas rode for seven years until 2017 firstly as an Apprentice and then as a full professional. He had over 1200 rides and 123 winners including the John Smith's Cup at York.

Career Development: Thomas' experience as a jockey meant he'd witnessed first-hand the professionalism, calmness, and compassion from medical teams looking after jockeys and realised he had many transferable skills which would serve him well in the ambulance service. After sustaining an injury riding out and talking with JETS, they set up some shadowing work with the racecourse medical team and a first aid foundation course and advanced driving course before applying to the East of England Ambulance Service. Since then he has qualified as an Emergency Care Assistant and now, as a Student Emergency Medical Technician, he's undertaking a Paramedic degree combining on the job training with academic study, with the eventual aim of qualifying as a Critical Care Paramedic. He has also taken part in jockey workshops sharing his journey and re-enforcing the message that jockeys have so many transferable skills to offer in a second career.

Thomas said: *"I feel I have carried forward the determination, discipline and ability to perform under pressure as a jockey into my second career working for the Ambulance Service. I have had to adapt to a completely new profession, balancing academic study with the demands of long and unpredictable shifts but I'm proud to give back to others and have a positive impact on the community every day."*

JETS Support/Training Courses: JETS consultation, Training advice, Career Guidance, CV Preparation, Interview Technique Training. LGV Medical, Theory, and Hazard Perception. Emergency First Aid at Work.