



**'It's imperative plans are made before a jockey retires and we have made huge strides in the right direction'**

## 'Without the IJF's help Chris would be in a nursing home'

THERE are people we know about who the Injured Jockeys Fund helps and people we don't. Chris Kinane's case has been well documented. The story of Stephen Cottle has not. Both are very grateful to the awe-inspiring charity.

Kinane (pictured), a former jockey and trainer, was working as assistant to Ian Williams when on a spring Saturday evening at Wolverhampton in 2005 he sustained a huge blow to the back of his head when a horse kicked out in the paddock with both hind legs. Doctors at first thought Kinane would not survive. He proved them wrong, but his life – and that of his family – was changed seismically forever more. In stepped the IJF.

The support has been financial – the NHS will not permit Kinane the extensive physiotherapy he both needs and enjoys, so the IJF pays for it – and emotional, much of it provided by the charity's Lucy Charnock.

"The IJF has been a lifesaver," says Kinane's wife Tessa. "We are quite a private family and, at first, I decided I didn't need their help. Then I quickly realised I did. For me even just to nip out to buy a newspaper I need to have someone sitting with Chris. He needs 24-hour care and without the IJF's help he would be in a nursing home.

"The biggest thing is they support the family, whether you need help with filling out a form or you're just having a down day. I can ring Lucy and she'll come. Without the IJF I honestly don't know where we would be."

Cottle's plight has been nowhere near so grave but he feels equally indebted.

Through the 1970s and into the early 1980s he rode 48 Flat winners. Making ends meet was subsequently difficult but it became nigh on impossible when he contracted vestibular neuritis, a disease that impacts severely on

balance and makes the long-time non-drinker fall into hedges like a drunk.

"I had to stop working because of the dizziness and I was finding it hard to live off my disability benefit," says Cottle.

"A friend of mine called Billy Howlett, a recall man at some southern tracks, knows Lucy and mentioned to her he knew a jockey who was struggling.

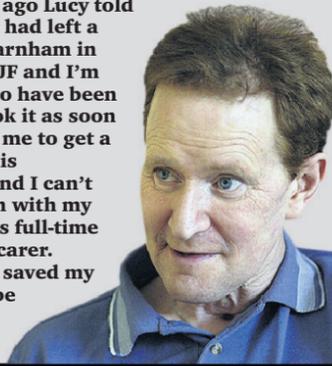
"Lucy visited me and I haven't looked back since she and the Injured Jockeys Fund came into my life. I cannot speak highly enough of them. They even took me to Malta last year, which was wonderful as I hadn't been on holiday for seven years. They've even been paying my gas and electricity bills."

The extent of the IJF's help is soon to reach new heights. Cottle can barely believe what is about to happen.

"I hate it where I live in Sutton," he says. "We've just had two stabbings and there's often a need for the police to be around. Lucy asked me if I'd thought of moving to Lambourn or Newmarket but as I can't work in racing I know I would find it hard to live somewhere surrounded by horses.

"Six months ago Lucy told me an old lady had left a bungalow in Farnham in Surrey to the IJF and I'm lucky enough to have been offered it. I took it as soon as I saw it. For me to get a place like that is unbelievable and I can't wait to move in with my son, who works full-time but is also my carer.

"The IJF has saved my life really. I'll be eternally grateful."



### Retaining links prevents feelings of loneliness

Inevitably, when one thinks of the support network for jockeys past and present one thinks of the Injured Jockeys Fund, but Racing Welfare, the sport's umbrella charity, has a responsibility for the sport's entire workforce, jockeys past and present included.

Racing Welfare's head of welfare Simone Sear says: "All of our services are available to everyone in racing's workforce, including jockeys and retired jockeys.

"We help just under 900 individuals a year and want to help a lot more. We work really closely with the Injured Jockeys Fund and our big message is we are there for everybody, jockeys and retired jockeys included. We want them to use our services.

"There are many jockeys who go on to have a dual career in stables and many of them join us on our trips, outings and social events as part of our prevention of isolation and loneliness programme. We help to provide a sense of community.

"When people retire it's important they retain links with those they've worked with all their lives. It prevents them feeling lonely and isolated."

### Education key to riders helping themselves

IRISH racing is not short of excellent charities, such as the Irish Jockeys Trust, the Drogheda Memorial Fund, the Jockeys Emergency Fund and Irish Injured Jockeys, set up as recently as 2014. Nonetheless, Coonan is the first to admit the industry's support system for jockeys who meet trouble is not as sophisticated as the one in Britain.

However, there is evidence it does work, while Coonan's great wish, like Delany's, is that by helping jockeys now there will be less

need to help them in the future.

"We don't have an almoner system as well developed as the one in the UK," says Coonan.

"We only have one guy doing the job.

That is something we need to look at, but over here we have a

jockey population of 167, which is nowhere near as big as in the UK. It therefore follows we have many fewer retired riders.

"It tends to be easier in Ireland to find out about the guys who are in trouble and it also tends to be easier to access them. Needless to say, some slip through the net, so we are trying to tighten that net by improving the systems we have in place, particularly in terms of how we help existing jockeys get into future alternative careers.

"We absolutely have to look after the guys

**Walking away: there is plenty of support for jockeys when their riding careers are over**



who have fallen on hard times, but by providing options for jockeys while they are fit, healthy and in control of their finances and faculties, we would like to think we are potentially

obviating the need for them ending up on some form of social welfare. Through education we would like them to be able to help themselves. That's the holy grail with jockeys for me."

### Tackling pain before it hurts

In various ways the Professional Jockeys Association and JETS, as part of a cross-industry jockey training and development group, are seeking to improve the prospects of riders after retirement by providing a better training strategy when they enter the sport.

That sense of punching a problem before it arrives is also at the heart of The Jockey Study, a three-year research project between Oxford University and the racing industry that it is hoped will find ways of reducing the number of retired jockeys and ride-out stable staff who suffer from complaints like arthritis by examining the

musculoskeletal consequences of a career in racing.

As part of the study – which is complementary to ones being carried out in rugby, cricket and football – there will also be an examination of how common low bone density (osteoporosis) is and its risk factors are in newly registered riders.

BHA chief medical adviser Dr Jerry Hill says: "Anecdotally it is reported jockeys are at greater risk of arthritis and bone and joint troubles in retirement, and the study, starting in March, will survey ex-jockeys to see what their experiences are.

"The thrust from my perspective is the promotion of the idea of the jockey athlete. Historically many sports suffered from concentrating on the technical skills rather than developing the physical, physiological and psychological attributes of an athlete. Racing, as a non-team sport, has been more vulnerable to that than many other sports.

"If jockeys have fallen off less, had a more rapid recovery, sustained less serious injuries and gone back to racing only when physically and athletically fit, the long-term joint problems we see at the moment, could, in theory, be lessened."

**In Monday's Racing Post: Lee Mottershead on industry concerns over the way some Flat jockeys are controlling their weight**

### WAYS TO HELP

**To donate to the Injured Jockeys Fund go to [injuredjockeys.co.uk/donations.asp](http://injuredjockeys.co.uk/donations.asp) or ring 01638 662246**

**To donate to Racing Welfare go to [racingwelfare.co.uk/Getting-Involved/How-to-Donate](http://racingwelfare.co.uk/Getting-Involved/How-to-Donate) or ring 01638 560 763**

**To donate to the Irish Jockeys Trust ring 00 353 45 521848**

# HORSE PLAY

Just for the fun of it

### Googling a runner

**Theydon Bois 5.10 Chelmsford**  
A large residential village and civil parish in the Epping Forest district of Essex. It is located within the M25 and served by Theydon Bois tube station on the Central line, and has a population of around 4,000 residents. Its distinctive name, the second half of which is pronounced either as 'boyce' or 'boyz', derives from the Bois de Bosco family who held the village manor in the 12th and 13th centuries. A notable characteristic of Theydon Bois is its complete absence of street lighting. Villagers have consistently voted against the installation of such lighting for decades, fearing it would damage the traditional village ambience.

### Easy as 1-2-3

**1 Who finished fourth to Go Native in the 2009 Supreme Novices' Hurdle before winning the Jewson Novices' Handicap Chase at the festival the following year?**

**2. Who won the 2009 Albert Bartlett Novices' Hurdle before winning the RSA Chase the following year?**

**3. Who won the 2009 Arkle before finishing second in the Queen Mother Champion Chase the following year?**

### In five easy steps

**From Jose Santos to Jose Santos**

1. Jose Santos won the 2003 Kentucky Derby and Preakness Stakes aboard Funny Cide.

2. Cider With Rosie and As I Walked Out One Midsummer Morning are books by Laurie Lee.

3. Lee Van Cleef, charismatic villain of many Westerns, was actually christened Clarence.

4. Clarence House, located on The Mall, is the official London residence of Prince Charles.

5. Charlie Mann and Warren Greatrex train in Upper Lambourn, as does Jose Santos.

### Spot the mistake

The Scilly Isles Novices' Chase has been farmed by Nicky Henderson in recent years. He has won four of the last six runnings with Punchestowns, Captain Conan, Oscar Whisky and Gitane Du Berlais. Another trainer to have enjoyed a period of dominance is Paul Nicholls, who landed the race for four years running between 2006 and 2009.

### All mixed up

Rearrange the letters to reveal the name of a three-time winner of the Queen Mother Champion Chase  
**Bathos Byword (9,3)**

### All answers on page 72

Compiled by Steve Dennis and James Hill