



## ACHIEVEMENT AWARD FINALISTS 2019

### 1. AODHAGAN CONLON

**Age:** 33

**From:** Ireland, now living in Bath



**Second Career:** Trainee Sports Psychologist

**Career Development:** With the help of JETS, Aodhagán secured a place at Bath Spa University to study Psychology which he completed in 2017 with first class honours, achieving the Award of Excellence for the best undergraduate dissertation exploring the mental wellbeing and self-esteem of jockeys. He has since continued his education, completing a masters with distinction in Sports and Exercise Psychology at the University of the West of England. Alongside his academic work he has done applied work with Bristol City women's football and Bristol Rugby. Findings from his dissertation on athlete burnout in jockeys has since been used in a wider package of information which has ultimately led to the reduction of the racing calendar in 2020. Now studying for a Phd at the University of Bath as well as Stage 2 training with the British Psychological Society, Aodhagán is also working in practical settings for a range of athletes including Pentathlon GB, British Athletics, England Hockey and England Netball providing further experience and credibility as a sports psychologist. He delivers psychology sessions at the BHA jockey training seminars and is employed by the PJA as a Performance Consultant.

**Aodhagán said:** "I used a sports psychologist when I was riding and I became fascinated with how much it could help performance and general well-being. My background as a jockey combined with my education in this area has given me a unique opportunity to assist athletes from a position of experience and empathy."

**JETS Support/Training Courses:** JETS Consultation, Training Advice, Job Search Assistance, Work Placement plus scholarship recipient for Psychology degree and PhD as well as media training.

**Race Riding Career:** Rode in the UK as a Conditional Jump Jockey from 2010 to 2014 with 36 winners from 381 rides. Attached to the yards of Rebecca Curtis and Tom George. Prior to that he rode as an Amateur in Ireland with numerous point to point winners and 3 winners under rules including one trained by Jim Bolger.

## 2. ANTHONY FREEMAN

**Age:** 32

**From:** Ireland, now living in Stratford on Avon



**New Career:** Plumbing & Heating Engineer

**Career Development:** With advice and funding from JETS, Anthony began his training at Warwickshire College in 2015 and re-took his GCSE as part of the entry requirement. Alongside his studies he found work placements with local companies to build up practical experience. He continued his studies gaining two Level 3 NVQ qualifications as well as a number of other exams all of which he passed with distinction, finishing top of his class in each year of study and received Construction Student of the Year Award in 2016. He is now a fully qualified Plumbing and Heating Engineer, building up his own business. He previously won the IJF Progress Richard Davis Award in 2017 which helped him buy valuable tools that he needs for his business. He uses many of his racing contacts to build up work, notably for Dan and Nick Skelton where he has also continued to ride out in order to supplement his income whilst getting established. He is now planning to employ an apprentice in 2020 and continue to grow his business.

**Anthony said:** “I am delighted to have chosen a practical hands-on career where I can use the people skills I developed as a jockey. I really enjoy meeting new people every day and also have used lots of racing contacts to help me develop my business.”

**JETS Support/Training Courses:** JETS Consultation, Training Advice, CV Preparation. Plumbing Level 2 and 3 and NVQ Level 3 Diploma in Plumbing and Level 3 in Gas and Heating.

**Race Riding Career:** Rode as an Apprentice and Conditional licence from 2008 to 2015 with 21 winners from around 400 rides. His biggest race win came aboard New Perk in the Bathwick Tyres Handicap Chase at Wincanton.

### 3. ADELE MULRENNAN

**Age:** 35

**From:** Boroughbridge, Yorkshire



#### **New Career: Racecourse/TV Presenter**

**Career Development:** Adele had already done some media training via JETS when she was still riding and did explore other career avenues initially but was keen to stay in the racing industry. She started doing some racecourse tours and box hosting before being approached to do some raceday presenting at Haydock Ladies Day. Whilst struggling with confidence, she approached JETS to help her carry out some media training specialised in the areas she needed and was quickly offered a role as the Raceday Presenter for Go Racing in Yorkshire. She continued to gain experience, presenting at Yorkshire's biggest racedays, successfully applying for the Racing TV Media Traineeship in 2019 and also carrying out hosting and presenting roles for the Racecourse Owners Association and Talksport Radio. She has also been invited to be a Trustee of the British Racing School. Her hard work and dedication to her new career has been rewarded with the offer of a role working on ITV Racing in 2020.

**Adele said:** "Despite various setbacks over the last few years, I am proof that with the help of JETS, you can go on to pursue a new career if you are willing to work hard and push yourself out of your normal comfort zone. I am very proud of how much I've gained in confidence and grown the role from working at small racedays to now working at major Festivals. I hope that others see me as a good role model who's passionate about racing and I'm so happy I am able to promote the sport I love."

**JETS Support/Training Courses:** JETS Consultation, Training Advice, Career Guidance & CV Preparation, Interview Technique Training. Various JETS Media Training courses, Level 3 Diploma in Racehorse Care & Management and BHA Trainers Modules.

**Race Riding Career:** Rode as a Flat Apprentice until 2009 with 12 wins from 180 rides. Her biggest win came on board Masta Plasta to win the Scottish Sprint Cup at York and she also rode Turnkey to win the King Richard III Handicap at Pontefract.