



BHA CURRENT JOCKEY AWARD FINALISTS 2021

1. ANNA GIBSON

Age: 21

From: Sussex



Racing Riding Career: First licensed in June 2020, currently Apprentice to Gary Moore with 16 rides and three placings.

CPD Highlights: Anna has a sporting background having competed at an international level at gymnastics until the age of 17. She has applied that experience as a jockey working hard with her Coach Richard Perham (including doing Zoom sessions during lockdown) to improve her technique, rhythm and strength in order to ride a stronger finish and has used the Strength & Conditioning team at Peter O’Sullivan House to plan a fitness programme via an online app. Anna has also worked hard at achieving goals set in her Personal Development Plan and has completed a Level 2 Coaching qualification, is working towards a Level 3 in Racehorse Care qualification and has completed various Racing2Learn modules.

Anna said: “Coming from a sporting background, I know how hard the mental side of things can be. I have used the PJA’s Performance Consultant Aodhagan Conlon to help me overcome my reluctance to watch myself back in races and now this is an area I feel I have improved on and have been able to improve my performance as a result after analysing races with my coach.”

JETS Support/Training Courses: Training Advice, Career Guidance, Interview Training, Personal Development Plan. Level 3 in Racehorse Care.

2. CHARLOTTE JONES

Age: 26

From: Cumbria



Race Riding Career: Licensed since 2016, Charlotte is Conditional to James Moffatt. She has had 33 winners from 171 rides and had her best season this year, becoming the first female to be leading rider at her local track Cartmel in 2021.

CPD Highlights: Charlotte already qualified with a first class degree Equine Science degree before becoming a jockey. She has made huge efforts to improve her riding technique having regular sessions and course walks with her coach Brian Harding. She has used the PJA Nutrition team and visited Liverpool John Moores to examine bone density and also has worked with Performance Consultant Aodhagan Conlon with some breathing techniques to help with pre-race nerves. She is using the Train Heroic fitness app set up through the Strength & Conditioning team at Jack Berry House. Away from the track, Charlotte has focused on her education, completing BHS teaching qualifications and her Level 3 Diploma in Horse Management and is working towards her BHA Level 4. Alongside her riding, she has also launched a gin brand with her boyfriend and group of friends. She also buys and sells ponies and has been making some property investments to help prepare for the future.

Charlotte said: "Obviously being a jockey and working on other things at the same time is difficult but you have to keep one eye on the future. I'm putting everything into my riding and ultimately I just want to keep getting better."

JETS Support/Training Courses: JETS Consultation, Training Advice, Career Guidance. Equine Science Bsc (hons) First class degree. BHS Preliminary Teaching Test, BHS Stage 3 Equestrian Riding Pathway, Level 3 Extended Diploma in Horse Management

3. KAI LENIHAN

Age: 21

From: Berkshire



Race Riding Career: First licensed in 2019, Kai is Conditional to Neil King. He's had one winner from 41 rides.

CPD Highlights: Since Kai became a jockey, he's worked hard on his Personal Development Plan, improving different aspects such as weight and better nutrition. He's visited John Moores University who helped him develop a diet which he's stuck to and has helped him manage his weight more healthily. He uses Oaksey House regularly and his fitness has improved which has helped his performance. He works a lot with his coach Mick Fitzgerald who has helped improve his technique in a finish and position over fences as well as other areas such as media skills and mental resilience. Away from racing, Kai has gained new skills doing some tractor driving and groundworks in afternoons after riding and he plans to use JETS to gain new qualifications such as HGV driving and trainers modules. He's also spent time with farriers learning how to weld, building small items like fire pits and wine racks, which could complement his riding.

Kai said: "I've enjoyed learning new skills such as welding when I'm not riding. It's something I enjoy and it takes my mind off racing and when there's not much going on, it's nice to have something to do."

JETS Support/Training Courses: JETS Consultation, Training Advice, Career Guidance, CV Preparation, Personal Development Plan.