



## BHA DEVELOPMENT AWARD FINALISTS 2022

**HUGH NUGENT** – Jump Jockey

**ALEXANDER THORNE** – Jump Jockey

**THOMAS WILLMOTT** – Conditional Jockey

### 1. HUGH NUGENT

**Age:** 27

**From:** Herefordshire



**Racing Riding Career:** First licensed in 2018, based with Venetia Williams, Hugh has ridden 42 winners from 421 rides.

#### **Personal Development Highlights:**

Following an injury last year, Hugh utilised all the facilities and support offered through the Injured Jockeys Fund and in particular Oaksey House. He worked hard

on his fitness and received regular physio to help him get back race riding. Hugh employed the help of the PJA Nutrition team to help speed up his recovery and to help keep his weight at a manageable level while he was off. Starting in lockdown, Hugh started to learn Russian as a second language. Working with a tutor, he has taken written and speaking exams and he is now up to the equivalent of university level. Hugh particularly enjoys being able to converse with the Ukrainian staff in the yards where he rides out and can see a future for himself as an interpreter as a second career.

**Hugh said:** “Jockeys are so fortunate to have a lot of support while they are riding for things like their fitness, physios, and nutrition. It’s very easy to get wrapped up in racing but having another outlet in learning to speak Russian has given me other aims and targets in my life.”

**JETS Support/Training Courses:** Training Advice, Career Guidance, Interview Training, Personal Development Plan. Russian language classes, media training.

## 2. ALEXANDER THORNE

**Age:** 27

**From:** Marlborough



**Race Riding Career:** Licensed since 2016, based with Alan King, Alex has had 35 winners from 335 rides.

### **Personal Development Highlights:**

Alex suffered a shoulder injury that kept him on the side-lines for almost a year. Using his time off race riding wisely, Alex has undertaken accountancy and bookkeeping courses and has been working at a large hotel and spa as a financial assistant. He is really keen to help jockeys with all aspects their finances in the future and believes by being in the weighing room he is ideally situated to help them. Alex is a keen DJ, enjoys meditation and is particularly enthusiastic about his fitness, diet and nutrition. He is learning to cook more of his own meals to ensure he is consuming less processed meats.

**Alex said:** “Racing can take over your life. I think it’s really important to be self-aware, take time to yourself and look after your mind with the exercise, nutrition and other stimulation that is of real benefit.”

**JETS Support/Training Courses:** JETS Consultation, Training Advice, Career Guidance, Work Placement. Bookkeeping course.

### 3. THOMAS WILLMOTT

**Age: 22**

**From: Selkirkshire**



**Race Riding Career:** First licensed in 2017/18, Thomas is Conditional to Sue Smith. He's had 42 winners from 556 rides including aboard Romeo Brown in the Pertemps Network Long Distance Handicap Hurdle (GBB race) at Haydock.

**Personal Development Highlights:** Thomas has worked hard with his Jockey Coach Brian Harding both on course and at home during schooling sessions or by recording equicisor sessions at home which he then sends to Brian. He has also worked with PJA performance psychologist Aodhagan Conlon to help him through the ups and downs of race riding and work on his mindset. He manages his nutrition well to maintain his weight healthily and as well as going to Jack Berry house to use the facilities there, he also has a personal trainer he works with at home. He also has begun working towards his second career after riding as a funeral director, using JETS to fund modules whilst he was off injured and gaining experience working for a Funeral Director in Scotland when time allows.

**Thomas said:** "Whilst riding comes first, everybody knows that it won't last forever so I'm lucky to have known what I want to do as a second career and have already started a dual career working toward qualifications to help prepare me for the future."

**JETS Support/Training Courses:** JETS Consultation, Training Advice, Career Guidance, Interview Technique, Work Placement, Personal Development Plan. Foundation Funeral Practitioner and media training.