



## IJF PROGRESS AWARD - CONTENDERS

### 1. AODHAGAN CONLON

**Age:** 29

**From:** Bath



**New Career:** Psychology

**Career Development:** As a jockey Aodhagan became fascinated with the mental approach of sportsmen and by studying psychology he is hoping to help sportspeople improve the mental side of their game. With the help of a JETS scholarship, he gained a place at Bath University on a course which allowed him to continue race riding as well. On completing his degree, he aims to do a Masters enabling him to become a sports psychologist. In the meantime he has developed his experience with Motiv8, a high performance development company, working with some of the biggest companies and athletes in Ireland.

**JETS Support/Training Courses:** JETS consultation, training advice and career guidance. BSc Psychology.

**Race Riding Career:** Rode as an Amateur from 2006-2009 and then as a Conditional from 2010-2014 with 36 winners.

### 2. OLIVER GARNER

**Age:** 28

**From:** Bourton-on-the-Water, Gloucestershire



**New Career:** Road Haulage

**Career Development:** Ollie started up his own haulage business with two friends while still riding, recognising the potential of turning contacts in the equine industry into clients. With the help of JETS he has carried out various driving and business courses and they have since bought a second lorry and several other vehicles with an increasing emphasis internationally and within the motor industry with clients including Top Gear live and the James Bond franchise. He now works full time on the business and hopes to expand it further by growing their distribution of hay and straw and retaining his connections with racing.

**JETS Support/Training Courses:** JETS consultation, career guidance and training advice. Transport Manager certificate, LGV.

**Race Riding Career:** Rode as an Amateur for two years before turning Conditional in 2010 riding 7 winners from 208 rides, setting up his business alongside his riding.

### 3. NICHOLAS LAWES

**Age:** 28

**From:** Beverley, East Yorkshire

**New Career:** Equine Dentistry



**Career Development:** Nick has chosen a career in equine dentistry so he could carry on working in racing and use his skills as a horseman. As well as advice JETS helped with funding his qualifications while in Australia where he built up some great experience with some of the world's best equine dentists before returning to the UK

and setting up his own business and where he is working and studying to gain his BEVA/BVDA certificates and exams. He aims to use his contacts to build up a client base in the UK as well as continue working overseas to gain experience.

**JETS Support/Training Courses:** JETS consultation, career guidance and training advice. Equine dentistry courses

**Race Riding Career:** Rode as an Apprentice from 2004 – 2009 with over 280 rides and 9 winners, moving to Hong Kong and then Australia.

#### 4. **KEITH MERCER**

**Age:** 33

**From:** Richmond, Yorkshire



**New Career:** Accountancy

**Career Development:** During his riding career, Keith developed an interest in property and finance and when he was forced to retire through injury, he decided to do an Accountancy degree to help develop a career in these areas. JETS has provided financial support throughout his studies and he has thrived in the very different environment of full time education, achieving high marks in his first year course assessments and continuing with high grades in his second year. He aims to progress successfully to gain his qualification and is exploring opportunities to work abroad.

**JETS Support/Training Courses:** JETS consultation, training advice and career guidance. Media Training, LGV and Racecourse Care & Management courses. Accountancy & Finance Degree 2013

**Race Riding Career:** Professional Jump jockey from 2004-2012 riding 195 winners including the Scottish Grand National before suffering a career ending injury.

#### 5. **JAMES MILLMAN**

**Age:** 28

**From:** Leeds



**New Career:** Law

**Career Development:** When James' retained yard was hit by recession in 2012, he felt that he was still young enough at 25 to retrain and he chose law, something he'd always been interested in, successfully representing himself at a BHA enquiry. With the help of a JETS scholarship he has managed to complete an accelerated two year course and securing a first. Alongside his studies he has used his media training in a part time role working for William Hill Radio and has done some pro-bono work to gain legal experience on his CV. He now hopes to find a training contract with a law firm which will provide funding for his LPC which will enable him to qualify as a solicitor.

**JETS Support/Training Courses:** JETS consultation, career guidance and training advice. Trainers Modules and LLB (Hons) Law Degree.

**Race Riding Career:** Rode as an Amateur before turning Apprentice in 2005. Rode 137 winners and won £822,000 in prize money before retiring in 2012.